

**Holiday FY24 IRE BEVERAGE NUTRITIONAL INFORMATION**

Due to the nature of how we create our beverages we cannot guarantee that they are free from any allergens. Our beverages are prepared where allergens are handled by our partners, and where equipment and utensils are used for multiple menu items, including those containing allergens. Whilst we try to keep things separate we cannot guarantee any item is allergen free. Please remember to check this information regularly as we're always working on our recipes. For more allergen information please ask your barista.

Menu Item	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated(g)	Carbohydrates(g)	Of which Sugar(g)	Fibre (g)	Protein (g)	Salt(g)	Caffeine (mg)
<b>Espresso Drinks</b>											
Americano	Tall	29	7	0.1	0	0.9	0.1	0.3	0.4	0.00	89.1
Americano	Grande	44	11	0.2	0.1	1.4	0.1	0.4	0.6	0.00	133.7
Americano	Venti	59	14	0.3	0.1	1.8	0.2	0.5	0.8	0.00	178.2
Caffe Latte - semi skimmed milk	Tall	519	124	4.3	4.2	12.3	11.5	0.3	8.9	0.26	89.1
Caffe Latte - semi skimmed milk	Grande	636	151	5.2	5.2	15	14.2	0.3	10.9	0.32	89.1
Caffe Latte - semi skimmed milk	Venti	858	204	7.1	6.9	20.3	19.1	0.4	14.7	0.43	133.7
Caffe Latte - whole milk	Tall	681	162	8.9	5.6	12.1	11.2	0.3	8.6	0.26	89.1
Caffe Latte - whole milk	Grande	838	200	11	6.9	14.7	13.9	0.3	10.6	0.32	89.1
Caffe Latte - whole milk	Venti	1128	269	14.7	9.3	19.9	18.7	0.4	14.3	0.42	133.7
Caffe Latte - skimmed milk	Tall	398	94	0.9	0.4	12.5	11.7	0.3	8.9	0.27	89.1
Caffe Latte - skimmed milk	Grande	486	115	1	0.4	15.3	14.5	0.3	10.9	0.33	89.1
Caffe Latte - skimmed milk	Venti	657	156	1.4	0.6	20.7	19.5	0.4	14.7	0.45	133.7
Caffe Latte - almond drink	Tall	272	68	3	0.3	6.9	6	0.7	1.6	0.18	89.1
Caffe Latte - almond drink	Grande	330	82	3.7	0.3	8.3	7.5	0.9	1.9	0.22	89.1
Caffe Latte - almond drink	Venti	447	112	5	0.5	11.3	10	1.2	2.6	0.29	133.7
Caffe Latte - soya drink	Tall	458	109	4.7	0.8	7.4	6.2	1.7	8.4	0.24	89.1
Caffe Latte - soya drink	Grande	561	133	5.8	0.9	9	7.6	2.1	10.3	0.30	89.1
Caffe Latte - soya drink	Venti	757	180	7.9	1.3	12.2	10.2	2.8	13.9	0.40	133.7
Caffe Latte - oat drink	Tall	628	150	7.4	0.8	17.1	8.1	2.7	2.3	0.32	89.1
Caffe Latte - oat drink	Grande	771	184	9.1	0.9	21	10	3.3	2.8	0.39	89.1
Caffe Latte - oat drink	Venti	1039	249	12.3	1.3	28.4	13.4	4.4	3.8	0.53	133.7
Caffe Latte - coconut drink	Tall	468	114	6.2	5.6	9.4	8.6	3.9	2.8	0.11	89.1
Caffe Latte - coconut drink	Grande	573	139	7.6	7	11.4	10.6	4.8	3.4	0.14	89.1
Caffe Latte - coconut drink	Venti	773	188	10.3	9.3	15.5	14.2	6.5	4.6	0.18	133.7
Latte Macchiato - semi skimmed milk	Tall	476	113	3.9	3.8	11.3	10.5	0.3	8.1	0.24	89.1
Latte Macchiato - semi skimmed milk	Grande	616	147	5.1	5	14.6	13.7	0.3	10.6	0.31	89.1
Latte Macchiato - semi skimmed milk	Venti	815	194	6.7	6.6	19.3	18.1	0.4	14	0.41	133.7
Latte Macchiato - whole milk	Tall	624	149	8.1	5.1	11.1	10.3	0.3	7.9	0.23	89.1
Latte Macchiato - whole milk	Grande	811	193	10.6	6.7	14.3	13.5	0.3	10.3	0.31	89.1
Latte Macchiato - whole milk	Venti	1071	255	13.9	8.8	18.9	17.7	0.4	13.6	0.40	133.7
Latte Macchiato - skimmed milk	Tall	365	87	0.8	0.3	11.5	10.7	0.3	8.1	0.24	89.1
Latte Macchiato - skimmed milk	Grande	471	112	1	0.4	14.8	14	0.3	10.6	0.32	89.1
Latte Macchiato - skimmed milk	Venti	624	148	1.3	0.6	19.7	18.5	0.4	14	0.42	133.7
Latte Macchiato - almond drink	Tall	250	62	2.7	0.3	6.3	5.5	0.7	1.5	0.16	89.1
Latte Macchiato - almond drink	Grande	320	80	3.6	0.3	8	7.2	0.8	1.8	0.21	89.1
Latte Macchiato - almond drink	Venti	426	106	4.7	0.4	10.7	9.5	1.2	2.5	0.28	133.7
Latte Macchiato - soya drink	Tall	421	100	4.3	0.7	6.9	5.6	1.6	7.7	0.22	89.1
Latte Macchiato - soya drink	Grande	543	129	5.7	0.9	8.7	7.4	2	10	0.29	89.1
Latte Macchiato - soya drink	Venti	720	171	7.5	1.2	11.7	9.7	2.7	13.2	0.38	133.7
Latte Macchiato - oat drink	Tall	575	138	6.8	0.7	15.7	7.4	2.5	2.2	0.29	89.1
Latte Macchiato - oat drink	Grande	747	179	8.8	0.9	20.4	9.7	3.2	2.7	0.38	89.1
Latte Macchiato - oat drink	Venti	987	236	11.7	1.2	26.9	12.7	4.2	3.7	0.50	133.7
Latte Macchiato - coconut drink	Tall	429	104	5.7	5.1	8.6	7.8	3.6	2.6	0.10	89.1
Latte Macchiato - coconut drink	Grande	555	135	7.4	6.7	11.1	10.3	4.6	3.3	0.13	89.1
Latte Macchiato - coconut drink	Venti	735	179	9.7	8.8	14.7	13.5	6.1	4.4	0.17	133.7
Freshly Brewed Coffee	Tall	109	25	1.1	0.4	2.2	0.4	1.8	1.1	0.01	209.8
Freshly Brewed Coffee	Grande	132	31	1.3	0.4	2.6	0.4	2.2	1.3	0.01	254.6
Freshly Brewed Coffee	Venti	168	39	1.7	0.6	3.4	0.6	2.8	1.7	0.01	324.2
Espresso Doppio	Doppio	29	7	0.1	0	0.9	0.1	0.3	0.4	0.00	89.1
Espresso	Single	15	4	0.1	0	0.5	0	0.1	0.2	0.00	44.6
Espresso Con Panna	Single	190	46	4.2	3	1.6	1.1	0.1	0.5	0.01	44.6
Espresso Con Panna - Doppio	Double	204	50	4.2	3	2	1.2	0.3	0.7	0.01	89.1
Espresso Macchiato - semi skimmed milk	Single	25	6	0.2	0.1	0.7	0.3	0.1	0.4	0.01	44.6
Espresso Macchiato - whole milk	Single	29	7	0.3	0.1	0.7	0.3	0.1	0.4	0.01	44.6
Espresso Macchiato - skimmed milk	Single	23	6	0.1	0	0.7	0.3	0.1	0.4	0.01	44.6
Espresso Macchiato - almond drink	Single	20	5	0.1	0	0.6	0.2	0.1	0.2	0.00	44.6
Espresso Macchiato - soya drink	Single	24	6	0.2	0	0.6	0.2	0.2	0.4	0.01	44.6
Espresso Macchiato - oat drink	Single	28	7	0.2	0	0.8	0.2	0.2	0.2	0.01	44.6
Espresso Macchiato - coconut drink	Single	24	6	0.2	0.1	0.6	0.2	0.2	0.3	0.00	44.6
Espresso Macchiato - Doppio - semi skimmed milk	Double	62	15	0.4	0.3	1.7	0.9	0.3	1	0.02	89.1
Espresso Macchiato - Doppio - whole milk	Double	73	18	0.7	0.4	1.6	0.8	0.3	1	0.02	89.1
Espresso Macchiato - Doppio - skimmed milk	Double	54	13	0.2	0.1	1.7	0.9	0.3	1	0.02	89.1
Espresso Macchiato - Doppio - almond drink	Double	46	11	0.3	0.1	1.3	0.5	0.3	0.5	0.01	89.1
Espresso Macchiato - Doppio - soya drink	Double	58	14	0.4	0.1	1.3	0.5	0.4	0.9	0.02	89.1
Espresso Macchiato - Doppio - oat drink	Double	70	17	0.6	0.1	2	0.6	0.4	0.5	0.02	89.1
Espresso Macchiato - Doppio - coconut drink	Double	59	14	0.5	0.4	1.5	0.7	0.5	0.6	0.01	89.1
Cortado - semi skimmed milk	Short	228	54	1.7	1.7	6	4.6	0	3.9	0.11	106.6
Cortado - whole milk	Short	292	69	3.5	2.2	5.9	4.5	0	3.8	0.10	106.6
Cortado - skimmed milk	Short	180	43	0.3	0.2	6.1	4.7	0	3.9	0.11	106.6
Cortado - almond drink	Short	130	32	1.2	0.1	3.8	2.4	0.2	1	0.07	106.6
Cortado - soya drink	Short	204	48	1.9	0.3	4.1	2.5	0.6	3.7	0.10	106.6
Cortado - oat drink	Short	271	65	2.9	0.3	7.9	3.2	1	1.3	0.13	106.6
Cortado - coconut drink	Short	208	50	2.5	2.3	4.8	3.4	1.4	1.5	0.05	106.6
Cappuccino - semi skimmed milk	Tall	432	103	3.5	3.4	10.3	9.5	0.3	7.4	0.22	89.1
Cappuccino - semi skimmed milk	Grande	546	130	4.5	4.4	12.9	12.1	0.3	9.4	0.28	89.1
Cappuccino - semi skimmed milk	Venti	708	169	5.8	5.7	16.8	15.6	0.4	12.1	0.36	133.7
Cappuccino - whole milk	Tall	565	135	7.3	4.6	10.1	9.3	0.3	7.2	0.21	89.1
Cappuccino - whole milk	Grande	717	171	9.3	5.9	12.7	11.8	0.3	9.1	0.27	89.1
Cappuccino - whole milk	Venti	929	221	12	7.6	16.5	15.3	0.4	11.8	0.35	133.7
Cappuccino - skimmed milk	Tall	332	79	0.7	0.3	10.5	9.7	0.3	7.4	0.22	89.1
Cappuccino - skimmed milk	Grande	418	99	0.9	0.4	13.2	12.4	0.3	9.4	0.28	89.1
Cappuccino - skimmed milk	Venti	544	129	1.2	0.5	17.1	15.9	0.4	12.1	0.36	133.7
Cappuccino - almond drink	Tall	229	57	2.5	0.2	5.8	5	0.7	1.4	0.15	89.1
Cappuccino - almond drink	Grande	285	71	3.2	0.3	7.2	6.4	0.8	1.7	0.19	89.1
Cappuccino - almond drink	Venti	373	93	4.1	0.4	9.4	8.2	1.1	2.2	0.24	133.7
Cappuccino - soya drink	Tall	382	91	3.9	0.6	6.3	5.1	1.5	7	0.20	89.1
Cappuccino - soya drink	Grande	482	115	5	0.8	7.8	6.5	1.8	8.8	0.26	89.1
Cappuccino - soya drink	Venti	626	149	6.5	1.1	10.2	8.4	2.4	11.5	0.33	133.7
Cappuccino - oat drink	Tall	522	125	6.1	0.6	14.3	6.7	2.3	2	0.26	89.1
Cappuccino - oat drink	Grande	661	158	7.8	0.8	18	8.5	2.8	2.5	0.33	89.1
Cappuccino - oat drink	Venti	857	205	10.1	1.1	23.4	11	3.7	3.2	0.43	133.7
Cappuccino - coconut drink	Tall	390	95	5.1	4.6	7.9	7.1	3.3	2.4	0.09	89.1
Cappuccino - coconut drink	Grande	492	120	6.5	5.9	9.8	9	4.1	3	0.12	89.1
Cappuccino - coconut drink	Venti	639	156	8.4	7.6	12.9	11.7	5.3	3.9	0.15	133.7
Misto - semi skimmed milk	Tall	311	74	2.7	2.3	7.1	6.1	1	5	0.14	114.7
Misto - semi skimmed milk	Grande	409	97	3.6	3.1	9.3	8.1	1.2	6.6	0.19	137.5
Misto - semi skimmed milk	Venti	536	127	4.6	4.1	12.2	10.8	1.4	8.7	0.25	163.4
Misto - whole milk	Tall	395	94	5.1	3.1	6.9	5.9	1	4.8	0.14	114.7
Misto - whole milk	Grande	521	124	6.7	4.1	9.1	7.9	1.2	6.4	0.18	137.5
Misto - whole milk	Venti	686	163	8.9	5.4	12	10.6	1.4	8.4	0.24	163.4
Misto - skimmed milk	Tall	249	59	1	0.4	7.2	6.2	1	5	0.14	114.7

Misto - coconut drink	Grande	374	90	4.9	4.1	7.3	6.1	3.7	2.4	0.08	137.5
Misto - coconut drink	Venti	489	118	6.4	5.4	9.5	8.1	4.8	3.1	0.11	163.4
Flat White - semi skimmed milk	Short	246	59	2	1.9	6	5.1	0.3	4.2	0.12	89.1
Flat White - whole milk	Short	318	76	4	2.5	5.8	5	0.3	4.1	0.11	89.1
Flat White - skimmed milk	Short	193	46	0.5	0.2	6.1	5.2	0.3	4.2	0.12	89.1
Flat White - almond drink	Short	137	34	1.4	0.2	3.5	2.7	0.5	0.9	0.08	89.1
Flat White - soya drink	Short	219	52	2.2	0.4	3.8	2.8	0.9	4	0.11	89.1
Flat White - oat drink	Short	295	71	3.4	0.4	8.1	3.6	1.3	1.3	0.14	89.1
Flat White - coconut drink	Short	224	54	2.8	2.5	4.7	3.9	1.9	1.5	0.05	89.1
Caramel Macchiato - semi skimmed milk	Tall	705	167	4.9	4.5	22.2	21	0.3	8.5	0.27	89.1
Caramel Macchiato - semi skimmed milk	Grande	901	214	6	5.6	28.9	27.6	0.3	10.9	0.35	89.1
Caramel Macchiato - semi skimmed milk	Venti	1149	273	7.5	7.1	37	35.2	0.4	14	0.44	133.7
Caramel Macchiato - whole milk	Tall	859	204	9.3	5.8	21.9	20.7	0.3	8.3	0.27	89.1
Caramel Macchiato - whole milk	Grande	1100	261	11.7	7.4	28.6	27.3	0.3	10.6	0.34	89.1
Caramel Macchiato - whole milk	Venti	1404	334	14.8	9.3	36.6	34.8	0.4	13.7	0.43	133.7
Caramel Macchiato - skimmed milk	Tall	590	140	1.7	0.9	22.4	21.2	0.3	8.5	0.28	89.1
Caramel Macchiato - skimmed milk	Grande	753	178	1.9	1	29.2	27.9	0.3	10.9	0.35	89.1
Caramel Macchiato - skimmed milk	Venti	958	227	2.2	1.1	37.3	35.6	0.4	14	0.45	133.7
Caramel Macchiato - almond drink	Tall	470	115	3.7	0.8	17	15.8	0.7	1.6	0.19	89.1
Caramel Macchiato - almond drink	Grande	598	146	4.5	0.9	22.3	21	0.9	1.9	0.24	89.1
Caramel Macchiato - almond drink	Venti	759	185	5.6	1	28.4	26.6	1.2	2.6	0.31	133.7
Caramel Macchiato - soya drink	Tall	647	154	5.3	1.3	17.6	15.9	1.6	8.1	0.26	89.1
Caramel Macchiato - soya drink	Grande	827	196	6.6	1.5	23	21.1	2.1	10.3	0.32	89.1
Caramel Macchiato - soya drink	Venti	1053	250	8.3	1.7	29.3	26.8	2.7	13.3	0.41	133.7
Caramel Macchiato - oat drink	Tall	808	193	7.9	1.3	26.8	17.7	2.6	2.3	0.33	89.1
Caramel Macchiato - oat drink	Grande	1035	247	9.9	1.5	34.9	23.5	3.2	2.8	0.41	89.1
Caramel Macchiato - oat drink	Venti	1320	315	12.5	1.7	44.6	29.9	4.2	3.7	0.52	133.7
Caramel Macchiato - coconut drink	Tall	656	158	6.7	5.9	19.4	18.2	3.7	2.8	0.13	89.1
Caramel Macchiato - coconut drink	Grande	839	202	8.4	7.4	25.4	24.1	4.7	3.4	0.16	89.1
Caramel Macchiato - coconut drink	Venti	1068	257	10.6	9.4	32.4	30.6	6.1	4.5	0.20	133.7
Mocha - semi skimmed milk	Tall	962	230	9.7	7.6	25	23.2	2.2	9.4	0.20	89.1
Mocha - semi skimmed milk	Grande	1187	283	11.2	8.8	32.2	30.1	2.8	12	0.26	89.1
Mocha - semi skimmed milk	Venti	1511	360	13.6	10.8	41.7	38.8	3.6	16.1	0.35	133.7
Mocha - whole milk	Tall	1077	257	13	8.6	24.9	23	2.2	9.3	0.20	89.1
Mocha - whole milk	Grande	1334	318	15.3	10.1	32	29.9	2.8	11.8	0.25	89.1
Mocha - whole milk	Venti	1715	409	19.3	12.6	41.4	38.5	3.6	15.8	0.34	133.7
Mocha - skimmed milk	Tall	877	209	7.3	4.9	25.2	23.4	2.2	9.4	0.21	89.1
Mocha - skimmed milk	Grande	1077	257	8.1	5.3	32.5	30.3	2.8	12	0.26	89.1
Mocha - skimmed milk	Venti	1359	324	9.3	6.1	42	39.1	3.6	16.1	0.36	133.7
Mocha - almond drink	Tall	788	190	8.8	4.8	21.2	19.4	2.5	4.3	0.14	89.1
Mocha - almond drink	Grande	963	232	10	5.3	27.3	25.2	3.2	5.4	0.18	89.1
Mocha - almond drink	Venti	1201	290	12	6	34.8	32	4.2	7	0.24	133.7
Mocha - soya drink	Tall	919	219	10.1	5.2	21.6	19.4	3.2	9.1	0.19	89.1
Mocha - soya drink	Grande	1132	270	11.6	5.7	27.8	25.3	4.1	11.6	0.24	89.1
Mocha - soya drink	Venti	1435	342	14.2	6.6	35.6	32.1	5.4	15.5	0.33	133.7
Mocha - oat drink	Tall	1039	248	11.9	5.2	28.4	20.8	3.9	4.8	0.24	89.1
Mocha - oat drink	Grande	1286	307	14	5.7	36.6	27	5	6.1	0.31	89.1
Mocha - oat drink	Venti	1648	394	17.5	6.6	47.7	34.5	6.6	7.9	0.42	133.7
Mocha - coconut drink	Tall	926	223	11.1	8.6	23	21.2	4.7	5.2	0.10	89.1
Mocha - coconut drink	Grande	1141	274	12.9	10.1	29.6	27.5	6.1	6.5	0.12	89.1
Mocha - coconut drink	Venti	1448	348	16	12.7	38	35.1	8.1	8.5	0.16	133.7
White Mocha - semi skimmed milk	Tall	1113	265	10.5	8.5	34.4	33.6	0.3	8.1	0.36	89.1
White Mocha - semi skimmed milk	Grande	1448	345	12.7	10.5	46.2	45.4	0.3	11.3	0.50	89.1
White Mocha - semi skimmed milk	Venti	1751	417	14.7	12.2	57.1	55.9	0.5	13.7	0.61	133.7
White Mocha - whole milk	Tall	1218	290	13.5	9.4	34.3	33.5	0.3	7.9	0.36	89.1
White Mocha - whole milk	Grande	1603	382	17.1	11.8	46	45.1	0.3	11.1	0.49	89.1
White Mocha - whole milk	Venti	1936	461	20	13.8	56.8	55.6	0.5	13.4	0.60	133.7
White Mocha - skimmed milk	Tall	1034	246	8.3	6	34.6	33.8	0.3	8.1	0.36	89.1
White Mocha - skimmed milk	Grande	1333	317	9.4	6.8	46.4	45.6	0.3	11.3	0.51	89.1
White Mocha - skimmed milk	Venti	1613	384	10.9	7.9	57.3	56.1	0.5	13.7	0.62	133.7
White Mocha - almond drink	Tall	952	229	9.7	5.9	30.9	30.1	0.6	3.4	0.31	89.1
White Mocha - almond drink	Grande	1212	292	11.5	6.8	41	40.2	0.8	4.4	0.42	89.1
White Mocha - almond drink	Venti	1470	353	13.3	7.8	50.9	49.7	1	5.4	0.51	133.7
White Mocha - soya drink	Tall	1073	256	10.8	6.3	31.3	30.2	1.3	7.8	0.35	89.1
White Mocha - soya drink	Grande	1390	331	13.1	7.2	41.6	40.3	1.7	10.9	0.48	89.1
White Mocha - soya drink	Venti	1682	400	15.3	8.4	51.6	49.8	2.1	13.2	0.59	133.7
White Mocha - oat drink	Tall	1183	282	12.5	6.3	37.6	31.4	1.9	3.9	0.40	89.1
White Mocha - oat drink	Grande	1552	370	15.7	7.2	50.8	42.1	2.6	5.1	0.55	89.1
White Mocha - oat drink	Venti	1875	447	18.3	8.4	62.6	52	3.2	6.3	0.67	133.7
White Mocha - coconut drink	Tall	1080	259	11.7	9.4	32.5	31.7	2.7	4.2	0.26	89.1
White Mocha - coconut drink	Grande	1400	336	14.5	11.9	43.4	42.6	3.8	5.5	0.36	89.1
White Mocha - coconut drink	Venti	1693	406	16.9	13.9	53.8	52.5	4.6	6.8	0.44	133.7
<b>Cold Coffee</b>		<b>Energy (kJ)</b>	<b>Energy (kcal)</b>	<b>Fat (g)</b>	<b>Of which saturated (g)</b>	<b>Carbohydrates (g)</b>	<b>Of which Sugar (g)</b>	<b>Fibre (g)</b>	<b>Protein (g)</b>	<b>Salt (g)</b>	<b>Caffeine (mg)</b>
Cold Brew	Tall	74	17	0.6	0.2	1.7	0.1	1.1	0.8	0.01	193.3
Cold Brew	Grande	101	23	0.9	0.3	2.3	0.1	1.4	1.2	0.01	264.7
Cold Brew	Venti	108	25	0.9	0.3	2.5	0.2	1.5	1.2	0.02	285.1
Cold Brew Latte - semi skimmed milk	Tall	373	88	3.1	2.9	8.6	7.7	0.5	6.4	0.18	159.1
Cold Brew Latte - semi skimmed milk	Grande	520	123	4.3	4.1	12	11.1	0.6	8.9	0.26	166.5
Cold Brew Latte - semi skimmed milk	Venti	598	142	5	4.7	13.8	12.7	0.7	10.3	0.30	204.7
Cold Brew Latte - whole milk	Tall	482	114	6.2	3.9	8.4	7.6	0.5	6.2	0.18	159.1
Cold Brew Latte - whole milk	Grande	677	161	8.8	5.5	11.7	10.9	0.6	8.7	0.25	166.5
Cold Brew Latte - whole milk	Venti	778	185	10.1	6.3	13.5	12.4	0.7	10	0.29	204.7
Cold Brew Latte - skimmed milk	Tall	291	69	0.8	0.3	8.7	7.9	0.5	6.4	0.19	159.1
Cold Brew Latte - skimmed milk	Grande	402	95	1.1	0.4	12.2	11.3	0.6	8.9	0.26	166.5
Cold Brew Latte - skimmed milk	Venti	464	110	1.2	0.5	14	13	0.7	10.3	0.30	204.7
Cold Brew Latte - almond drink	Tall	206	51	2.3	0.3	4.9	4.1	0.9	1.5	0.12	159.1
Cold Brew Latte - almond drink	Grande	280	69	3.1	0.3	6.7	5.8	1	1.8	0.18	166.5
Cold Brew Latte - almond drink	Venti	324	80	3.6	0.4	7.7	6.7	1.2	2.2	0.20	204.7
Cold Brew Latte - soya drink	Tall	332	79	3.4	0.6	5.3	4.1	1.5	6.1	0.17	159.1
Cold Brew Latte - soya drink	Grande	461	109	4.8	0.8	7.3	5.9	2	8.5	0.24	166.5
Cold Brew Latte - soya drink	Venti	531	126	5.5	0.9	8.4	6.8	2.3	9.7	0.28	204.7
Cold Brew Latte - oat drink	Tall	446	106	5.2	0.6	11.8	5.4	2.2	2	0.22	159.1
Cold Brew Latte - oat drink	Grande	626	149	7.4	0.8	16.7	7.8	2.9	2.6	0.31	166.5
Cold Brew Latte - oat drink	Venti	719	171	8.5	0.9	19.1	8.9	3.4	3	0.36	204.7
Cold Brew Latte - coconut drink	Tall	339	82	4.4	3.9	6.6	5.8	3	2.3	0.08	159.1
Cold Brew Latte - coconut drink	Grande	470	114	6.2	5.5	9.2	8.3	4.1	3	0.11	166.5
Cold Brew Latte - coconut drink	Venti	542	131	7.1	6.3	10.5	9.5	4.7	3.5	0.13	204.7
Iced Americano	Tall	29	7	0.1	0	0.9	0.1	0.3	0.4	0.00	89.1
Iced Americano	Grande	44	11	0.2	0.1	1.4	0.1	0.4	0.6	0.00	133.7
Iced Americano	Venti	59	14	0.3	0.1	1.8	0.2	0.5	0.8	0.00	178.2
Iced Latte - semi skimmed milk	Tall	346	83	2.8	2.7	8.3	7.5	0.3	5.9	0.17	89.1
Iced Latte - semi skimmed milk	Grande	536	128	4.4	4.3	12.7	11.9	0.3	9.2	0.27	89.1
Iced Latte - semi skimmed milk	Venti	545	130	4.4	4.3	13	11.8	0.4	9.3	0.27	133.7
Iced Latte - whole milk	Tall	451	108	5.8	3.6	8.1	7.3	0.3	5.7	0.17	89.1
Iced Latte - whole milk	Grande	704	168	9.2	5.8	12.4	11.6	0.3	8.9	0.26	89.1
Iced Latte - whole milk	Venti	711	170	9.1	5.7	12.8	11.5	0.4	9	0.26	133.7
Iced Latte - skimmed milk	Tall	268	64	0.6	0.2	8.4	7.6	0.3	5.9	0.17	89.1
Iced Latte - skimmed milk	Grande	410	97	0.9	0.4	12.9	12.1	0.3	9.2	0.28	89.1
Iced Latte - skimmed milk	Venti	421	100	0.9	0.4	13.3	12	0.4	9.3	0.27	133.7
Iced Latte - almond drink	Tall	186	46	2	0.2	4.8	3.9	0.6	1.2	0.11	89.1
Iced Latte - almond drink	Grande	280	70	3.1	0.3	7.1	6.3	0.8	1.6	0.18	89.1
Iced Latte - almond drink	Venti	292	73	3.1	0.3	7.4	6.2	0.9	1.8	0.18	133.7
Iced Latte - soya drink	Tall	307	73	3.1	0.5	5.1	4	1.2	5.6	0.16	89.1
Iced Latte - soya drink	Grande	473	113	4.9	0.8	7.7	6.4	1.8	8.7	0.25	89.1
Iced Latte - soya drink	Venti	483	115	4.9	0.8	8	6.3	1.9	8.8	0.25	133.7
Iced Latte - oat drink	Tall	417	100	4.8	0.5	11.4	5.3	1.8	1.7	0.21	

Classic Iced Cappuccino - whole milk	Grande	584	139	7.6	4.8	10.4	9.6	0.3	7.4	0.22	89.1
Classic Iced Cappuccino - whole milk	Venti	630	150	8	5.1	11.4	10.2	0.4	8	0.23	133.7
Classic Iced Cappuccino - skimmed milk	Tall	231	55	0.5	0.2	7.3	6.5	0.3	5	0.15	89.1
Classic Iced Cappuccino - skimmed milk	Grande	343	81	0.8	0.3	10.8	10	0.3	7.6	0.23	89.1
Classic Iced Cappuccino - skimmed milk	Venti	375	89	0.9	0.4	11.8	10.6	0.4	8.2	0.24	133.7
Classic Iced Cappuccino - almond drink	Tall	162	40	1.7	0.2	4.2	3.3	0.5	1.1	0.10	89.1
Classic Iced Cappuccino - almond drink	Grande	235	59	2.6	0.2	6	5.2	0.7	1.4	0.15	89.1
Classic Iced Cappuccino - almond drink	Venti	262	65	2.8	0.3	6.7	5.5	0.8	1.7	0.16	133.7
Classic Iced Cappuccino - soya drink	Tall	264	63	2.7	0.4	4.5	3.4	1.1	4.8	0.13	89.1
Classic Iced Cappuccino - soya drink	Grande	394	94	4.1	0.7	6.5	5.2	1.5	7.2	0.21	89.1
Classic Iced Cappuccino - soya drink	Venti	430	102	4.3	0.7	7.2	5.6	1.7	7.8	0.22	133.7
Classic Iced Cappuccino - oat drink	Tall	357	85	4.1	0.4	9.8	4.5	1.6	1.5	0.17	89.1
Classic Iced Cappuccino - oat drink	Grande	538	129	6.3	0.7	14.7	6.9	2.3	2.1	0.27	89.1
Classic Iced Cappuccino - oat drink	Venti	582	139	6.7	0.7	15.9	7.3	2.6	2.4	0.28	133.7
Classic Iced Cappuccino - coconut drink	Tall	269	66	3.4	3.1	5.5	4.7	2.3	1.7	0.06	89.1
Classic Iced Cappuccino - coconut drink	Grande	402	98	5.3	4.8	8.1	7.3	3.4	2.5	0.09	89.1
Classic Iced Cappuccino - coconut drink	Venti	438	107	5.7	5.1	9	7.8	3.7	2.8	0.10	133.7
Iced Latte Macchiato - semi skimmed milk	Tall	383	91	3.1	3	9.1	8.3	0.3	6.5	0.19	89.1
Iced Latte Macchiato - semi skimmed milk	Grande	552	132	4.5	4.4	13.1	12.3	0.3	9.5	0.28	89.1
Iced Latte Macchiato - semi skimmed milk	Venti	578	138	4.7	4.6	13.8	12.6	0.4	9.9	0.29	133.7
Iced Latte Macchiato - whole milk	Tall	500	119	6.4	4.1	9	8.1	0.3	6.4	0.18	89.1
Iced Latte Macchiato - whole milk	Grande	726	173	9.5	6	12.8	12	0.3	9.2	0.27	89.1
Iced Latte Macchiato - whole milk	Venti	755	180	9.7	6.1	13.5	12.3	0.4	9.6	0.28	133.7
Iced Latte Macchiato - skimmed milk	Tall	295	70	0.7	0.3	9.3	8.5	0.3	6.5	0.19	89.1
Iced Latte Macchiato - skimmed milk	Grande	423	100	0.9	0.4	13.3	12.5	0.3	9.5	0.29	89.1
Iced Latte Macchiato - skimmed milk	Venti	446	106	1	0.4	14	12.8	0.4	9.9	0.29	133.7
Iced Latte Macchiato - almond drink	Tall	204	51	2.2	0.2	5.2	4.4	0.6	1.3	0.13	89.1
Iced Latte Macchiato - almond drink	Grande	288	72	3.2	0.3	7.3	6.5	0.8	1.7	0.19	89.1
Iced Latte Macchiato - almond drink	Venti	308	77	3.3	0.3	7.9	6.6	0.9	1.9	0.19	133.7
Iced Latte Macchiato - soya drink	Tall	339	81	3.5	0.6	5.6	4.5	1.3	6.2	0.18	89.1
Iced Latte Macchiato - soya drink	Grande	488	116	5.1	0.8	7.9	6.6	1.8	9	0.26	89.1
Iced Latte Macchiato - soya drink	Venti	512	122	5.2	0.9	8.5	6.7	2	9.3	0.27	133.7
Iced Latte Macchiato - oat drink	Tall	462	110	5.4	0.6	12.6	5.9	2	1.8	0.23	89.1
Iced Latte Macchiato - oat drink	Grande	669	160	7.9	0.8	18.3	8.6	2.9	2.5	0.34	89.1
Iced Latte Macchiato - oat drink	Venti	697	167	8.1	0.9	19.1	8.9	3.1	2.7	0.35	133.7
Iced Latte Macchiato - coconut drink	Tall	346	84	4.5	4.1	7	6.2	2.9	2.2	0.08	89.1
Iced Latte Macchiato - coconut drink	Grande	498	121	6.6	6	10	9.2	4.2	3	0.12	89.1
Iced Latte Macchiato - coconut drink	Venti	523	127	6.8	6.2	10.6	9.4	4.4	3.3	0.12	133.7
Iced Caramel Macchiato - semi skimmed milk	Tall	616	146	4.2	3.7	20.4	19.1	0.3	6.6	0.22	89.1
Iced Caramel Macchiato - semi skimmed milk	Grande	847	201	5.6	5.1	27.9	26.6	0.3	9.6	0.31	89.1
Iced Caramel Macchiato - semi skimmed milk	Venti	933	222	5.8	5.2	32.2	30.4	0.4	10	0.32	133.7
Iced Caramel Macchiato - whole milk	Tall	733	174	7.5	4.7	20.2	18.9	0.3	6.4	0.22	89.1
Iced Caramel Macchiato - whole milk	Grande	1020	242	10.5	6.6	27.7	26.3	0.3	9.3	0.31	89.1
Iced Caramel Macchiato - whole milk	Venti	1111	264	10.8	6.8	32	30.2	0.4	9.7	0.31	133.7
Iced Caramel Macchiato - skimmed milk	Tall	528	125	1.7	0.9	20.6	19.3	0.3	6.6	0.23	89.1
Iced Caramel Macchiato - skimmed milk	Grande	717	170	2	1	28.2	26.9	0.3	9.6	0.32	89.1
Iced Caramel Macchiato - skimmed milk	Venti	801	190	2.1	1.1	32.5	30.7	0.4	10	0.33	133.7
Iced Caramel Macchiato - almond drink	Tall	437	106	3.3	0.9	16.5	15.2	0.6	1.4	0.16	89.1
Iced Caramel Macchiato - almond drink	Grande	582	141	4.2	1	22.1	20.8	0.8	1.8	0.22	89.1
Iced Caramel Macchiato - almond drink	Venti	664	161	4.4	1	26.3	24.5	0.9	2	0.23	133.7
Iced Caramel Macchiato - soya drink	Tall	572	136	4.5	1.2	16.9	15.3	1.3	6.3	0.21	89.1
Iced Caramel Macchiato - soya drink	Grande	782	185	6.1	1.5	22.8	20.9	1.8	9	0.29	89.1
Iced Caramel Macchiato - soya drink	Venti	867	206	6.3	1.5	27	24.6	2	9.4	0.30	133.7
Iced Caramel Macchiato - oat drink	Tall	695	166	6.4	1.2	23.9	16.7	2	1.9	0.26	89.1
Iced Caramel Macchiato - oat drink	Grande	963	229	9	1.5	33.1	23	2.9	2.6	0.37	89.1
Iced Caramel Macchiato - oat drink	Venti	1052	251	9.2	1.5	37.5	26.7	3.1	2.8	0.38	133.7
Iced Caramel Macchiato - coconut drink	Tall	579	139	5.6	4.7	18.3	17	2.9	2.2	0.11	89.1
Iced Caramel Macchiato - coconut drink	Grande	792	191	7.7	6.7	24.8	23.5	4.2	3.1	0.15	89.1
Iced Caramel Macchiato - coconut drink	Venti	878	211	7.9	6.8	29.1	27.2	4.4	3.3	0.15	133.7
Iced Cappuccino with Cold Foam	Tall	230	54	0.4	0.1	9.6	8.8	0.3	3	0.08	89.1
Iced Cappuccino with Cold Foam	Grande	302	72	0.4	0.2	13.1	12.3	0.3	3.7	0.10	89.1
Iced Cappuccino with Cold Foam	Venti	396	94	0.6	0.2	17.2	16	0.4	4.7	0.13	133.7
Iced Mocha - semi skimmed milk	Tall	1027	246	12.9	9.6	23.6	21.7	2.2	7.8	0.15	89.1
Iced Mocha - semi skimmed milk	Grande	1431	342	17.7	13.3	32.9	30.7	2.8	11.6	0.24	89.1
Iced Mocha - semi skimmed milk	Venti	1517	363	17.8	13.3	37	34.1	3.6	11.8	0.22	133.7
Iced Mocha - whole milk	Tall	1105	264	15.1	10.3	23.4	21.6	2.2	7.7	0.15	89.1
Iced Mocha - whole milk	Grande	1560	373	21.3	14.5	32.7	30.5	2.8	11.4	0.24	89.1
Iced Mocha - whole milk	Venti	1629	389	21	14.2	36.8	34	3.6	11.6	0.22	133.7
Iced Mocha - skimmed milk	Tall	969	232	11.3	7.8	23.7	21.9	2.2	7.8	0.16	89.1
Iced Mocha - skimmed milk	Grande	1334	319	15	10.3	33	30.9	2.8	11.6	0.25	89.1
Iced Mocha - skimmed milk	Venti	1433	343	15.5	10.6	37.2	34.3	3.6	11.8	0.22	133.7
Iced Mocha - almond drink	Tall	908	219	12.3	7.7	20.9	19.1	2.4	4.3	0.11	89.1
Iced Mocha - almond drink	Grande	1234	298	16.7	10.3	28.5	26.4	3.2	5.8	0.18	89.1
Iced Mocha - almond drink	Venti	1346	324	17	10.6	33.3	30.4	3.9	6.7	0.16	133.7
Iced Mocha - soya drink	Tall	998	239	13.1	8	21.2	19.2	2.9	7.6	0.14	89.1
Iced Mocha - soya drink	Grande	1382	331	18.1	10.6	29	26.5	3.9	11.2	0.23	89.1
Iced Mocha - soya drink	Venti	1475	353	18.2	10.9	33.7	30.4	4.6	11.4	0.21	133.7
Iced Mocha - oat drink	Tall	1079	259	14.4	8	25.9	20.1	3.3	4.7	0.18	89.1
Iced Mocha - oat drink	Grande	1517	363	20.2	10.6	36.7	28	4.7	6.4	0.29	89.1
Iced Mocha - oat drink	Venti	1592	381	20	10.9	40.3	31.8	5.2	7.3	0.26	133.7
Iced Mocha - coconut drink	Tall	1002	241	13.8	10.3	22.2	20.3	3.9	4.9	0.08	89.1
Iced Mocha - coconut drink	Grande	1390	334	19.2	14.5	30.5	28.4	5.7	6.8	0.12	89.1
Iced Mocha - coconut drink	Venti	1482	356	19.2	14.3	35	32.1	6.1	7.6	0.11	133.7
Iced White Mocha - semi skimmed milk	Tall	1207	288	13.9	10.7	33.7	32.8	0.3	7	0.33	89.1
Iced White Mocha - semi skimmed milk	Grande	1680	401	19.1	14.9	46.5	45.7	0.3	10.6	0.48	89.1
Iced White Mocha - semi skimmed milk	Venti	1833	438	19.6	15.3	54.2	53	0.5	10.7	0.52	133.7
Iced White Mocha - whole milk	Tall	1286	307	16.1	11.4	33.5	32.7	0.3	6.9	0.32	89.1
Iced White Mocha - whole milk	Grande	1813	433	22.8	16.1	46.3	45.5	0.3	10.4	0.48	89.1
Iced White Mocha - whole milk	Venti	1951	466	23	16.3	54	52.8	0.5	10.5	0.51	133.7
Iced White Mocha - skimmed milk	Tall	1149	274	12.3	8.9	33.8	33	0.3	7	0.33	89.1
Iced White Mocha - skimmed milk	Grande	1581	377	16.3	11.8	46.7	45.9	0.3	10.6	0.49	89.1
Iced White Mocha - skimmed milk	Venti	1745	416	17.2	12.5	54.4	53.2	0.5	10.7	0.52	133.7
Iced White Mocha - almond drink	Tall	1088	261	13.3	8.9	31	30.2	0.5	3.5	0.29	89.1
Iced White Mocha - almond drink	Grande	1477	355	18	11.7	42.1	41.3	0.7	4.7	0.41	89.1
Iced White Mocha - almond drink	Venti	1653	397	18.7	12.4	50.2	49	0.8	5.4	0.46	133.7
Iced White Mocha - soya drink	Tall	1178	281	14.1	9.1	31.3	30.3	1	6.8	0.32	89.1
Iced White Mocha - soya drink	Grande	1630	389	19.5	12.1	42.5	41.3	1.5	10.3	0.47	89.1
Iced White Mocha - soya drink	Venti	1789	427	20	12.8	50.7	49.1	1.5	10.4	0.50	133.7
Iced White Mocha - oat drink	Tall	1260	301	15.4	9.1	36	31.2	1.5	3.8	0.35	89.1
Iced White Mocha - oat drink	Grande	1769	423	21.7	12.1	50.5	42.9	2.3	5.3	0.53	89.1
Iced White Mocha - oat drink	Venti	1913	457	21.9	12.8	57.7	50.5	2.3	5.9	0.56	133.7
Iced White Mocha - coconut drink	Tall	1183	284	14.8	11.4	32.2	31.4	2.1	4.1	0.25	89.1
Iced White Mocha - coconut drink	Grande	1638	393	20.7	16.1	44.1	43.3	3.3	5.7	0.36	89.1
Iced White Mocha - coconut drink	Venti	1796	430	21	16.3	52.1	50.9	3.1	6.3	0.41	133.7
Starbucks Doubleshot™ Iced Coffee	Mini	354	86	8	5	2.2	1.4	0.3	1	0.03	89.1
Starbucks Doubleshot™ Vanilla Iced Coffee	Mini	422	102	8	5	6.2	5.3	0.3	1	0.03	89.1
Iced Brown Sugar Oat Shaken Espresso - semi skimmed milk	Tall	367	87	2.1	2	12.6	11.8	0.3	4.3	0.12	85.5
Iced Brown Sugar Oat Shaken Espresso - semi skimmed milk	Grande	485	115	2.6	2.4	17.4	16.2	0.4	5.4	0.15	128.2
Iced Brown Sugar Oat Shaken Espresso - semi skimmed milk	Venti	593	141	3	2.8	21.9	20.4	0.5	6.2	0.17	171
Iced Brown Sugar Oat Shaken Espresso - whole milk	Tall	444	106	4.3	2.7	12.5	11.7	0.3	4.2	0.12	85.5
Iced Brown Sugar Oat Shaken Espresso - whole milk	Grande	579	138	5.2	3.3	17.3	16.1	0.4	5.2	0.15	128.2
Iced Brown Sugar Oat Shaken Espresso - whole milk	Venti	700	167	6	3.8	21.8	20.2	0.5	6.1	0.17	171
Iced Brown Sugar Oat Shaken Espresso - skimmed milk	Tall	310	73	0.5	0.2	12.7	12	0.3	4.3	0.13	85.5
Iced Brown Sugar Oat Shaken Espresso - skimmed milk	Grande	415	99	0.6	0.2	17.5	16.4				

		559	135	4.3	3.8	20	18.5	2.9	2.2	0.07	171
		Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which Sugar (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
Iced Brown Sugar Oat Shaken Espresso - coconut drink	Venti										
<b>Hot Chocolates</b>											
Classic Hot Chocolate - semi skimmed milk	Tall	1038	247	10.3	8.2	27.2	26.1	2.1	10.5	0.24	0
Classic Hot Chocolate - semi skimmed milk	Grande	1308	311	12.1	9.8	35.4	34	2.7	13.9	0.32	0
Classic Hot Chocolate - semi skimmed milk	Venti	1616	385	14.5	11.8	44.4	42.6	3.3	17.7	0.41	0
Classic Hot Chocolate - whole milk	Tall	1175	280	14.2	9.4	27	25.9	2.1	10.3	0.23	0
Classic Hot Chocolate - whole milk	Grande	1493	356	17.4	11.4	35.2	33.7	2.7	13.6	0.31	0
Classic Hot Chocolate - whole milk	Venti	1857	442	21.3	13.9	44	42.3	3.3	17.4	0.40	0
Classic Hot Chocolate - skimmed milk	Tall	935	223	7.5	5	27.4	26.3	2.1	10.5	0.24	0
Classic Hot Chocolate - skimmed milk	Grande	1170	278	8.3	5.5	35.7	34.3	2.7	13.9	0.32	0
Classic Hot Chocolate - skimmed milk	Venti	1437	342	9.4	6.2	44.7	43	3.3	17.7	0.42	0
Classic Hot Chocolate - almond drink	Tall	829	200	9.3	4.9	22.6	21.5	2.5	4.3	0.17	0
Classic Hot Chocolate - almond drink	Grande	1026	248	10.7	5.4	29.3	27.8	3.3	5.6	0.22	0
Classic Hot Chocolate - almond drink	Venti	1250	302	12.6	6.1	36.3	34.5	4	6.9	0.28	0
Classic Hot Chocolate - soya drink	Tall	986	235	10.7	5.3	23.1	21.6	3.3	10.1	0.22	0
Classic Hot Chocolate - soya drink	Grande	1239	295	12.7	5.9	29.9	27.9	4.4	13.3	0.30	0
Classic Hot Chocolate - soya drink	Venti	1527	363	15.2	6.8	37.2	34.7	5.5	17	0.38	0
Classic Hot Chocolate - oat drink	Tall	1130	270	13	5.3	31.3	23.2	4.1	4.9	0.28	0
Classic Hot Chocolate - oat drink	Grande	1432	342	15.7	5.9	41	30.1	5.5	6.4	0.38	0
Classic Hot Chocolate - oat drink	Venti	1778	424	19.1	6.8	51.6	37.6	6.9	8	0.49	0
Classic Hot Chocolate - coconut drink	Tall	995	239	12	9.4	24.7	23.6	5.1	5.4	0.11	0
Classic Hot Chocolate - coconut drink	Grande	1250	300	14.3	11.5	32.1	30.7	6.9	7	0.14	0
Classic Hot Chocolate - coconut drink	Venti	1541	370	17.3	14	40.1	38.3	8.7	8.7	0.18	0
Hot White Chocolate - semi skimmed milk	Tall	1208	288	11.4	9.5	36.4	36.4	0	9.9	0.43	0
Hot White Chocolate - semi skimmed milk	Grande	1498	357	13.2	11.1	47.1	47.1	0.1	12.3	0.54	0
Hot White Chocolate - semi skimmed milk	Venti	1899	452	16.1	13.8	60.2	60.2	0.1	16.4	0.71	0
Hot White Chocolate - whole milk	Tall	1355	323	15.5	10.8	36.2	36.2	0	9.6	0.42	0
Hot White Chocolate - whole milk	Grande	1680	400	18.3	12.7	46.9	46.9	0.1	12	0.53	0
Hot White Chocolate - whole milk	Venti	2148	511	23.2	16	59.8	59.8	0.1	16.1	0.70	0
Hot White Chocolate - skimmed milk	Tall	1099	261	8.3	6	36.6	36.6	0	9.9	0.43	0
Hot White Chocolate - skimmed milk	Grande	1363	324	9.4	6.8	47.4	47.4	0.1	12.3	0.55	0
Hot White Chocolate - skimmed milk	Venti	1714	407	10.9	7.9	60.6	60.6	0.1	16.4	0.72	0
Hot White Chocolate - almond drink	Tall	985	237	10.3	6	31.5	31.5	0.5	3.3	0.35	0
Hot White Chocolate - almond drink	Grande	1222	294	11.8	6.8	41.1	41.1	0.6	4.2	0.45	0
Hot White Chocolate - almond drink	Venti	1521	366	14.2	7.8	51.9	51.9	0.8	5.3	0.58	0
Hot White Chocolate - soya drink	Tall	1153	275	11.8	6.4	32	31.6	1.4	9.4	0.41	0
Hot White Chocolate - soya drink	Grande	1431	340	13.7	7.3	41.7	41.2	1.7	11.8	0.52	0
Hot White Chocolate - soya drink	Venti	1807	429	16.9	8.6	52.8	52	2.3	15.7	0.68	0
Hot White Chocolate - oat drink	Tall	1307	312	14.2	6.4	40.8	33.4	2.2	4	0.48	0
Hot White Chocolate - oat drink	Grande	1620	386	16.7	7.3	52.6	43.3	2.8	5	0.60	0
Hot White Chocolate - oat drink	Venti	2066	492	21	8.6	67.6	55	3.8	6.4	0.79	0
Hot White Chocolate - coconut drink	Tall	1162	279	13.1	10.8	33.8	33.8	3.3	4.4	0.29	0
Hot White Chocolate - coconut drink	Grande	1442	346	15.4	12.7	43.9	43.9	4.1	5.5	0.37	0
Hot White Chocolate - coconut drink	Venti	1822	437	19.1	16	55.7	55.7	5.6	7.2	0.48	0
Signature Hot Chocolate - semi skimmed milk	Tall	1196	285	12.2	9.8	29.6	28.3	3.6	12.2	0.30	20
Signature Hot Chocolate - semi skimmed milk	Grande	1471	351	14.2	11.4	37.6	35.9	4.8	15.3	0.38	26.8
Signature Hot Chocolate - semi skimmed milk	Venti	1809	431	17	13.9	46.7	44.5	5.8	19.5	0.49	32.8
Signature Hot Chocolate - whole milk	Tall	1372	327	17.2	11.3	29.3	28	3.6	11.9	0.30	20
Signature Hot Chocolate - whole milk	Grande	1691	403	20.5	13.4	37.3	35.5	4.8	15	0.37	26.8
Signature Hot Chocolate - whole milk	Venti	2096	499	25.2	16.4	46.2	44.1	5.8	19.1	0.48	32.8
Signature Hot Chocolate - skimmed milk	Tall	1063	253	8.5	5.6	29.9	28.5	3.6	12.2	0.31	20
Signature Hot Chocolate - skimmed milk	Grande	1306	311	9.6	6.3	38	36.2	4.8	15.3	0.38	26.8
Signature Hot Chocolate - skimmed milk	Venti	1595	380	11	7.1	47.1	45	5.8	19.5	0.50	32.8
Signature Hot Chocolate - almond drink	Tall	926	224	10.8	5.5	27.3	22.3	4.1	4.3	0.21	20
Signature Hot Chocolate - almond drink	Grande	1135	275	12.5	6.2	30.3	28.5	5.4	5.4	0.26	26.8
Signature Hot Chocolate - almond drink	Venti	1372	332	14.8	7	37.1	34.9	6.6	6.6	0.34	32.8
Signature Hot Chocolate - soya drink	Tall	1129	269	12.7	6.1	24.3	22.4	5.2	11.7	0.28	20
Signature Hot Chocolate - soya drink	Grande	1388	331	14.9	6.8	31.1	28.6	6.7	14.6	0.35	26.8
Signature Hot Chocolate - soya drink	Venti	1702	405	17.9	7.9	38.1	35.1	8.3	18.6	0.45	32.8
Signature Hot Chocolate - oat drink	Tall	1314	314	15.6	6.1	34.9	24.6	6.2	5.1	0.36	20
Signature Hot Chocolate - oat drink	Grande	1619	387	18.5	6.8	44.2	31.3	8	6.4	0.45	26.8
Signature Hot Chocolate - oat drink	Venti	2002	478	22.6	7.9	55.2	38.5	10	7.9	0.58	32.8
Signature Hot Chocolate - coconut drink	Tall	1140	275	14.3	11.3	26.4	25.1	7.5	5.6	0.14	20
Signature Hot Chocolate - coconut drink	Grande	1402	337	16.9	13.4	33.7	31.9	9.7	7.1	0.17	26.8
Signature Hot Chocolate - coconut drink	Venti	1719	414	20.5	16.4	41.5	39.4	12.2	8.8	0.22	32.8
Iced Chocolate - semi skimmed milk	Tall	1133	271	13.8	10.5	26.4	25.3	2.1	9.4	0.21	0
Iced Chocolate - semi skimmed milk	Grande	1532	366	18.5	14.2	35.6	34.1	2.7	13.1	0.30	0
Iced Chocolate - semi skimmed milk	Venti	1680	401	19.2	14.7	41.2	39.4	3.4	14.3	0.31	0
Iced Chocolate - whole milk	Tall	1246	298	16.9	11.5	26.2	25.1	2.1	9.2	0.20	0
Iced Chocolate - whole milk	Grande	1694	405	23.1	15.6	35.3	33.9	2.7	12.9	0.29	0
Iced Chocolate - whole milk	Venti	1847	441	23.9	16.2	40.9	39.1	3.4	14.1	0.30	0
Iced Chocolate - skimmed milk	Tall	1050	251	11.4	7.9	26.5	25.4	2.1	9.4	0.21	0
Iced Chocolate - skimmed milk	Grande	1412	337	15.1	10.4	35.8	34.4	2.7	13.1	0.30	0
Iced Chocolate - skimmed milk	Venti	1555	371	15.7	10.8	41.4	39.6	3.4	14.3	0.31	0
Iced Chocolate - almond drink	Tall	963	232	12.9	7.8	22.6	21.5	2.4	4.4	0.15	0
Iced Chocolate - almond drink	Grande	1287	311	17.2	10.4	30.2	28.7	3.2	5.9	0.21	0
Iced Chocolate - almond drink	Venti	1426	344	17.9	10.7	35.6	33.8	3.9	6.8	0.22	0
Iced Chocolate - soya drink	Tall	1092	261	14.1	8.2	23	21.6	3.1	9.1	0.20	0
Iced Chocolate - soya drink	Grande	1472	352	19	10.8	30.8	28.8	4.1	12.6	0.28	0
Iced Chocolate - soya drink	Venti	1618	386	19.7	11.2	36.2	33.9	4.9	13.8	0.29	0
Iced Chocolate - oat drink	Tall	1209	289	15.9	8.2	29.7	22.9	3.7	4.9	0.25	0
Iced Chocolate - oat drink	Grande	1641	393	21.6	10.8	40.4	30.8	5.1	6.6	0.35	0
Iced Chocolate - oat drink	Venti	1792	428	22.4	11.2	46.1	35.9	5.9	7.6	0.36	0
Iced Chocolate - coconut drink	Tall	1098	264	15.1	11.5	24.3	23.3	4.6	5.2	0.10	0
Iced Chocolate - coconut drink	Grande	1482	356	20.4	15.7	32.7	31.2	6.3	7.1	0.14	0
Iced Chocolate - coconut drink	Venti	1628	391	21.2	16.2	38.2	36.4	7.1	8.1	0.15	0
Iced White Chocolate - semi skimmed milk	Tall	1279	305	14.6	11.5	35.1	35.1	0	8.3	0.38	0
Iced White Chocolate - semi skimmed milk	Grande	1736	414	19.7	15.6	47.6	47.6	0.1	11.7	0.53	0
Iced White Chocolate - semi skimmed milk	Venti	1935	461	20.7	16.4	56.2	56.2	0.1	12.6	0.59	0
Iced White Chocolate - whole milk	Tall	1391	332	17.8	12.5	34.9	34.9	0	8.2	0.38	0
Iced White Chocolate - whole milk	Grande	1897	453	24.2	17	47.4	47.4	0.1	11.5	0.52	0
Iced White Chocolate - whole milk	Venti	2102	501	25.4	17.9	56	56	0.1	12.4	0.59	0
Iced White Chocolate - skimmed milk	Tall	1195	285	12.3	8.9	35.3	35.3	0	8.3	0.38	0
Iced White Chocolate - skimmed milk	Grande	1616	385	16.3	11.8	47.8	47.8	0.1	11.7	0.53	0
Iced White Chocolate - skimmed milk	Venti	1811	432	17.2	12.5	56.5	56.5	0.1	12.6	0.60	0
Iced White Chocolate - almond drink	Tall	1108	267	13.7	8.9	31.3	31.3	0.4	3.3	0.32	0
Iced White Chocolate - almond drink	Grande	1490	359	18.4	11.7	42.2	42.2	0.5	4.5	0.44	0
Iced White Chocolate - almond drink	Venti	1681	404	19.4	12.4	50.7	50.7	0.6	5.1	0.51	0
Iced White Chocolate - soya drink	Tall	1237	295	14.9	9.2	31.8	31.4	1.1	8	0.37	0
Iced White Chocolate - soya drink	Grande	1676	400	20.1	12.2	42.8	42.3	1.5	11.2	0.51	0
Iced White Chocolate - soya drink	Venti	1873	446	21.2	13	51.3	50.8	1.6	12.1	0.58	0
Iced White Chocolate - oat drink	Tall	1354	324	16.8	9.2	38.4	32.8	1.7	3.8	0.42	0



Coffee Frappuccino® - oat drink	Tall	925	221	11.6	6.9	26.7	23.4	0.9	1.6	0.42	23
Coffee Frappuccino® - oat drink	Grande	1232	294	15.3	9.1	36	31.6	1.2	2.2	0.57	31.4
Coffee Frappuccino® - oat drink	Venti	1355	323	15.4	9.1	42.8	38.1	1.2	2.3	0.67	39.5
Coffee Frappuccino® - coconut drink	Tall	874	209	11.2	8.4	24.3	23.5	1.3	1.8	0.36	23
Coffee Frappuccino® - coconut drink	Grande	1166	279	14.8	11.1	32.8	31.8	1.7	2.4	0.48	31.4
Coffee Frappuccino® - coconut drink	Venti	1288	308	14.9	11.1	39.6	38.3	1.7	2.5	0.59	39.5
Caramel Frappuccino® - semi skimmed milk	Tall	1132	270	12.3	9	35.5	34.2	0.1	3.9	0.46	23.1
Caramel Frappuccino® - semi skimmed milk	Grande	1451	346	15.8	11.6	45.5	43.9	0.2	5	0.59	30.8
Caramel Frappuccino® - semi skimmed milk	Venti	1626	387	16.1	11.7	54.8	52.9	0.2	5.2	0.71	39.5
Caramel Frappuccino® - whole milk	Tall	1184	282	13.8	9.5	35.4	34.2	0.1	3.8	0.46	23.1
Caramel Frappuccino® - whole milk	Grande	1517	362	17.7	12.2	45.4	43.8	0.2	4.9	0.59	30.8
Caramel Frappuccino® - whole milk	Venti	1694	403	18	12.3	54.7	52.8	0.2	5.1	0.71	39.5
Caramel Frappuccino® - skimmed milk	Tall	1093	260	11.2	7.8	35.6	34.3	0.1	3.9	0.46	23.1
Caramel Frappuccino® - skimmed milk	Grande	1401	334	14.4	10	45.6	44	0.2	5	0.59	30.8
Caramel Frappuccino® - skimmed milk	Venti	1575	375	14.6	10.1	54.9	53	0.2	5.2	0.72	39.5
Caramel Frappuccino® - almond drink	Tall	1052	252	11.9	7.8	33.8	32.5	0.3	1.5	0.43	23.1
Caramel Frappuccino® - almond drink	Grande	1350	323	15.3	10	43.3	41.7	0.4	2	0.56	30.8
Caramel Frappuccino® - almond drink	Venti	1522	364	15.5	10.1	52.6	50.6	0.4	2.2	0.68	39.5
Caramel Frappuccino® - soya drink	Tall	1112	265	12.5	7.9	34	32.5	0.6	3.7	0.45	23.1
Caramel Frappuccino® - soya drink	Grande	1426	340	16	10.2	43.5	41.7	0.8	4.8	0.59	30.8
Caramel Frappuccino® - soya drink	Venti	1601	381	16.3	10.3	52.8	50.7	0.8	5	0.71	39.5
Caramel Frappuccino® - oat drink	Tall	1167	278	13.3	7.9	37.1	33.1	0.9	1.8	0.48	23.1
Caramel Frappuccino® - oat drink	Grande	1495	357	17.1	10.2	47.5	42.5	1.2	2.3	0.61	30.8
Caramel Frappuccino® - oat drink	Venti	1672	398	17.4	10.3	56.9	51.5	1.2	2.5	0.74	39.5
Caramel Frappuccino® - coconut drink	Tall	1115	267	12.9	9.5	34.6	33.3	1.3	1.9	0.41	23.1
Caramel Frappuccino® - coconut drink	Grande	1430	342	16.6	12.2	44.3	42.7	1.7	2.5	0.53	30.8
Caramel Frappuccino® - coconut drink	Venti	1605	383	16.9	12.4	53.6	51.7	1.8	2.7	0.65	39.5
Espresso Frappuccino® - semi skimmed milk	Tall	418	99	0.9	0.8	20.1	19.1	0.2	2.1	0.32	59.1
Espresso Frappuccino® - semi skimmed milk	Grande	564	133	1.3	1.2	27	25.8	0.3	2.9	0.44	62.3
Espresso Frappuccino® - semi skimmed milk	Venti	728	172	1.5	1.3	35.5	33.9	0.3	3.4	0.58	72.1
Espresso Frappuccino® - whole milk	Tall	448	106	1.8	1.1	20.1	19	0.2	2	0.32	59.1
Espresso Frappuccino® - whole milk	Grande	608	144	2.6	1.5	26.9	25.7	0.3	2.8	0.44	62.3
Espresso Frappuccino® - whole milk	Venti	778	184	3	1.8	35.4	33.9	0.3	3.3	0.57	72.1
Espresso Frappuccino® - skimmed milk	Tall	395	93	0.3	0.1	20.2	19.1	0.2	2.1	0.33	59.1
Espresso Frappuccino® - skimmed milk	Grande	532	125	0.4	0.1	27.1	25.8	0.3	2.9	0.44	62.3
Espresso Frappuccino® - skimmed milk	Venti	690	163	0.5	0.2	35.6	34	0.3	3.4	0.58	72.1
Espresso Frappuccino® - almond drink	Tall	372	88	0.7	0.1	19.1	18.1	0.3	0.7	0.31	59.1
Espresso Frappuccino® - almond drink	Grande	498	118	1	0.1	25.5	24.3	0.4	0.9	0.42	62.3
Espresso Frappuccino® - almond drink	Venti	651	154	1.1	0.1	33.8	32.2	0.5	1.1	0.55	72.1
Espresso Frappuccino® - soya drink	Tall	407	96	1	0.2	19.2	18.1	0.5	2	0.32	59.1
Espresso Frappuccino® - soya drink	Grande	548	129	1.4	0.2	25.7	24.3	0.6	2.8	0.44	62.3
Espresso Frappuccino® - soya drink	Venti	709	167	1.7	0.3	34	32.3	0.8	3.3	0.57	72.1
Espresso Frappuccino® - oat drink	Tall	438	104	1.5	0.2	21	18.4	0.7	0.9	0.33	59.1
Espresso Frappuccino® - oat drink	Grande	593	140	2.2	0.2	28.3	24.9	0.9	1.1	0.45	62.3
Espresso Frappuccino® - oat drink	Venti	761	180	2.5	0.3	37	32.9	1.1	1.4	0.59	72.1
Espresso Frappuccino® - coconut drink	Tall	408	97	1.3	1.1	19.6	18.5	0.9	1	0.30	59.1
Espresso Frappuccino® - coconut drink	Grande	550	131	1.8	1.5	26.2	25	1.2	1.3	0.40	62.3
Espresso Frappuccino® - coconut drink	Venti	712	169	2.1	1.8	34.6	33	1.4	1.5	0.53	72.1
Mocha Frappuccino® - semi skimmed milk	Tall	1002	239	11.1	8.2	29.6	28.5	0.7	4.5	0.40	22.6
Mocha Frappuccino® - semi skimmed milk	Grande	1318	314	14.6	10.8	39.1	37.7	1	5.9	0.52	30
Mocha Frappuccino® - semi skimmed milk	Venti	1516	361	15	11	49	47.1	1.3	6.6	0.65	39.3
Mocha Frappuccino® - whole milk	Tall	1053	251	12.6	8.7	29.5	28.5	0.7	4.5	0.40	22.6
Mocha Frappuccino® - whole milk	Grande	1383	330	16.5	11.4	39	37.6	1	5.8	0.52	30
Mocha Frappuccino® - whole milk	Venti	1584	377	16.9	11.6	48.9	47	1.3	6.5	0.65	39.3
Mocha Frappuccino® - skimmed milk	Tall	964	230	10.1	7	29.7	28.6	0.7	4.5	0.40	22.6
Mocha Frappuccino® - skimmed milk	Grande	1270	303	13.3	9.3	39.2	37.7	1	5.9	0.53	30
Mocha Frappuccino® - skimmed milk	Venti	1465	349	13.6	9.4	49.1	47.2	1.3	6.6	0.65	39.3
Mocha Frappuccino® - almond drink	Tall	924	221	10.7	7	27.9	26.8	0.9	2.3	0.37	22.6
Mocha Frappuccino® - almond drink	Grande	1220	292	14.1	9.3	36.9	35.5	1.2	3	0.49	30
Mocha Frappuccino® - almond drink	Venti	1412	338	14.4	9.4	46.7	44.9	1.5	3.5	0.62	39.3
Mocha Frappuccino® - soya drink	Tall	983	234	11.3	7.2	28.1	26.9	1.2	4.4	0.39	22.6
Mocha Frappuccino® - soya drink	Grande	1294	309	14.8	9.5	37.1	35.5	1.6	5.7	0.52	30
Mocha Frappuccino® - soya drink	Venti	1491	355	15.2	9.6	47	44.9	1.9	6.4	0.64	39.3
Mocha Frappuccino® - oat drink	Tall	1036	247	12.1	7.2	31.1	27.5	1.5	2.5	0.42	22.6
Mocha Frappuccino® - oat drink	Grande	1362	325	15.9	9.5	41	36.3	1.9	3.3	0.55	30
Mocha Frappuccino® - oat drink	Venti	1562	372	16.3	9.6	51	45.7	2.3	3.8	0.67	39.3
Mocha Frappuccino® - coconut drink	Tall	986	236	11.7	8.7	28.7	27.6	1.9	2.6	0.35	22.6
Mocha Frappuccino® - coconut drink	Grande	1298	311	15.4	11.4	37.9	36.5	2.4	3.5	0.46	30
Mocha Frappuccino® - coconut drink	Venti	1495	357	15.8	11.6	47.8	45.9	2.8	4	0.59	39.3
White Mocha Frappuccino® - semi skimmed milk	Tall	1047	250	11.4	8.5	32.3	31.5	0.1	4.2	0.45	22.6
White Mocha Frappuccino® - semi skimmed milk	Grande	1488	355	15.4	11.6	47.6	46.6	0.2	5.9	0.64	31.2
White Mocha Frappuccino® - semi skimmed milk	Venti	1602	381	15.4	11.6	54	52.7	0.2	6	0.75	39.7
White Mocha Frappuccino® - whole milk	Tall	1098	262	12.8	9	32.2	31.5	0.1	4.1	0.45	22.6
White Mocha Frappuccino® - whole milk	Grande	1556	371	17.3	12.2	47.5	46.5	0.2	5.8	0.64	31.2
White Mocha Frappuccino® - whole milk	Venti	1671	398	17.4	12.2	53.9	52.6	0.2	5.9	0.75	39.7
White Mocha Frappuccino® - skimmed milk	Tall	1009	240	10.3	7.4	32.4	31.6	0.1	4.2	0.45	22.6
White Mocha Frappuccino® - skimmed milk	Grande	1438	343	14	10	47.7	46.7	0.2	5.9	0.64	31.2
White Mocha Frappuccino® - skimmed milk	Venti	1551	369	14	10	54.1	52.9	0.2	6	0.75	39.7
White Mocha Frappuccino® - almond drink	Tall	969	232	11	7.3	30.6	29.8	0.3	1.9	0.42	22.6
White Mocha Frappuccino® - almond drink	Grande	1386	332	14.9	10	45.4	44.4	0.4	2.9	0.61	31.2
White Mocha Frappuccino® - almond drink	Venti	1498	358	14.9	10	51.7	50.5	0.4	3	0.71	39.7
White Mocha Frappuccino® - soya drink	Tall	1028	245	11.5	7.5	30.8	29.9	0.6	4.1	0.45	22.6
White Mocha Frappuccino® - soya drink	Grande	1463	349	15.6	10.2	45.6	44.4	0.8	5.7	0.63	31.2
White Mocha Frappuccino® - soya drink	Venti	1577	375	15.7	10.2	52	50.5	0.9	5.8	0.74	39.7
White Mocha Frappuccino® - oat drink	Tall	1081	258	12.4	7.5	33.8	30.5	0.9	2.2	0.47	22.6
White Mocha Frappuccino® - oat drink	Grande	1533	366	16.7	10.2	49.6	45.2	1.2	3.2	0.66	31.2
White Mocha Frappuccino® - oat drink	Venti	1648	393	16.8	10.2	56.1	51.3	1.3	3.3	0.77	39.7
White Mocha Frappuccino® - coconut drink	Tall	1031	246	12	9	31.4	30.6	1.3	2.3	0.40	22.6
White Mocha Frappuccino® - coconut drink	Grande	1467	351	16.2	12.2	46.4	45.4	1.7	3.4	0.58	31.2
White Mocha Frappuccino® - coconut drink	Venti	1581	377	16.3	12.2	52.8	51.5	1.8	3.5	0.68	39.7
Java Chip Frappuccino® - semi skimmed milk	Tall	1157	276	13.4	10.1	33.2	30.9	1.3	4.9	0.42	21.2
Java Chip Frappuccino® - semi skimmed milk	Grande	1588	379	17.9	13.6	46.4	43.2	1.9	6.7	0.59	30.2
Java Chip Frappuccino® - semi skimmed milk	Venti	1888	450	19.4	14.7	59.3	55.1	2.5	7.7	0.75	40.3
Java Chip Frappuccino® - whole milk	Tall	1205	288	14.7	10.5	33.1	30.8	1.3	4.8	0.42	21.2
Java Chip Frappuccino® - whole milk	Grande	1653	395	19.8	14.1	46.3	43.1	1.9	6.6	0.59	30.2
Java Chip Frappuccino® - whole milk	Venti	1958	467	21.4	15.3	59.2	55	2.5	7.6	0.75	40.3
Java Chip Frappuccino® - skimmed milk	Tall	1122	268	12.4	8.9	33.2	31	1.3	4.9	0.42	21.2
Java Chip Frappuccino® - skimmed milk	Grande	1540	367	16.6	12	46.5	43.3	1.9	6.7	0.59	30.2
Java Chip Frappuccino® - skimmed milk	Venti	1836	438	18	13.1	59.4	55.2	2.5	7.7	0.75	40.3
Java Chip Frappuccino® - almond drink	Tall	1085	260	13	8.9	31.6	29.3	1.5	2.8	0.39	21.2
Java Chip Frappuccino® - almond drink	Grande	1489	357	17.4	12	44.2	41	2.1	3.8	0.56	30.2
Java Chip Frappuccino® - almond drink	Venti	1782	426	18.9	13	57	52.8	2.7	4.6	0.71	40.3
Java Chip Frappuccino® - soya drink	Tall	1139	272	13.5	9.1	31.7	29.3	1.8	4.8	0.41	21.2
Java Chip Frappuccino® - soya drink	Grande	1564	373	18.1	12.2	44.4	41	2.4	6.5	0.58	30.2
Java Chip Frappuccino® - soya drink	Venti	1862	444	19.6	13.3	57.3	52.8	3.1	7.5	0.74	40.3
Java Chip Frappuccino® - oat drink	Tall	1189	284	14.3	9.1	34.6	29.9	2.1	3	0.44	21.2
Java Chip Frappuccino® - oat drink	Grande	1632	390	19.2	12.2	48.3	41.8	2.8	4.1	0.61	30.2
Java Chip Frappuccino® - oat drink	Venti	1935	461	20.8	13.3	61.4	53.6	3.5	4.9	0.77	40.3
Java Chip Frappuccino® - coconut drink	Tall	1142	273	13.9	10.5	32.3	30.1	2.4	3.1	0.38	21.2
Java Chip Frappuccino® - coconut drink	Grande	1568	375	18.7	14.1	45.2	42	3.3	4.3	0.53	30.2
Java Chip Frappuccino® - coconut drink	Venti	1866	446	20.3	15.3	58.1	53.8	4	5.1	0.69	40.3

Chocolate Cream Frappuccino® - oat drink	Tall	1038	248	12.9	7.3	29.6	25.2	1.8	2.6	0.43	0
Chocolate Cream Frappuccino® - oat drink	Grande	1416	339	17.3	9.7	41.1	35.1	2.5	3.5	0.60	0
Chocolate Cream Frappuccino® - oat drink	Venti	1578	377	17.8	9.9	48.9	42.2	2.8	3.9	0.71	0
Chocolate Cream Frappuccino® - coconut drink	Tall	971	233	12.4	9.4	26.3	25.4	2.3	2.8	0.34	0
Chocolate Cream Frappuccino® - coconut drink	Grande	1323	317	16.6	12.5	36.6	35.4	3.2	3.8	0.48	0
Chocolate Cream Frappuccino® - coconut drink	Venti	1478	354	17	12.9	44	42.5	3.6	4.2	0.59	0
Vanilla Cream Frappuccino® - semi skimmed milk	Tall	886	212	10.9	8.3	24.4	23.9	0	4.1	0.39	0
Vanilla Cream Frappuccino® - semi skimmed milk	Grande	1215	290	14.5	11.1	34.4	33.7	0	5.6	0.56	0
Vanilla Cream Frappuccino® - semi skimmed milk	Venti	1381	330	14.8	11.4	43	42	0	6.3	0.69	0
Vanilla Cream Frappuccino® - whole milk	Tall	952	228	12.8	8.9	24.3	23.8	0	4	0.39	0
Vanilla Cream Frappuccino® - whole milk	Grande	1307	312	17.1	11.9	34.3	33.5	0	5.5	0.55	0
Vanilla Cream Frappuccino® - whole milk	Venti	1485	354	17.7	12.3	42.8	41.9	0	6.1	0.69	0
Vanilla Cream Frappuccino® - skimmed milk	Tall	836	200	9.5	6.7	24.5	24	0	4.1	0.40	0
Vanilla Cream Frappuccino® - skimmed milk	Grande	1146	274	12.5	8.9	34.6	33.8	0	5.6	0.56	0
Vanilla Cream Frappuccino® - skimmed milk	Venti	1304	311	12.6	8.9	43.1	42.2	0	6.3	0.70	0
Vanilla Cream Frappuccino® - almond drink	Tall	785	189	10.4	6.7	22.2	21.7	0.2	1.1	0.36	0
Vanilla Cream Frappuccino® - almond drink	Grande	1074	259	13.8	8.9	31.3	30.6	0.3	1.5	0.51	0
Vanilla Cream Frappuccino® - almond drink	Venti	1223	294	14	8.9	39.5	38.5	0.3	1.6	0.64	0
Vanilla Cream Frappuccino® - soya drink	Tall	861	206	11.1	6.9	22.4	21.7	0.6	3.9	0.39	0
Vanilla Cream Frappuccino® - soya drink	Grande	1180	282	14.7	9.1	31.7	30.7	0.8	5.4	0.55	0
Vanilla Cream Frappuccino® - soya drink	Venti	1342	320	15.1	9.2	39.9	38.6	0.9	5.9	0.68	0
Vanilla Cream Frappuccino® - oat drink	Tall	930	223	12.2	6.9	26.4	22.5	1	1.4	0.42	0
Vanilla Cream Frappuccino® - oat drink	Grande	1277	305	16.3	9.1	37.2	31.8	1.4	1.9	0.59	0
Vanilla Cream Frappuccino® - oat drink	Venti	1451	347	16.8	9.2	46.1	39.8	1.5	2.1	0.73	0
Vanilla Cream Frappuccino® - coconut drink	Tall	865	208	11.7	8.9	23.2	22.7	1.5	1.6	0.33	0
Vanilla Cream Frappuccino® - coconut drink	Grande	1186	285	15.6	11.9	32.8	32	2.1	2.2	0.47	0
Vanilla Cream Frappuccino® - coconut drink	Venti	1349	323	16	12.3	41.1	40.1	2.3	2.4	0.60	0
Caramel Cream Frappuccino® - semi skimmed milk	Tall	1063	254	12.6	9.3	31	30	0	4.2	0.45	0
Caramel Cream Frappuccino® - semi skimmed milk	Grande	1408	336	16.3	12.2	41.5	40.3	0	5.8	0.61	0
Caramel Cream Frappuccino® - semi skimmed milk	Venti	1593	380	16.8	12.6	50.8	49.3	0	6.4	0.76	0
Caramel Cream Frappuccino® - whole milk	Tall	1129	270	14.4	9.9	30.9	29.9	0	4.1	0.44	0
Caramel Cream Frappuccino® - whole milk	Grande	1500	358	18.9	13	41.4	40.2	0	5.7	0.61	0
Caramel Cream Frappuccino® - whole milk	Venti	1697	405	19.7	13.5	50.6	49.2	0	6.3	0.75	0
Caramel Cream Frappuccino® - skimmed milk	Tall	1013	242	11.2	7.8	31.1	30.1	0	4.2	0.45	0
Caramel Cream Frappuccino® - skimmed milk	Grande	1339	320	14.4	10	41.7	40.5	0	5.8	0.62	0
Caramel Cream Frappuccino® - skimmed milk	Venti	1515	361	14.6	10.2	51	49.5	0	6.4	0.76	0
Caramel Cream Frappuccino® - almond drink	Tall	962	231	12	7.7	28.7	27.8	0.2	1.3	0.41	0
Caramel Cream Frappuccino® - almond drink	Grande	1267	304	15.6	10	38.5	37.2	0.3	1.7	0.57	0
Caramel Cream Frappuccino® - almond drink	Venti	1435	344	16	10.1	47.3	45.8	0.3	1.8	0.70	0
Caramel Cream Frappuccino® - soya drink	Tall	1038	248	12.7	7.9	29	27.8	0.6	4	0.44	0
Caramel Cream Frappuccino® - soya drink	Grande	1373	328	16.6	10.3	38.8	37.3	0.8	5.5	0.60	0
Caramel Cream Frappuccino® - soya drink	Venti	1554	371	17.1	10.4	47.7	45.9	0.9	6.1	0.74	0
Caramel Cream Frappuccino® - oat drink	Tall	1108	265	13.8	7.9	32.9	28.6	1	1.6	0.47	0
Caramel Cream Frappuccino® - oat drink	Grande	1469	351	18.1	10.3	44.3	38.4	1.4	2.1	0.64	0
Caramel Cream Frappuccino® - oat drink	Venti	1663	397	18.8	10.4	53.9	47.2	1.6	2.3	0.79	0
Caramel Cream Frappuccino® - coconut drink	Tall	1042	250	13.3	9.9	29.8	28.8	1.5	1.8	0.38	0
Caramel Cream Frappuccino® - coconut drink	Grande	1379	331	17.4	13	39.9	38.7	2.1	2.4	0.53	0
Caramel Cream Frappuccino® - coconut drink	Venti	1560	374	18	13.5	48.9	47.5	2.3	2.6	0.66	0
White Chocolate Cream Frappuccino® - semi skimmed milk	Tall	1003	240	11.7	9	28.9	28.4	0	4.7	0.46	0
White Chocolate Cream Frappuccino® - semi skimmed milk	Grande	1446	345	16	12.3	43.7	43	0	6.7	0.66	0
White Chocolate Cream Frappuccino® - semi skimmed milk	Venti	1526	364	16	12.3	48	47.2	0	7	0.76	0
White Chocolate Cream Frappuccino® - whole milk	Tall	1071	256	13.6	9.6	28.8	28.3	0	4.6	0.45	0
White Chocolate Cream Frappuccino® - whole milk	Grande	1539	367	18.6	13.1	43.5	42.9	0	6.6	0.66	0
White Chocolate Cream Frappuccino® - whole milk	Venti	1625	388	18.8	13.2	47.9	47.1	0	6.8	0.75	0
White Chocolate Cream Frappuccino® - skimmed milk	Tall	952	227	10.3	7.4	29	28.5	0	4.7	0.46	0
White Chocolate Cream Frappuccino® - skimmed milk	Grande	1377	329	14	10.1	43.8	43.2	0	6.7	0.66	0
White Chocolate Cream Frappuccino® - skimmed milk	Venti	1452	346	14	10	48.2	47.4	0	7	0.76	0
White Chocolate Cream Frappuccino® - almond drink	Tall	900	216	11.2	7.3	26.6	26.1	0.2	1.7	0.42	0
White Chocolate Cream Frappuccino® - almond drink	Grande	1305	313	15.2	10.1	40.6	39.9	0.3	2.6	0.61	0
White Chocolate Cream Frappuccino® - almond drink	Venti	1375	330	15.3	10	44.7	43.9	0.3	2.5	0.71	0
White Chocolate Cream Frappuccino® - soya drink	Tall	978	234	11.9	7.5	26.8	26.2	0.6	4.5	0.45	0
White Chocolate Cream Frappuccino® - soya drink	Grande	1411	337	16.2	10.3	40.9	40	0.9	6.5	0.65	0
White Chocolate Cream Frappuccino® - soya drink	Venti	1489	355	16.3	10.3	45.1	44	0.9	6.7	0.75	0
White Chocolate Cream Frappuccino® - oat drink	Tall	1049	251	13	7.5	30.9	27	1	2	0.48	0
White Chocolate Cream Frappuccino® - oat drink	Grande	1508	360	17.8	10.3	46.4	41.1	1.4	3	0.69	0
White Chocolate Cream Frappuccino® - oat drink	Venti	1593	380	17.9	10.3	51	45.1	1.5	3	0.79	0
White Chocolate Cream Frappuccino® - coconut drink	Tall	982	236	12.5	9.6	27.6	27.2	1.5	2.2	0.39	0
White Chocolate Cream Frappuccino® - coconut drink	Grande	1417	340	17.1	13.1	42	41.4	2.1	3.3	0.57	0
White Chocolate Cream Frappuccino® - coconut drink	Venti	1495	358	17.2	13.2	46.2	45.4	2.2	3.3	0.67	0
Strawberries & Cream Frappuccino® - semi skimmed milk	Tall	959	229	10.9	8.3	28.3	27.2	0.2	4.2	0.39	0
Strawberries & Cream Frappuccino® - semi skimmed milk	Grande	1300	310	14.4	11	39.1	37.6	0.3	5.6	0.54	0
Strawberries & Cream Frappuccino® - semi skimmed milk	Venti	1434	342	14.6	11.1	46.3	44.5	0.4	5.9	0.64	0
Strawberries & Cream Frappuccino® - whole milk	Tall	1024	245	12.8	8.8	28.2	27.1	0.2	4.1	0.39	0
Strawberries & Cream Frappuccino® - whole milk	Grande	1389	331	17	11.7	39	37.5	0.3	5.5	0.54	0
Strawberries & Cream Frappuccino® - whole milk	Venti	1528	364	17.2	11.9	46.2	44.3	0.4	5.8	0.63	0
Strawberries & Cream Frappuccino® - skimmed milk	Tall	910	217	9.5	6.7	28.4	27.3	0.2	4.2	0.40	0
Strawberries & Cream Frappuccino® - skimmed milk	Grande	1234	294	12.6	8.9	39.2	37.7	0.3	5.6	0.55	0
Strawberries & Cream Frappuccino® - skimmed milk	Venti	1364	325	12.6	8.9	46.4	44.6	0.4	5.9	0.64	0
Strawberries & Cream Frappuccino® - almond drink	Tall	859	206	10.4	6.7	26.1	25	0.4	1.2	0.36	0
Strawberries & Cream Frappuccino® - almond drink	Grande	1165	280	13.8	8.8	36.1	34.6	0.5	1.6	0.50	0
Strawberries & Cream Frappuccino® - almond drink	Venti	1292	310	13.9	8.9	43.2	41.3	0.6	1.7	0.59	0
Strawberries & Cream Frappuccino® - soya drink	Tall	935	223	11.1	6.9	26.4	25.1	0.8	4	0.39	0
Strawberries & Cream Frappuccino® - soya drink	Grande	1267	302	14.7	9.1	36.5	34.7	1.1	5.3	0.53	0
Strawberries & Cream Frappuccino® - soya drink	Venti	1399	333	14.9	9.1	43.5	41.4	1.2	5.6	0.63	0
Strawberries & Cream Frappuccino® - oat drink	Tall	1003	240	12.2	6.9	30.3	25.9	1.2	1.5	0.42	0
Strawberries & Cream Frappuccino® - oat drink	Grande	1359	325	16.2	9.1	41.8	35.8	1.6	2	0.57	0
Strawberries & Cream Frappuccino® - oat drink	Venti	1497	357	16.4	9.1	49.1	42.5	1.7	2.1	0.67	0
Strawberries & Cream Frappuccino® - coconut drink	Tall	938	225	11.7	8.8	27.1	26.1	1.7	1.7	0.33	0
Strawberries & Cream Frappuccino® - coconut drink	Grande	1272	305	15.5	11.8	37.5	36	2.3	2.3	0.46	0
Strawberries & Cream Frappuccino® - coconut drink	Venti	1405	336	15.7	11.9	44.6	42.8	2.4	2.4	0.55	0
Cookies & Cream Frappuccino® - semi skimmed milk	Tall	1142	273	13.7	10.1	31.9	27	0.3	5.4	0.55	0
Cookies & Cream Frappuccino® - semi skimmed milk	Grande	1528	365	18.1	13.3	43.1	36.6	0.4	7.3	0.75	0
Cookies & Cream Frappuccino® - semi skimmed milk	Venti	1766	421	19.3	14.2	53.4	45.1	0.5	8.2	0.93	0
Cookies & Cream Frappuccino® - whole milk	Tall	1211	289	15.6	10.7	31.8	26.9	0.3	5.3	0.55	0
Cookies & Cream Frappuccino® - whole milk	Grande	1621	387	20.7	14.1	43	36.4	0.4	7.1	0.74	0
Cookies & Cream Frappuccino® - whole milk	Venti	1870	446	22.3	15.1	53.3	45	0.5	8.1	0.92	0
Cookies & Cream Frappuccino® - skimmed milk	Tall	1090	260	12.2	8.4	32	27.1	0.3	5.4	0.55	0
Cookies & Cream Frappuccino® - skimmed milk	Grande	1458	348	16.1	11.1	43.2	36.7	0.4	7.3	0.75	0
Cookies & Cream Frappuccino® - skimmed milk	Venti	1688	403	17.2	11.8	53.6	45.3	0.5	8.2	0.93	0
Cookies & Cream Frappuccino® - almond drink	Tall	1036	249	13.1	8.4	29.6	24.6	0.5	2.3	0.51	0
Cookies & Cream Frappuccino® - almond drink	Grande	1386	333	17.4	11.1	40	33.5	0.7	3.1	0.70	0
Cookies & Cream Frappuccino® - almond drink	Venti	1607	386	18.5	11.7	49.8	41.7	0.8	3.6	0.87	0
Cookies & Cream Frappuccino® - soya drink	Tall	1116	267	13.9	8.6	29.8	24.7	0.9	5.2	0.54	0
Cookies & Cream Frappuccino® - soya drink	Grande	1493	356	18.4	11.4	40.3	33.5	1.3	7	0.73	0
Cookies & Cream Frappuccino® - soya drink	Venti	1727	412	19.6	12	50.3	41.7	1.5	7.9	0.92	0
Cookies & Cream Frappuccino® - oat drink	Tall	1189	284	15	8.6	34	25.5	1.4	2.6	0.57	0
Cookies & Cream Frappuccino® - oat drink	Grande	1590	380	19.9	11.4	45.9	34.6	1.8	3.5	0.78	0
Cookies & Cream Frappuccino® - oat drink	Venti	1836	438	21.4	12	56.5	43	2.1	4	0.96	0
Cookies & Cream Frappuccino® - coconut drink	Tall	1120	269	14.5	10.7	30.6	25.7	1.9	2.8	0.48	0
Cookies & Cream Frappuccino® - coconut drink	Grande	1498	359	19.2	14.2	41.4	34.9	2.5	3.8	0.66	0
Cookies & Cream Frappuccino® - coconut drink	Venti	1733	415	20.6	15.1	51.6	43.3	2.9	4.4	0.83	0
Double Chocolatey Chip Cream Frappuccino® - semi skimmed milk	Tall	1174	281	14	10.8	32.1	29.9	1.			

Double Chocolatey Chip Cream Frappuccino® - oat drink	Tall	1221	292	15.4	9.3	34.2	28.5	2.4	3	0.48	0
Double Chocolatey Chip Cream Frappuccino® - oat drink	Grande	1654	396	20.6	12.5	46.8	39.1	3.2	4	0.66	0
Double Chocolatey Chip Cream Frappuccino® - oat drink	Venti	1850	442	21.8	13.3	55	46.4	3.7	4.6	0.78	0
Double Chocolatey Chip Cream Frappuccino® - coconut drink	Tall	1153	277	14.9	11.4	30.9	28.7	2.9	3.2	0.39	0
Double Chocolatey Chip Cream Frappuccino® - coconut drink	Grande	1562	375	19.9	15.3	42.4	39.4	3.9	4.3	0.55	0
Double Chocolatey Chip Cream Frappuccino® - coconut drink	Venti	1753	420	21	16.2	50.4	46.7	4.4	4.9	0.65	0
Matcha Cream Frappuccino® - semi skimmed milk	Tall	940	225	11	8.4	26.2	24.9	0.8	4.8	0.41	49.4
Matcha Cream Frappuccino® - semi skimmed milk	Grande	1266	302	14.6	11.1	35.9	34	1.1	6.4	0.56	68.2
Matcha Cream Frappuccino® - semi skimmed milk	Venti	1402	335	14.8	11.3	42.8	40.5	1.4	6.9	0.67	85.1
Matcha Cream Frappuccino® - whole milk	Tall	1009	241	13	9	26.1	24.8	0.8	4.7	0.41	49.4
Matcha Cream Frappuccino® - whole milk	Grande	1359	325	17.2	11.9	35.7	33.9	1.1	6.3	0.56	68.2
Matcha Cream Frappuccino® - whole milk	Venti	1501	358	17.6	12.2	42.7	40.4	1.4	6.8	0.66	85.1
Matcha Cream Frappuccino® - skimmed milk	Tall	888	212	9.6	6.8	26.3	25	0.8	4.8	0.41	49.4
Matcha Cream Frappuccino® - skimmed milk	Grande	1196	286	12.7	8.9	36	34.2	1.1	6.4	0.56	68.2
Matcha Cream Frappuccino® - skimmed milk	Venti	1327	317	12.7	8.9	43	40.7	1.4	6.9	0.67	85.1
Matcha Cream Frappuccino® - almond drink	Tall	834	201	10.5	6.7	23.9	22.6	1	1.7	0.37	49.4
Matcha Cream Frappuccino® - almond drink	Grande	1124	270	13.9	8.9	32.8	30.9	1.4	2.2	0.51	68.2
Matcha Cream Frappuccino® - almond drink	Venti	1250	300	14	8.9	39.5	37.2	1.7	2.5	0.61	85.1
Matcha Cream Frappuccino® - soya drink	Tall	914	218	11.2	6.9	24.2	22.6	1.4	4.6	0.40	49.4
Matcha Cream Frappuccino® - soya drink	Grande	1231	294	14.9	9.2	33.1	31	1.9	6.1	0.55	68.2
Matcha Cream Frappuccino® - soya drink	Venti	1365	326	15.1	9.2	39.9	37.3	2.3	6.6	0.65	85.1
Matcha Cream Frappuccino® - oat drink	Tall	987	236	12.4	6.9	28.3	23.5	1.8	2	0.43	49.4
Matcha Cream Frappuccino® - oat drink	Grande	1328	318	16.4	9.2	38.7	32.1	2.5	2.7	0.59	68.2
Matcha Cream Frappuccino® - oat drink	Venti	1469	351	16.7	9.2	45.8	38.4	2.9	2.9	0.70	85.1
Matcha Cream Frappuccino® - coconut drink	Tall	918	220	11.9	9	25	23.7	2.4	2.2	0.35	49.4
Matcha Cream Frappuccino® - coconut drink	Grande	1237	297	15.7	11.9	34.2	32.4	3.2	2.9	0.47	68.2
Matcha Cream Frappuccino® - coconut drink	Venti	1370	329	16	12.2	41	38.7	3.6	3.2	0.57	85.1
Chai Tea Cream Frappuccino® - semi skimmed milk	Tall	893	213	10.8	8.2	25	24.6	0.1	4	0.38	9.5
Chai Tea Cream Frappuccino® - semi skimmed milk	Grande	1271	304	14.4	11	37.9	37.3	0.1	5.5	0.54	18.3
Chai Tea Cream Frappuccino® - semi skimmed milk	Venti	1378	329	14.6	11.2	43.3	42.5	0.1	6	0.66	17.5
Chai Tea Cream Frappuccino® - whole milk	Tall	957	229	12.6	8.8	24.9	24.5	0.1	3.9	0.38	9.5
Chai Tea Cream Frappuccino® - whole milk	Grande	1360	325	16.9	11.8	37.8	37.1	0.1	5.4	0.54	18.3
Chai Tea Cream Frappuccino® - whole milk	Venti	1476	352	17.4	12.1	43.2	42.4	0.1	5.8	0.65	17.5
Chai Tea Cream Frappuccino® - skimmed milk	Tall	845	202	9.5	6.7	25.1	24.7	0.1	4	0.38	9.5
Chai Tea Cream Frappuccino® - skimmed milk	Grande	1205	288	12.6	8.9	38	37.4	0.1	5.5	0.55	18.3
Chai Tea Cream Frappuccino® - skimmed milk	Venti	1306	312	12.6	8.9	43.5	42.7	0.1	6	0.66	17.5
Chai Tea Cream Frappuccino® - almond drink	Tall	796	192	10.3	6.7	22.9	22.5	0.2	1.1	0.35	9.5
Chai Tea Cream Frappuccino® - almond drink	Grande	1136	273	13.7	8.9	34.9	34.3	0.4	1.5	0.50	18.3
Chai Tea Cream Frappuccino® - almond drink	Venti	1230	296	13.9	8.9	40.1	39.3	0.4	1.6	0.61	17.5
Chai Tea Cream Frappuccino® - soya drink	Tall	869	208	11	6.9	23.1	22.5	0.6	3.8	0.37	9.5
Chai Tea Cream Frappuccino® - soya drink	Grande	1238	296	14.7	9.1	35.2	34.3	0.9	5.2	0.53	18.3
Chai Tea Cream Frappuccino® - soya drink	Venti	1342	320	14.9	9.2	40.4	39.3	1	5.7	0.65	17.5
Chai Tea Cream Frappuccino® - oat drink	Tall	936	224	12.1	6.9	26.9	23.3	1	1.4	0.40	9.5
Chai Tea Cream Frappuccino® - oat drink	Grande	1331	318	16.1	9.1	40.6	35.4	1.4	1.9	0.57	18.3
Chai Tea Cream Frappuccino® - oat drink	Venti	1444	345	16.5	9.2	46.2	40.5	1.6	2	0.69	17.5
Chai Tea Cream Frappuccino® - coconut drink	Tall	873	210	11.6	8.8	23.9	23.4	1.5	1.6	0.32	9.5
Chai Tea Cream Frappuccino® - coconut drink	Grande	1243	298	15.5	11.8	36.3	35.7	2.1	2.2	0.46	18.3
Chai Tea Cream Frappuccino® - coconut drink	Venti	1348	323	15.8	12.1	41.6	40.8	2.3	2.3	0.57	17.5
<b>Refreshment</b>		<b>Energy (kJ)</b>	<b>Energy (kcal)</b>	<b>Fat (g)</b>	<b>Of which saturated (g)</b>	<b>Carbohydrates (g)</b>	<b>Of which Sugar (g)</b>	<b>Fibre (g)</b>	<b>Protein (g)</b>	<b>Salt (g)</b>	<b>Caffeine (mg)</b>
Peach Iced Tea	Tall	217	51	0.1	0	12.3	12	0.1	0.1	0.00	0.6
Peach Iced Tea	Grande	306	72	0.1	0	17.3	16.9	0.1	0.1	0.00	1
Peach Iced Tea	Venti	347	82	0.1	0	19.7	19.2	0.1	0.1	0.00	1.1
Lemon Iced Tea	Tall	216	51	0.1	0	12.1	11.9	0.1	0.1	0.00	0.6
Lemon Iced Tea	Grande	303	72	0.1	0	17.1	16.8	0.1	0.1	0.00	1
Lemon Iced Tea	Venti	343	81	0.1	0	19.4	19	0.1	0.1	0.00	1.1
Cool Lime Starbucks Refresha™	Tall	226	53	0.1	0	12.7	12.2	0.4	0.2	0.04	34.1
Cool Lime Starbucks Refresha™	Grande	318	75	0.1	0	18.1	17.4	0.4	0.3	0.05	49
Cool Lime Starbucks Refresha™	Venti	387	91	0.1	0	22	21.3	0.4	0.3	0.06	60.1
Strawberry Acai Starbucks Refresha®	Tall	288	68	0.1	0	16.1	15.9	0.5	0.3	0.01	8.4
Strawberry Acai Starbucks Refresha®	Grande	368	86	0.1	0	20.8	20.5	0.5	0.4	0.01	11.1
Strawberry Acai Starbucks Refresha®	Venti	452	106	0.1	0	25.7	25.4	0.5	0.4	0.01	14
Pink Coconut Starbucks Refresha®	Tall	466	111	2.6	2.3	19.6	19.3	2	1.3	0.05	8.4
Pink Coconut Starbucks Refresha®	Grande	604	144	3.4	3	25.3	25.1	2.5	1.7	0.07	11.1
Pink Coconut Starbucks Refresha®	Venti	739	176	4.1	3.6	31.3	30.9	2.9	2	0.08	14
Classic Shaken Iced Black Tea	Tall	0	0	0	0	0	0	0	0	0.00	0.5
Classic Shaken Iced Black Tea	Grande	0	0	0	0	0	0	0	0	0.00	0.7
Classic Shaken Iced Black Tea	Venti	0	0	0	0	0	0	0	0	0.00	0.8
Classic Shaken Iced Black Tea Lemonade	Tall	135	32	0.1	0	7.4	7.4	0.1	0.1	0.00	0.5
Classic Shaken Iced Black Tea Lemonade	Grande	182	43	0.1	0	10	10	0.1	0.1	0.00	0.7
Classic Shaken Iced Black Tea Lemonade	Venti	182	43	0.1	0	9.9	9.9	0.1	0.1	0.00	0.8
Classic Shaken Iced Green Tea	Tall	0	0	0	0	0	0	0	0	0.00	0.6
Classic Shaken Iced Green Tea	Grande	0	0	0	0	0	0	0	0	0.00	1
Classic Shaken Iced Green Tea	Venti	0	0	0	0	0	0	0	0	0.00	1.1
Classic Shaken Iced Green Tea Lemonade	Tall	135	32	0.1	0	7.4	7.4	0.1	0.1	0.00	0.6
Classic Shaken Iced Green Tea Lemonade	Grande	182	43	0.1	0	10	10	0.1	0.1	0.00	1
Classic Shaken Iced Green Tea Lemonade	Venti	182	43	0.1	0	9.9	9.9	0.1	0.1	0.00	1.1
Classic Shaken Hibiscus Tea	Tall	0	0	0	0	0	0	0	0	0.00	0
Classic Shaken Hibiscus Tea	Grande	0	0	0	0	0	0	0	0	0.00	0
Classic Shaken Hibiscus Tea	Venti	0	0	0	0	0	0	0	0	0.00	0
Classic Shaken Hibiscus Tea Lemonade	Tall	135	32	0.1	0	7.4	7.4	0.1	0.1	0.00	0
Classic Shaken Hibiscus Tea Lemonade	Grande	182	43	0.1	0	10	10	0.1	0.1	0.00	0
Classic Shaken Hibiscus Tea Lemonade	Venti	182	43	0.1	0	9.9	9.9	0.1	0.1	0.00	0
<b>Hot Teas</b>		<b>Energy (kJ)</b>	<b>Energy (kcal)</b>	<b>Fat (g)</b>	<b>Of which saturated (g)</b>	<b>Carbohydrates (g)</b>	<b>Of which Sugar (g)</b>	<b>Fibre (g)</b>	<b>Protein (g)</b>	<b>Salt (g)</b>	<b>Caffeine (mg)</b>
English Breakfast Tea	Tall	20	5	0.1	0	0	0	0	0.8	0.00	1.2
English Breakfast Tea	Grande	20	5	0.1	0	0	0	0	0.8	0.00	1.2
English Breakfast Tea	Venti	40	10	0.3	0.1	0.1	0.1	0	1.7	0.00	2.4
Jasmine Pearls Tea	Tall	24	6	0.2	0	0	0	0	1	0.00	1.4
Jasmine Pearls Tea	Grande	24	6	0.2	0	0	0	0	1	0.00	1.4
Jasmine Pearls Tea	Venti	47	11	0.3	0.1	0.1	0.1	0	2	0.00	2.8
Mint Citrus Green Tea	Tall	15	4	0.1	0	0.3	0	0.2	0.3	0.00	0.3
Mint Citrus Green Tea	Grande	15	4	0.1	0	0.3	0	0.2	0.3	0.00	0.3
Mint Citrus Green Tea	Venti	30	7	0.1	0	0.5	0	0.5	0.7	0.01	0.6
Emperor's Clouds & Mist Tea	Tall	15	4	0.1	0	0	0	0	0.6	0.00	0.9
Emperor's Clouds & Mist Tea	Grande	15	4	0.1	0	0	0	0	0.6	0.00	0.9
Emperor's Clouds & Mist Tea	Venti	31	7	0.2	0	0	0	0	1.3	0.00	1.8
Chamomile	Tall	16	4	0.1	0	0.4	0.1	0.3	0.3	0.00	0
Chamomile	Grande	16	4	0.1	0	0.4	0.1	0.3	0.3	0.00	0
Chamomile	Venti	32	8	0.2	0	0.7	0.1	0.6	0.5	0.01	0
Earl Grey Tea	Tall	17	4	0.1	0	0	0	0	0.7	0.00	1.1
Earl Grey Tea	Grande	17	4	0.1	0	0	0	0	0.7	0.00	1.1
Earl Grey Tea	Venti	35	8	0.3	0	0.1	0	0	1.4	0.00	2.1
Mint Herbal Blend	Tall	18	4	0.1	0	0.6	0	0.3	0.2	0.00	0
Mint Herbal Blend	Grande	18	4	0.1	0	0.6	0	0.3	0.2	0.00	0
Mint Herbal Blend	Venti	37	9	0.1	0	1.2	0	0.7	0.4	0.01	0
Hibiscus Tea	Tall	24	6	0	0	1.1	0.8	0	0.2	0.00	0
Hibiscus Tea	Grande	24	6	0	0	1.1	0.8	0	0.2	0.00	0
Hibiscus Tea	Venti	49	12	0.1	0	2.3	1.7	0.1	0.4	0.01	0
Chai Tea	Tall	30	7	0.1	0	0.6	0.3	0	0.9	0.00	0.7
Chai Tea	Grande	30	7	0.1	0	0.6	0.3	0	0.9	0.00	0.7
Chai Tea	Venti	61	14	0.3	0	1.1	0.6	0.1	1.8	0.00	1.3
Youthberry Tea	Tall	30	7	0	0	1.4	1.2	0	0.2	0.00	0.2
Youthberry Tea	Grande	30	7	0	0	1.4	1.2	0	0.2	0.00	0.2
Youthberry Tea	Venti	59	14	0.1	0	2.8	2.4	0	0.5	0.01	0.4
<b>Tea Latte</b>		<b>Energy (kJ)</b>	<b>Energy (kcal)</b>	<b>Fat (g)</b>	<b>Of which saturated (g)</b>	<b>Carbohydrates (g)</b>	<b>Of which Sugar (g)</b>	<b>Fibre (g)</b>	<b>Protein (g)</b>	<b>Salt (g)</b>	<b>Caffeine (mg)</b>
Matcha Green Tea Latte - semi skimmed milk	Tall	578	137	4.7	4.6	13.6	12.7	0.9	10	0.29	52.5
Matcha Green Tea Latte - semi skimmed milk	Grande	699	166	5.6	5.5	16.4	15.2	1.2	12	0.34	76.2
Matcha Green Tea Latte - semi skimmed milk	Venti	939	223	7.5	7.4	22.1	20.4	1.7	16.2	0.46	102.4
Matcha Green Tea Latte - whole milk	Tall	758	180	9.8	6.2	13.3	12.4	0.9	9.7	0.28	52.5
Matcha Green Tea Latte - whole milk	Grande</										

Matcha Green Tea Latte - skimmed milk	Venti	723	171	1.5	0.6	22.5	20.9	1.7	16.2	0.47	102.4
Matcha Green Tea Latte - almond drink	Tall	304	75	3.3	0.3	7.5	6.7	1.4	1.9	0.19	52.5
Matcha Green Tea Latte - almond drink	Grande	371	92	3.9	0.3	9.2	8	1.9	2.4	0.23	76.2
Matcha Green Tea Latte - almond drink	Venti	499	124	5.3	0.5	12.4	10.8	2.5	3.2	0.31	102.4
Matcha Green Tea Latte - soya drink	Tall	510	121	5.2	0.8	8.2	6.8	2.5	9.4	0.27	52.5
Matcha Green Tea Latte - soya drink	Grande	618	147	6.2	1	10	8.1	3.2	11.4	0.32	76.2
Matcha Green Tea Latte - soya drink	Venti	831	197	8.4	1.3	13.5	10.9	4.2	15.3	0.43	102.4
Matcha Green Tea Latte - oat drink	Tall	698	167	8.2	0.8	18.9	8.9	3.5	2.7	0.35	52.5
Matcha Green Tea Latte - oat drink	Grande	843	201	9.8	1	22.8	10.7	4.4	3.4	0.42	76.2
Matcha Green Tea Latte - oat drink	Venti	1133	271	13.1	1.3	30.7	14.4	6	4.5	0.56	102.4
Matcha Green Tea Latte - coconut drink	Tall	521	127	6.8	6.2	10.3	9.5	4.9	3.2	0.12	52.5
Matcha Green Tea Latte - coconut drink	Grande	631	153	8.2	7.4	12.6	11.3	6	4	0.14	76.2
Matcha Green Tea Latte - coconut drink	Venti	848	206	11	10	16.9	15.2	8.1	5.4	0.19	102.4
Iced Matcha Green Tea Latte - semi skimmed milk	Tall	359	85	2.8	2.8	8.5	7.6	0.8	6.2	0.17	51.4
Iced Matcha Green Tea Latte - semi skimmed milk	Grande	513	122	4	3.9	12.1	10.9	1.3	8.8	0.25	77.7
Iced Matcha Green Tea Latte - semi skimmed milk	Venti	596	142	4.6	4.5	14.1	12.4	1.7	10.2	0.28	103.8
Iced Matcha Green Tea Latte - whole milk	Tall	466	111	5.9	3.7	8.3	7.5	0.8	6	0.17	51.4
Iced Matcha Green Tea Latte - whole milk	Grande	666	158	8.4	5.3	11.9	10.6	1.3	8.6	0.24	77.7
Iced Matcha Green Tea Latte - whole milk	Venti	771	184	9.6	6	13.9	12.2	1.7	10	0.27	103.8
Iced Matcha Green Tea Latte - skimmed milk	Tall	278	66	0.6	0.2	8.6	7.8	0.8	6.2	0.18	51.4
Iced Matcha Green Tea Latte - skimmed milk	Grande	399	95	0.8	0.3	12.3	11.1	1.3	8.8	0.25	77.7
Iced Matcha Green Tea Latte - skimmed milk	Venti	466	110	1	0.4	14.4	12.7	1.7	10.2	0.29	103.8
Iced Matcha Green Tea Latte - almond drink	Tall	195	48	2	0.2	4.9	4	1.1	1.3	0.12	51.4
Iced Matcha Green Tea Latte - almond drink	Grande	280	69	2.8	0.3	7	5.7	1.7	2	0.17	77.7
Iced Matcha Green Tea Latte - almond drink	Venti	330	82	3.3	0.3	8.3	6.6	2.2	2.4	0.19	103.8
Iced Matcha Green Tea Latte - soya drink	Tall	319	76	3.1	0.5	5.3	4.1	1.8	5.9	0.16	51.4
Iced Matcha Green Tea Latte - soya drink	Grande	456	108	4.5	0.7	7.5	5.8	2.6	8.4	0.23	77.7
Iced Matcha Green Tea Latte - soya drink	Venti	531	126	5.2	0.8	8.9	6.7	3.2	9.7	0.26	103.8
Iced Matcha Green Tea Latte - oat drink	Tall	431	103	4.9	0.5	11.7	5.4	2.4	1.8	0.21	51.4
Iced Matcha Green Tea Latte - oat drink	Grande	616	147	7	0.7	16.7	7.7	3.5	2.7	0.30	77.7
Iced Matcha Green Tea Latte - oat drink	Venti	714	171	8	0.8	19.3	8.8	4.3	3.2	0.34	103.8
Iced Matcha Green Tea Latte - coconut drink	Tall	325	79	4.1	3.7	6.5	5.7	3.2	2.2	0.07	51.4
Iced Matcha Green Tea Latte - coconut drink	Grande	465	113	5.9	5.3	9.4	8.1	4.7	3.1	0.10	77.7
Iced Matcha Green Tea Latte - coconut drink	Venti	542	131	6.7	6.1	11	9.3	5.6	3.7	0.12	103.8
Chai Tea Latte - semi skimmed milk	Tall	589	140	2.5	2.5	24	24	0.2	5.1	0.17	33.3
Chai Tea Latte - semi skimmed milk	Grande	822	195	3.7	3.6	32.9	32.8	0.3	7.4	0.24	44.4
Chai Tea Latte - semi skimmed milk	Venti	1030	244	4.6	4.5	41.1	41	0.3	9.3	0.30	55.5
Chai Tea Latte - whole milk	Tall	686	163	5.3	3.3	23.9	23.8	0.2	5	0.16	33.3
Chai Tea Latte - whole milk	Grande	963	229	7.7	4.8	32.7	32.6	0.3	7.2	0.24	44.4
Chai Tea Latte - whole milk	Venti	1207	286	9.6	6.1	40.9	40.8	0.3	9.1	0.30	55.5
Chai Tea Latte - skimmed milk	Tall	517	122	0.5	0.2	24.2	24.1	0.2	5.1	0.17	33.3
Chai Tea Latte - skimmed milk	Grande	717	170	0.7	0.3	33.1	33	0.3	7.4	0.25	44.4
Chai Tea Latte - skimmed milk	Venti	898	213	0.9	0.4	41.4	41.3	0.3	9.3	0.31	55.5
Chai Tea Latte - almond drink	Tall	442	107	1.8	0.1	20.8	20.7	0.5	0.8	0.12	33.3
Chai Tea Latte - almond drink	Grande	608	147	2.6	0.2	28.2	28.1	0.7	1.1	0.17	44.4
Chai Tea Latte - almond drink	Venti	761	184	3.2	0.3	35.2	35.1	0.9	1.4	0.21	55.5
Chai Tea Latte - soya drink	Tall	553	131	2.8	0.4	21.1	20.8	1.1	4.8	0.16	33.3
Chai Tea Latte - soya drink	Grande	770	182	4.1	0.6	28.7	28.2	1.5	7	0.23	44.4
Chai Tea Latte - soya drink	Venti	964	228	5.1	0.8	35.9	35.2	1.9	8.8	0.28	55.5
Chai Tea Latte - oat drink	Tall	654	156	4.4	0.4	26.9	21.9	1.6	1.2	0.20	33.3
Chai Tea Latte - oat drink	Grande	917	218	6.4	0.6	37.1	29.8	2.4	1.8	0.29	44.4
Chai Tea Latte - oat drink	Venti	1149	273	8	0.8	46.4	37.3	3	2.2	0.36	55.5
Chai Tea Latte - coconut drink	Tall	559	134	3.7	3.3	22.3	22.2	2.4	1.5	0.08	33.3
Chai Tea Latte - coconut drink	Grande	778	187	5.3	4.8	30.4	30.3	3.4	2.2	0.11	44.4
Chai Tea Latte - coconut drink	Venti	975	234	6.7	6.1	38	37.9	4.3	2.7	0.14	55.5
Iced Chai Tea Latte - semi skimmed milk	Tall	602	143	2.6	2.6	24.3	24.3	0.2	5.3	0.17	33.3
Iced Chai Tea Latte - semi skimmed milk	Grande	817	194	3.6	3.5	32.8	32.7	0.3	7.4	0.24	44.4
Iced Chai Tea Latte - semi skimmed milk	Venti	955	226	4	3.9	39.4	39.3	0.3	8	0.26	55.5
Iced Chai Tea Latte - whole milk	Tall	703	167	5.5	3.5	24.2	24.1	0.2	5.2	0.17	33.3
Iced Chai Tea Latte - whole milk	Grande	957	227	7.6	4.8	32.6	32.5	0.3	7.2	0.23	44.4
Iced Chai Tea Latte - whole milk	Venti	1107	263	8.3	5.2	39.2	39.1	0.3	7.8	0.26	55.5
Iced Chai Tea Latte - skimmed milk	Tall	527	125	0.5	0.2	24.5	24.4	0.2	5.3	0.18	33.3
Iced Chai Tea Latte - skimmed milk	Grande	714	169	0.7	0.3	33	32.9	0.3	7.4	0.24	44.4
Iced Chai Tea Latte - skimmed milk	Venti	842	199	0.8	0.3	39.6	39.5	0.3	8	0.27	55.5
Iced Chai Tea Latte - almond drink	Tall	449	108	1.8	0.2	20.9	20.9	0.5	0.8	0.12	33.3
Iced Chai Tea Latte - almond drink	Grande	606	146	2.5	0.2	28.1	28	0.7	1.1	0.17	44.4
Iced Chai Tea Latte - almond drink	Venti	724	174	2.8	0.2	34.3	34.2	0.8	1.2	0.18	55.5
Iced Chai Tea Latte - soya drink	Tall	565	134	2.9	0.5	21.3	20.9	1.1	5	0.16	33.3
Iced Chai Tea Latte - soya drink	Grande	765	181	4	0.6	28.6	28.1	1.5	6.9	0.22	44.4
Iced Chai Tea Latte - soya drink	Venti	898	213	4.4	0.7	34.9	34.3	1.7	7.6	0.25	55.5
Iced Chai Tea Latte - oat drink	Tall	670	159	4.6	0.5	27.3	22.2	1.7	1.3	0.21	33.3
Iced Chai Tea Latte - oat drink	Grande	911	217	6.3	0.6	36.9	29.8	2.3	1.8	0.29	44.4
Iced Chai Tea Latte - oat drink	Venti	1057	251	6.9	0.7	43.9	36.1	2.6	1.9	0.31	55.5
Iced Chai Tea Latte - coconut drink	Tall	571	137	3.8	3.5	22.5	22.5	2.5	1.6	0.08	33.3
Iced Chai Tea Latte - coconut drink	Grande	774	186	5.3	4.8	30.3	30.2	3.4	2.2	0.11	44.4
Iced Chai Tea Latte - coconut drink	Venti	907	217	5.8	5.2	36.7	36.6	3.7	2.4	0.12	55.5
<b>Holiday FY25 UK/IRE Promo Beverages</b>		<b>Energy (kJ)</b>	<b>Energy (kcal)</b>	<b>Fat (g)</b>	<b>Of which saturated (g)</b>	<b>Carbohydrates (g)</b>	<b>Of which Sugar (g)</b>	<b>Fibre (g)</b>	<b>Protein (g)</b>	<b>Salt (g)</b>	<b>Caffeine (mg)</b>
Toffee Nut Latte - semi skimmed milk	Tall	805	192	8.4	6.8	21.9	20.9	0.3	7.2	0.46	89.1
Toffee Nut Latte - semi skimmed milk	Grande	992	236	9.5	8	28.1	27	0.3	9.5	0.61	89.1
Toffee Nut Latte - semi skimmed milk	Venti	1239	295	11.3	9.6	35.6	34.1	0.4	12.5	0.77	133.7
Toffee Nut Latte - whole milk	Tall	928	221	11.8	7.9	21.7	20.7	0.3	7	0.46	89.1
Toffee Nut Latte - whole milk	Grande	1158	276	14.2	9.4	27.9	26.8	0.3	9.2	0.60	89.1
Toffee Nut Latte - whole milk	Venti	1459	347	17.5	11.6	35.3	33.7	0.4	12.1	0.76	133.7
Toffee Nut Latte - skimmed milk	Tall	713	170	5.8	3.9	22.1	21	0.3	7.2	0.46	89.1
Toffee Nut Latte - skimmed milk	Grande	868	207	6	4.1	28.4	27.3	0.3	9.5	0.61	89.1
Toffee Nut Latte - skimmed milk	Venti	1075	256	6.7	4.5	36	34.4	0.4	12.5	0.78	133.7
Toffee Nut Latte - almond drink	Tall	618	150	7.4	3.9	17.8	16.7	0.6	1.7	0.40	89.1
Toffee Nut Latte - almond drink	Grande	739	179	8.2	4	22.6	21.5	0.8	2	0.52	89.1
Toffee Nut Latte - almond drink	Venti	904	220	9.6	4.4	28.3	26.7	1.1	2.6	0.66	133.7
Toffee Nut Latte - soya drink	Tall	759	181	8.7	4.3	18.2	16.8	1.4	6.8	0.45	89.1
Toffee Nut Latte - soya drink	Grande	930	221	10	4.5	23.2	21.6	1.8	9	0.59	89.1
Toffee Nut Latte - soya drink	Venti	1157	275	12	5	29.1	26.9	2.4	11.8	0.75	133.7
Toffee Nut Latte - oat drink	Tall	888	212	10.7	4.3	25.6	18.3	2.1	2.2	0.50	89.1
Toffee Nut Latte - oat drink	Grande	1104	264	12.7	4.5	33.1	23.6	2.8	2.8	0.66	89.1
Toffee Nut Latte - oat drink	Venti	1386	331	15.6	5	42.2	29.5	3.7	3.6	0.85	133.7
Toffee Nut Latte - coconut drink	Tall	766	185	9.8	7.9	19.7	18.6	3	2.6	0.34	89.1
Toffee Nut Latte - coconut drink	Grande	940	226	11.5	9.5	25.1	24.1	4	3.2	0.45	89.1
Toffee Nut Latte - coconut drink	Venti	1170	282	13.9	11.6	31.7	30.1	5.3	4.3	0.57	133.7
Gingerbread Latte - semi skimmed milk	Tall	901	215	10.6	7.8	22.8	21.5	0.3	6.8	0.23	89.1
Gingerbread Latte - semi skimmed milk	Grande	1109	265	12	9	29.8	28.2	0.3	9.1	0.31	89.1
Gingerbread Latte - semi skimmed milk	Venti	1373	327	13.9	10.8	37.9	35.8	0.5	12.1	0.40	133.7
Gingerbread Latte - whole milk	Tall	1024	245	14.1	8.8	22.7	21.3	0.3	6.7	0.23	89.1
Gingerbread Latte - whole milk	Grande	1275	304	16.7	10.5	29.5	28	0.3	8.8	0.30	89.1
Gingerbread Latte - whole milk	Venti	1593	380	20.2	12.7	37.6	35.5	0.5	11.8	0.39	133.7
Gingerbread Latte - skimmed milk	Tall	809	193	8	4.9	23	21.6	0.3	6.8	0.24	89.1
Gingerbread Latte - skimmed milk	Grande	985	235	8.5	5.1	30	28.4	0.3	9.1	0.31	89.1
Gingerbread Latte - skimmed milk	Venti	1209	288	9.4	5.6	38.3	36.1	0.5	12.1	0.41	133.7
Gingerbread Latte - almond drink	Tall	713	173	9.6	4.8	18.7	17.3	0.7	1.3	0.17	89.1
Gingerbread Latte - almond drink	Grande	856	208	10.7	5.1	24.2	22.6	0.8	1.6	0.22	89.1
Gingerbread Latte - almond drink	Venti	1038	252	12.2	5.5	30.6	28.4	1.1	2.2	0.29	133.7
Gingerbread Latte - soya drink	Tall	855	204	11	5.2	19.2	17.4	1.4	6.5	0.22	89.1
Gingerbread Latte - soya drink	Grande	1047	250	12.5	5.6	24.8	22.7	1.8	8.6	0.29	89.1
Gingerbread Latte - soya drink	Venti	1291	308	14.6	6.2	31.4	28.6	2.4	11.4	0.38	133.7
Gingerbread Latte - oat drink	Tall	98									



Caramel Waffle Latte - skimmed milk	Tall	758	181	6.3	4.3	23.4	21.4	0.3	7.3	0.24	89.1
Caramel Waffle Latte - skimmed milk	Grande	919	219	6.6	4.4	30	27.9	0.3	9.6	0.31	89.1
Caramel Waffle Latte - skimmed milk	Venti	1132	269	7.2	4.8	38	35.3	0.5	12.6	0.40	133.7
Caramel Waffle Latte - almond drink	Tall	662	160	7.9	4.2	19.1	17.1	0.7	1.8	0.17	89.1
Caramel Waffle Latte - almond drink	Grande	790	191	8.7	4.3	24.2	22.1	0.8	2.1	0.22	89.1
Caramel Waffle Latte - almond drink	Venti	961	233	10.1	4.7	30.3	27.7	1.1	2.8	0.28	133.7
Caramel Waffle Latte - soya drink	Tall	804	192	9.2	4.6	19.5	17.1	1.4	7	0.22	89.1
Caramel Waffle Latte - soya drink	Grande	981	234	10.5	4.8	24.8	22.2	1.8	9.1	0.28	89.1
Caramel Waffle Latte - soya drink	Venti	1214	289	12.5	5.4	31.1	27.8	2.5	12	0.37	133.7
Caramel Waffle Latte - oat drink	Tall	932	223	11.3	4.6	26.9	18.6	2.2	2.4	0.28	89.1
Caramel Waffle Latte - oat drink	Grande	1154	276	13.3	4.8	34.8	24.2	2.8	2.9	0.36	89.1
Caramel Waffle Latte - oat drink	Venti	1443	345	16.1	5.4	44.2	30.4	3.8	3.8	0.46	133.7
Caramel Waffle Latte - coconut drink	Tall	811	195	10.3	8.3	21	19	3.1	2.7	0.12	89.1
Caramel Waffle Latte - coconut drink	Grande	991	239	12	9.8	26.8	24.7	4.1	3.4	0.15	89.1
Caramel Waffle Latte - coconut drink	Venti	1227	296	14.5	11.9	33.7	31.1	5.4	4.4	0.19	133.7
Eggnog Latte	Tall	1186	284	12.7	7.5	32.7	31.8	1	8.6	0.46	89.1
Eggnog Latte	Grande	1524	365	16.3	9.7	42	41.1	1.2	11	0.60	89.1
Eggnog Latte	Venti	1958	468	20.9	12.4	54.1	52.7	1.5	14.2	0.77	133.7
Iced Toffee Nut Latte - semi skimmed milk	Tall	498	118	2.5	2.4	18.4	17.4	0.3	5.3	0.40	89.1
Iced Toffee Nut Latte - semi skimmed milk	Grande	726	172	4	3.9	25.7	24.6	0.3	8.3	0.57	89.1
Iced Toffee Nut Latte - semi skimmed milk	Venti	773	183	3.9	3.7	28.8	27.3	0.4	8.1	0.64	133.7
Iced Toffee Nut Latte - whole milk	Tall	592	141	5.2	3.2	18.3	17.3	0.3	5.2	0.40	89.1
Iced Toffee Nut Latte - whole milk	Grande	877	208	8.3	5.2	25.5	24.4	0.3	8.1	0.57	89.1
Iced Toffee Nut Latte - whole milk	Venti	917	218	7.9	5	28.6	27	0.4	7.9	0.63	133.7
Iced Toffee Nut Latte - skimmed milk	Tall	428	101	0.6	0.2	18.6	17.6	0.3	5.3	0.40	89.1
Iced Toffee Nut Latte - skimmed milk	Grande	613	145	0.8	0.3	25.9	24.8	0.3	8.3	0.58	89.1
Iced Toffee Nut Latte - skimmed milk	Venti	666	157	0.8	0.3	29	27.5	0.4	8.1	0.64	133.7
Iced Toffee Nut Latte - almond drink	Tall	356	86	1.8	0.2	15.3	14.3	0.5	1.1	0.35	89.1
Iced Toffee Nut Latte - almond drink	Grande	496	120	2.8	0.3	20.6	19.5	0.7	1.5	0.49	89.1
Iced Toffee Nut Latte - almond drink	Venti	554	134	2.7	0.3	24	22.4	0.8	1.7	0.56	133.7
Iced Toffee Nut Latte - soya drink	Tall	463	110	2.8	0.5	15.6	14.3	1.1	5	0.39	89.1
Iced Toffee Nut Latte - soya drink	Grande	670	159	4.4	0.7	21.2	19.6	1.6	7.9	0.55	89.1
Iced Toffee Nut Latte - soya drink	Venti	719	170	4.3	0.7	24.5	22.5	1.7	7.7	0.62	133.7
Iced Toffee Nut Latte - oat drink	Tall	561	134	4.3	0.5	21.2	15.5	1.7	1.5	0.43	89.1
Iced Toffee Nut Latte - oat drink	Grande	828	197	6.9	0.7	30.2	21.4	2.5	2.2	0.62	89.1
Iced Toffee Nut Latte - oat drink	Venti	870	207	6.6	0.7	33.1	24.3	2.6	2.3	0.69	133.7
Iced Toffee Nut Latte - coconut drink	Tall	469	113	3.6	3.3	16.8	15.7	2.4	1.8	0.31	89.1
Iced Toffee Nut Latte - coconut drink	Grande	679	163	5.8	5.2	23	21.9	3.7	2.7	0.43	89.1
Iced Toffee Nut Latte - coconut drink	Venti	728	175	5.6	5	26.2	24.7	3.6	2.8	0.50	133.7
Iced Gingerbread Latte - semi skimmed milk	Tall	510	121	2.5	2.4	19	17.6	0.3	5.3	0.17	89.1
Iced Gingerbread Latte - semi skimmed milk	Grande	749	178	4	3.9	26.8	25.3	0.3	8.3	0.27	89.1
Iced Gingerbread Latte - semi skimmed milk	Venti	807	191	3.9	3.7	30.6	28.5	0.5	8.1	0.26	133.7
Iced Gingerbread Latte - whole milk	Tall	603	143	5.2	3.2	18.8	17.5	0.3	5.2	0.17	89.1
Iced Gingerbread Latte - whole milk	Grande	900	214	8.3	5.2	26.6	25.1	0.3	8.1	0.26	89.1
Iced Gingerbread Latte - whole milk	Venti	951	226	7.9	5	30.4	28.3	0.5	7.9	0.26	133.7
Iced Gingerbread Latte - skimmed milk	Tall	440	104	0.6	0.2	19.1	17.8	0.3	5.3	0.17	89.1
Iced Gingerbread Latte - skimmed milk	Grande	636	150	0.8	0.3	27	25.5	0.3	8.3	0.27	89.1
Iced Gingerbread Latte - skimmed milk	Venti	700	166	0.8	0.3	30.8	28.7	0.5	8.1	0.27	133.7
Iced Gingerbread Latte - almond drink	Tall	367	89	1.8	0.2	15.8	14.5	0.6	1.1	0.12	89.1
Iced Gingerbread Latte - almond drink	Grande	519	126	2.8	0.3	21.8	20.3	0.8	1.5	0.19	89.1
Iced Gingerbread Latte - almond drink	Venti	588	142	2.7	0.3	25.8	23.7	0.9	1.7	0.19	133.7
Iced Gingerbread Latte - soya drink	Tall	475	112	2.8	0.5	16.2	14.5	1.2	5	0.16	89.1
Iced Gingerbread Latte - soya drink	Grande	692	164	4.4	0.7	22.3	20.3	1.7	7.9	0.25	89.1
Iced Gingerbread Latte - soya drink	Venti	753	178	4.3	0.7	26.3	23.8	1.7	7.7	0.25	133.7
Iced Gingerbread Latte - oat drink	Tall	572	136	4.3	0.5	21.7	15.7	1.7	1.5	0.20	89.1
Iced Gingerbread Latte - oat drink	Grande	850	202	6.9	0.7	31.3	22.1	2.6	2.2	0.32	89.1
Iced Gingerbread Latte - oat drink	Venti	904	215	6.6	0.7	34.9	25.5	2.6	2.3	0.31	133.7
Iced Gingerbread Latte - coconut drink	Tall	480	115	3.6	3.3	17.3	15.9	2.4	1.8	0.08	89.1
Iced Gingerbread Latte - coconut drink	Grande	701	169	5.8	5.2	24.1	22.6	3.7	2.7	0.13	89.1
Iced Gingerbread Latte - coconut drink	Venti	762	183	5.6	5	28	25.9	3.7	2.8	0.13	133.7
Iced Caramel Waffle Latte - semi skimmed milk	Tall	543	129	3	2.7	19.8	17.7	0.3	5.4	0.17	89.1
Iced Caramel Waffle Latte - semi skimmed milk	Grande	777	184	4.5	4.2	27.3	25.2	0.3	8.4	0.27	89.1
Iced Caramel Waffle Latte - semi skimmed milk	Venti	830	197	4.4	4	30.8	28.2	0.5	8.3	0.26	133.7
Iced Caramel Waffle Latte - whole milk	Tall	637	151	5.7	3.6	19.6	17.6	0.3	5.3	0.17	89.1
Iced Caramel Waffle Latte - whole milk	Grande	928	220	8.8	5.5	27.1	25	0.3	8.2	0.26	89.1
Iced Caramel Waffle Latte - whole milk	Venti	974	231	8.4	5.3	30.6	28	0.5	8.1	0.25	133.7
Iced Caramel Waffle Latte - skimmed milk	Tall	473	112	1.1	0.6	19.9	17.9	0.3	5.4	0.18	89.1
Iced Caramel Waffle Latte - skimmed milk	Grande	664	157	1.3	0.7	27.6	25.4	0.3	8.4	0.27	89.1
Iced Caramel Waffle Latte - skimmed milk	Venti	723	171	1.4	0.7	31	28.4	0.5	8.3	0.26	133.7
Iced Caramel Waffle Latte - almond drink	Tall	400	97	2.3	0.5	16.6	14.6	0.6	1.2	0.13	89.1
Iced Caramel Waffle Latte - almond drink	Grande	547	133	3.3	0.6	22.3	20.2	0.8	1.7	0.19	89.1
Iced Caramel Waffle Latte - almond drink	Venti	611	148	3.3	0.6	26	23.4	0.9	1.8	0.18	133.7
Iced Caramel Waffle Latte - soya drink	Tall	508	121	3.3	0.8	17	14.7	1.2	5.2	0.16	89.1
Iced Caramel Waffle Latte - soya drink	Grande	720	171	4.9	1	22.8	20.2	1.7	8	0.25	89.1
Iced Caramel Waffle Latte - soya drink	Venti	776	184	4.8	1	26.5	23.5	1.8	7.8	0.24	133.7
Iced Caramel Waffle Latte - oat drink	Tall	606	144	4.9	0.8	22.6	15.8	1.7	1.7	0.21	89.1
Iced Caramel Waffle Latte - oat drink	Grande	878	209	7.4	1	31.9	22.1	2.6	2.4	0.32	89.1
Iced Caramel Waffle Latte - oat drink	Venti	926	221	7.2	1	35.1	25.2	2.6	2.5	0.30	133.7
Iced Caramel Waffle Latte - coconut drink	Tall	514	123	4.2	3.6	18.1	16.1	2.4	1.9	0.09	89.1
Iced Caramel Waffle Latte - coconut drink	Grande	729	175	6.3	5.6	24.6	22.5	3.7	2.8	0.13	89.1
Iced Caramel Waffle Latte - coconut drink	Venti	785	188	6.1	5.3	28.3	25.6	3.7	2.9	0.12	133.7
Iced Eggnog Latte	Tall	846	202	9	5.3	23.3	22.4	0.8	6.2	0.33	89.1
Iced Eggnog Latte	Grande	1055	253	11.2	6.7	29.1	28.2	0.9	7.7	0.41	89.1
Iced Eggnog Latte	Venti	1473	353	15.7	9.3	40.7	39.4	1.3	10.8	0.57	133.7
Iced Caramel Waffle Cream Latte - semi skimmed milk	Tall	1242	297	15.9	10.8	32.1	29.3	0.4	6.2	0.22	89.1
Iced Caramel Waffle Cream Latte - semi skimmed milk	Grande	1502	359	17.9	12.6	40.1	37.2	0.4	9.2	0.31	89.1
Iced Caramel Waffle Cream Latte - semi skimmed milk	Venti	1590	380	18.4	12.8	44.2	40.8	0.5	9.1	0.30	133.7
Iced Caramel Waffle Cream Latte - whole milk	Tall	1335	319	18.6	11.6	31.9	29.2	0.4	6	0.22	89.1
Iced Caramel Waffle Cream Latte - whole milk	Grande	1653	395	22.2	13.9	39.9	37	0.4	9	0.31	89.1
Iced Caramel Waffle Cream Latte - whole milk	Venti	1734	414	22.5	14.1	44	40.6	0.5	8.8	0.30	133.7
Iced Caramel Waffle Cream Latte - skimmed milk	Tall	1172	280	14	8.6	32.2	29.5	0.4	6.2	0.22	89.1
Iced Caramel Waffle Cream Latte - skimmed milk	Grande	1389	332	14.7	9	40.3	37.5	0.4	9.2	0.32	89.1
Iced Caramel Waffle Cream Latte - skimmed milk	Venti	1483	354	15.4	9.5	44.4	41	0.5	9.1	0.31	133.7
Iced Caramel Waffle Cream Latte - almond drink	Tall	1099	265	15.2	8.6	28.9	26.2	0.6	2	0.17	89.1
Iced Caramel Waffle Cream Latte - almond drink	Grande	1272	307	16.7	9	35	32.2	0.8	2.4	0.23	89.1
Iced Caramel Waffle Cream Latte - almond drink	Venti	1371	330	17.3	9.4	39.4	36	0.9	2.6	0.23	133.7
Iced Caramel Waffle Cream Latte - soya drink	Tall	1207	289	16.2	8.9	29.3	26.2	1.2	5.9	0.21	89.1
Iced Caramel Waffle Cream Latte - soya drink	Grande	1445	345	18.3	9.4	35.6	32.3	1.7	8.7	0.30	89.1
Iced Caramel Waffle Cream Latte - soya drink	Venti	1536	367	18.8	9.8	39.9	36.1	1.8	8.6	0.29	133.7
Iced Caramel Waffle Cream Latte - oat drink	Tall	1305	312	17.8	8.9	34.9	27.4	1.8	2.4	0.25	89.1
Iced Caramel Waffle Cream Latte - oat drink	Grande	1603	384	20.8	9.4	44.6	34.1	2.6	3.1	0.36	89.1
Iced Caramel Waffle Cream Latte - oat drink	Venti	1686	403	21.2	9.8	48.5	37.8	2.7	3.3	0.35	133.7
Iced Caramel Waffle Cream Latte - coconut drink	Tall	1212	291	17.1	11.7	30.4	27.6	2.5	2.7	0.13	89.1
Iced Caramel Waffle Cream Latte - coconut drink	Grande	1454	350	19.7	13.9	37.4	34.5	3.8	3.6	0.17	89.1
Iced Caramel Waffle Cream Latte - coconut drink	Venti	1545	371	20.1	14.1	41.6	38.2	3.7	3.7	0.17	133.7
Iced Gingerbread Cream Chai Latte - semi skimmed milk	Tall	1309	313	15.5	10.6	37	36.1	0.3	6	0.23	33.3
Iced Gingerbread Cream Chai Latte - semi skimmed milk	Grande	1550	370	17	11.9	45.9	45	0.3	8.1	0.29	44.4
Iced Gingerbread Cream Chai Latte - semi skimmed milk	Venti	1723	411	18	12.7	53.2	52.2	0.4	8.8	0.32	55.5
Iced Gingerbread Cream Chai Latte - whole milk	Tall	1410	337	18.4	11.5	36.8	36	0.3	5.9	0.22	33.3
Iced Gingerbread Cream Chai Latte - whole milk	Grande	1689	403	21	13.1	45.7	44.8	0.3	7.9	0.29	44.4
Iced Gingerbread Cream Chai Latte - whole milk	Venti	1875	447	22.3	14	53	52	0.4	8.6	0.31	55.5
Iced Gingerbread Cream Chai Latte - skimmed milk	Tall	1234	295	13.4	8.3	37.1	36.3	0.3	6	0.23	33.3
Iced Ginger											

Toffee Nut Creme Frappuccino® Blended Beverage - semi skimmed milk	Tall	903	216	10.9	8.3	25.4	24.8	0	4.1	0.49	0
Toffee Nut Creme Frappuccino® Blended Beverage - semi skimmed milk	Grande	1229	294	14.5	11.1	35.2	34.5	0	5.7	0.68	0
Toffee Nut Creme Frappuccino® Blended Beverage - semi skimmed milk	Venti	1392	332	14.8	11.4	43.6	42.6	0	6.3	0.85	0
Toffee Nut Creme Frappuccino® Blended Beverage - whole milk	Tall	969	232	12.8	8.9	25.3	24.7	0	4	0.48	0
Toffee Nut Creme Frappuccino® Blended Beverage - whole milk	Grande	1321	316	17.1	11.9	35.1	34.3	0	5.5	0.68	0
Toffee Nut Creme Frappuccino® Blended Beverage - whole milk	Venti	1496	357	17.7	12.3	43.5	42.5	0	6.1	0.85	0
Toffee Nut Creme Frappuccino® Blended Beverage - skimmed milk	Tall	853	204	9.5	6.7	25.5	24.9	0	4.1	0.49	0
Toffee Nut Creme Frappuccino® Blended Beverage - skimmed milk	Grande	1160	277	12.5	8.9	35.4	34.6	0	5.7	0.68	0
Toffee Nut Creme Frappuccino® Blended Beverage - skimmed milk	Venti	1315	314	12.6	8.9	43.8	42.8	0	6.3	0.86	0
Toffee Nut Creme Frappuccino® Blended Beverage - almond drink	Tall	802	193	10.4	6.7	23.2	22.6	0.2	1.1	0.45	0
Toffee Nut Creme Frappuccino® Blended Beverage - almond drink	Grande	1089	262	13.8	8.9	32.2	31.4	0.3	1.5	0.63	0
Toffee Nut Creme Frappuccino® Blended Beverage - almond drink	Venti	1234	296	14	8.9	40.1	39.2	0.3	1.6	0.80	0
Toffee Nut Creme Frappuccino® Blended Beverage - soya drink	Tall	878	210	11.1	6.9	23.4	22.7	0.6	3.9	0.48	0
Toffee Nut Creme Frappuccino® Blended Beverage - soya drink	Grande	1195	285	14.7	9.1	32.5	31.5	0.8	5.4	0.67	0
Toffee Nut Creme Frappuccino® Blended Beverage - soya drink	Venti	1354	323	15.1	9.2	40.5	39.2	0.9	6	0.84	0
Toffee Nut Creme Frappuccino® Blended Beverage - oat drink	Tall	947	227	12.2	6.9	27.4	23.5	1	1.4	0.51	0
Toffee Nut Creme Frappuccino® Blended Beverage - oat drink	Grande	1291	309	16.3	9.1	38	32.6	1.4	1.9	0.71	0
Toffee Nut Creme Frappuccino® Blended Beverage - oat drink	Venti	1462	349	16.8	9.2	46.7	40.5	1.6	2.1	0.89	0
Toffee Nut Creme Frappuccino® Blended Beverage - coconut drink	Tall	882	212	11.7	8.9	24.2	23.7	1.5	1.6	0.42	0
Toffee Nut Creme Frappuccino® Blended Beverage - coconut drink	Grande	1200	288	15.6	11.9	33.6	32.8	2.1	2.2	0.59	0
Toffee Nut Creme Frappuccino® Blended Beverage - coconut drink	Venti	1360	326	16	12.3	41.8	40.8	2.3	2.4	0.76	0
Gingerbread Creme Frappuccino® Blended Beverage - semi skimmed milk	Tall	1003	240	13.9	9.3	25.2	24.5	0.1	3.5	0.40	0
Gingerbread Creme Frappuccino® Blended Beverage - semi skimmed milk	Grande	1294	309	16.6	11.3	35	34	0.1	4.8	0.56	0
Gingerbread Creme Frappuccino® Blended Beverage - semi skimmed milk	Venti	1462	349	16.9	11.6	43.7	42.4	0.1	5.4	0.70	0
Gingerbread Creme Frappuccino® Blended Beverage - whole milk	Tall	1069	256	15.8	9.9	25.1	24.4	0.1	3.4	0.40	0
Gingerbread Creme Frappuccino® Blended Beverage - whole milk	Grande	1386	331	19.3	12.1	34.9	33.9	0.1	4.7	0.56	0
Gingerbread Creme Frappuccino® Blended Beverage - whole milk	Venti	1566	374	19.9	12.5	43.5	42.3	0.1	5.3	0.70	0
Gingerbread Creme Frappuccino® Blended Beverage - skimmed milk	Tall	953	228	12.5	7.8	25.3	24.6	0.1	3.5	0.40	0
Gingerbread Creme Frappuccino® Blended Beverage - skimmed milk	Grande	1225	293	14.7	9.1	35.2	34.2	0.1	4.8	0.57	0
Gingerbread Creme Frappuccino® Blended Beverage - skimmed milk	Venti	1385	331	14.8	9.2	43.9	42.6	0.1	5.4	0.71	0
Gingerbread Creme Frappuccino® Blended Beverage - almond drink	Tall	902	217	13.4	7.7	23	22.3	0.2	0.5	0.37	0
Gingerbread Creme Frappuccino® Blended Beverage - almond drink	Grande	1154	278	15.9	9.1	32	31	0.3	0.7	0.52	0
Gingerbread Creme Frappuccino® Blended Beverage - almond drink	Venti	1304	314	16.1	9.1	40.2	39	0.4	0.8	0.65	0
Gingerbread Creme Frappuccino® Blended Beverage - soya drink	Tall	978	234	14.1	7.9	23.2	22.3	0.6	3.3	0.39	0
Gingerbread Creme Frappuccino® Blended Beverage - soya drink	Grande	1260	301	16.9	9.4	32.3	31	0.9	4.5	0.55	0
Gingerbread Creme Frappuccino® Blended Beverage - soya drink	Venti	1424	340	17.3	9.4	40.6	39	1	5.1	0.69	0
Gingerbread Creme Frappuccino® Blended Beverage - oat drink	Tall	1047	251	15.2	7.9	27.2	23.1	1	0.8	0.42	0
Gingerbread Creme Frappuccino® Blended Beverage - oat drink	Grande	1356	325	18.4	9.4	37.8	32.1	1.4	1.1	0.59	0
Gingerbread Creme Frappuccino® Blended Beverage - oat drink	Venti	1532	366	19	9.4	46.8	40.3	1.6	1.2	0.74	0
Gingerbread Creme Frappuccino® Blended Beverage - coconut drink	Tall	982	236	14.7	9.9	24	23.3	1.5	1	0.34	0
Gingerbread Creme Frappuccino® Blended Beverage - coconut drink	Grande	1265	304	17.7	12.1	33.4	32.4	2.1	1.4	0.48	0
Gingerbread Creme Frappuccino® Blended Beverage - coconut drink	Venti	1430	343	18.2	12.5	41.8	40.6	2.4	1.6	0.61	0
Caramel Waffle Creme Frappuccino® Blended Beverage - semi skimmed milk	Tall	935	223	11.4	8.6	26	24.6	0.1	4.2	0.42	0
Caramel Waffle Creme Frappuccino® Blended Beverage - semi skimmed milk	Grande	1264	302	15	11.4	36	34.3	0.1	5.8	0.58	0
Caramel Waffle Creme Frappuccino® Blended Beverage - semi skimmed milk	Venti	1430	341	15.3	11.7	44.5	42.6	0.1	6.4	0.72	0
Caramel Waffle Creme Frappuccino® Blended Beverage - whole milk	Tall	1002	239	13.3	9.2	25.9	24.5	0.1	4.1	0.41	0
Caramel Waffle Creme Frappuccino® Blended Beverage - whole milk	Grande	1356	324	17.6	12.2	35.9	34.2	0.1	5.6	0.58	0
Caramel Waffle Creme Frappuccino® Blended Beverage - whole milk	Venti	1534	366	18.2	12.6	44.4	42.4	0.1	6.2	0.71	0
Caramel Waffle Creme Frappuccino® Blended Beverage - skimmed milk	Tall	885	212	10	7.1	26.1	24.7	0.1	4.2	0.42	0
Caramel Waffle Creme Frappuccino® Blended Beverage - skimmed milk	Grande	1195	285	13.1	9.2	36.1	34.5	0.1	5.8	0.58	0
Caramel Waffle Creme Frappuccino® Blended Beverage - skimmed milk	Venti	1352	323	13.1	9.2	44.7	42.8	0.1	6.4	0.72	0
Caramel Waffle Creme Frappuccino® Blended Beverage - almond drink	Tall	834	201	10.9	7	23.8	22.3	0.2	1.2	0.38	0
Caramel Waffle Creme Frappuccino® Blended Beverage - almond drink	Grande	1124	270	14.3	9.2	32.9	31.2	0.3	1.6	0.53	0
Caramel Waffle Creme Frappuccino® Blended Beverage - almond drink	Venti	1272	306	14.5	9.2	41.1	39.1	0.4	1.7	0.66	0
Caramel Waffle Creme Frappuccino® Blended Beverage - soya drink	Tall	910	218	11.6	7.2	24	22.4	0.6	4	0.41	0
Caramel Waffle Creme Frappuccino® Blended Beverage - soya drink	Grande	1229	294	15.3	9.5	33.3	31.3	0.9	5.5	0.57	0
Caramel Waffle Creme Frappuccino® Blended Beverage - soya drink	Venti	1391	332	15.6	9.5	41.4	39.2	1	6.1	0.70	0
Caramel Waffle Creme Frappuccino® Blended Beverage - oat drink	Tall	980	234	12.7	7.2	28	23.2	1	1.6	0.44	0
Caramel Waffle Creme Frappuccino® Blended Beverage - oat drink	Grande	1326	317	16.8	9.5	38.8	32.4	1.4	2.1	0.61	0
Caramel Waffle Creme Frappuccino® Blended Beverage - oat drink	Venti	1500	358	17.3	9.5	47.6	40.4	1.6	2.2	0.75	0
Caramel Waffle Creme Frappuccino® Blended Beverage - coconut drink	Tall	914	220	12.2	9.2	24.8	23.4	1.5	1.7	0.35	0
Caramel Waffle Creme Frappuccino® Blended Beverage - coconut drink	Grande	1235	296	16.1	12.2	34.4	32.7	2.1	2.3	0.49	0
Caramel Waffle Creme Frappuccino® Blended Beverage - coconut drink	Venti	1397	335	16.5	12.6	42.7	40.7	2.4	2.5	0.62	0
Toffee Nut Coffee Frappuccino® Blended Beverage - semi skimmed milk	Tall	971	231	10.6	7.9	29.9	29.1	0.1	3.7	0.50	23.1
Toffee Nut Coffee Frappuccino® Blended Beverage - semi skimmed milk	Grande	1273	303	14	10.4	39.2	38.1	0.2	4.8	0.66	30.8
Toffee Nut Coffee Frappuccino® Blended Beverage - semi skimmed milk	Venti	1427	340	14.1	10.5	47.7	46.3	0.2	5	0.80	39.5
Toffee Nut Coffee Frappuccino® Blended Beverage - whole milk	Tall	1023	244	12.1	8.4	29.9	29	0.1	3.7	0.50	23.1
Toffee Nut Coffee Frappuccino® Blended Beverage - whole milk	Grande	1339	319	15.9	11	39.1	38	0.2	4.7	0.65	30.8
Toffee Nut Coffee Frappuccino® Blended Beverage - whole milk	Venti	1495	356	16	11.1	47.6	46.2	0.2	4.9	0.80	39.5
Toffee Nut Coffee Frappuccino® Blended Beverage - skimmed milk	Tall	932	222	9.5	6.7	30	29.2	0.1	3.7	0.50	23.1
Toffee Nut Coffee Frappuccino® Blended Beverage - skimmed milk	Grande	1223	291	12.6	8.9	39.3	38.2	0.2	4.8	0.66	30.8
Toffee Nut Coffee Frappuccino® Blended Beverage - skimmed milk	Venti	1376	327	12.6	8.9	47.8	46.4	0.2	5	0.80	39.5
Toffee Nut Coffee Frappuccino® Blended Beverage - almond drink	Tall	892	214	10.2	6.7	28.2	27.3	0.3	1.4	0.47	23.1
Toffee Nut Coffee Frappuccino® Blended Beverage - almond drink	Grande	1172	281	13.5	8.8	37	35.9	0.4	1.8	0.62	30.8
Toffee Nut Coffee Frappuccino® Blended Beverage - almond drink	Venti	1323	316	13.5	8.9	45.4	44	0.4	2	0.76	39.5
Toffee Nut Coffee Frappuccino® Blended Beverage - soya drink	Tall	952	227	10.8	6.9	28.4	27.4	0.6	3.6	0.49	23.1
Toffee Nut Coffee Frappuccino® Blended Beverage - soya drink	Grande	1248	297	14.2	9	37.2	35.9	0.8	4.6	0.65	30.8
Toffee Nut Coffee Frappuccino® Blended Beverage - soya drink	Venti	1401	333	14.3	9.1	45.7	44	0.8	4.8	0.79	39.5
Toffee Nut Coffee Frappuccino® Blended Beverage - oat drink	Tall	1006	240	11.6	6.9	31.5	28	0.9	1.6	0.52	23.1
Toffee Nut Coffee Frappuccino® Blended Beverage - oat drink	Grande	1317	314	15.3	9	41.2	36.7	1.2	2.1	0.68	30.8
Toffee Nut Coffee Frappuccino® Blended Beverage - oat drink	Venti	1472	351	15.4	9.1	49.7	44.8	1.2	2.3	0.82	39.5
Toffee Nut Coffee Frappuccino® Blended Beverage - coconut drink	Tall	955	228	11.3	8.4	29	28.2	1.3	1.8	0.45	23.1
Toffee Nut Coffee Frappuccino® Blended Beverage - coconut drink	Grande	1252	299	14.8	11	38	36.9	1.7	2.3	0.59	30.8
Toffee Nut Coffee Frappuccino® Blended Beverage - coconut drink	Venti	1405	335	14.9	11.1	46.5	45.1	1.7	2.5	0.74	39.5
Gingerbread Coffee Frappuccino® Blended Beverage - semi skimmed milk	Tall	1072	256	13.7	9	29.8	28.7	0.2	3.1	0.41	23.1
Gingerbread Coffee Frappuccino® Blended Beverage - semi skimmed milk	Grande	1337	319	16.2	10.7	39	37.6	0.2	4	0.54	30.8
Gingerbread Coffee Frappuccino® Blended Beverage - semi skimmed milk	Venti	1495	356	16.3	10.7	47.7	46	0.3	4.2	0.66	39.5
Gingerbread Coffee Frappuccino® Blended Beverage - whole milk	Tall	1124	268	15.2	9.5	29.7	28.7	0.2	3	0.41	23.1
Gingerbread Coffee Frappuccino® Blended Beverage - whole milk	Grande	1403	335	18	11.3	38.9	37.5	0.2	3.9	0.54	30.8
Gingerbread Coffee Frappuccino® Blended Beverage - whole milk	Venti	1564	373	18.2	11.3	47.6	45.9	0.3	4.1	0.66	39.5
Gingerbread Coffee Frappuccino® Blended Beverage - skimmed milk	Tall	1033	247	12.6	7.8	29.9	28.8	0.2	3.1	0.42	23.1
Gingerbread Coffee Frappuccino® Blended Beverage - skimmed milk	Grande	1287	307	14.8	9.1	39.1	37.7	0.2	4	0.54	30.8
Gingerbread Coffee Frappuccino® Blended Beverage - skimmed milk	Venti	1444	344	14.8	9.1	47.8	46.1	0.3	4.2	0.66	39.5
Gingerbread Coffee Frappuccino® Blended Beverage - almond drink	Tall	992	238	13.3	7.8	28	27	0.3	0.8	0.39	23.1
Gingerbread Coffee Frappuccino® Blended Beverage - almond drink	Grande	1236	296	15.6	9.1	36.8	35.4	0.4	1	0.51	30.8
Gingerbread Coffee Frappuccino® Blended Beverage - almond drink	Venti	1391	333	15.7	9.1	45.4	43.7	0.5	1.1	0.62	39.5
Gingerbread Coffee Frappuccino® Blended Beverage - soya drink	Tall	1052	251	13.8	7.9	28.2	27	0.6	2.9	0.41	23.1
Gingerbread Coffee Frappuccino® Blended Beverage - soya drink	Grande	1312	313	16.4	9.3	37	35.4	0.8	3.8	0.53	30.8
Gingerbread Coffee Frappuccino® Blended Beverage - soya drink	Venti	1470	350	16.5	9.3	45.7	43.8	0.9	4	0.65	39.5
Gingerbread Coffee Frappuccino® Blended Beverage - oat drink	Tall	1107	265	14.7	7.9	31.3	27.7	1	1	0.43	23.1
Gingerbread Coffee Frappuccino® Blended Beverage - oat drink	Grande	1382	330	17.5	9.3	41	36.2	1.2	1.3	0.56	30.8
Gingerbread Coffee Frappuccino® Blended Beverage - oat drink	Venti	1541	368	17.6	9.3	49.8	44.6	1.3	1.5	0.68	39.5
Gingerbread Coffee Frappuccino® Blended Beverage - coconut drink	Tall	1055	253	14.3	9.5	28.8	27.8	1.3	1.2	0.36	23.1
Gingerbread Coffee Frappuccino® Blended Beverage - coconut drink	Grande	1316	315	17	11.3	37.8	36.4	1.7	1.5	0.48	30.8
Gingerbread Coffee Frappuccino® Blended Beverage - coconut drink	Venti	1474	352	17.1	11.3	46.5	44.8	1.8	1.7	0.60	39.5
Caramel Waffle Coffee Frappuccino® Blended Beverage - semi skimmed milk	Tall	1004	239	11.2	8.3	30.6	28.8	0.2	3.9	0.43	23.1
Caramel Waffle Coffee Frappuccino® Blended Beverage - semi skimmed milk	Grande	1307	312	14.5	10.8	40	37.9	0.2	4.9	0.56	30.8
Caramel Waffle Coffee Frappuccino® Blended Beverage - semi skimmed milk	Venti	1463	348	14.6	10.8	48.6	46.2	0.3	5.2	0.67	39.5
Caramel Waffle Coffee Frappuccino® Blended Beverage - whole milk											

Toffee Nut Cream Cold Brew	Tall	847	202	13.5	8.3	18.4	16.1	1	1.5	0.17	188.9
Toffee Nut Cream Cold Brew	Grande	958	228	14.2	8.7	23	20.1	1.4	1.8	0.18	252.4
Toffee Nut Cream Cold Brew	Venti	1057	252	14.9	9.1	27.3	24.2	1.4	1.9	0.19	260.5
Fudge Brownie Hot Chocolate - semi skimmed milk	Tall	1025	245	11	8.2	27.1	25.9	1.5	8.5	0.29	0
Fudge Brownie Hot Chocolate - semi skimmed milk	Grande	1281	305	12.8	9.7	35.3	34	1.9	11.4	0.38	0
Fudge Brownie Hot Chocolate - semi skimmed milk	Venti	1603	382	15.7	12.1	44.3	42.8	2.4	14.6	0.49	0
Fudge Brownie Hot Chocolate - whole milk	Tall	1162	277	14.9	9.4	26.9	25.7	1.5	8.3	0.29	0
Fudge Brownie Hot Chocolate - whole milk	Grande	1466	349	18	11.4	35.1	33.7	1.9	11.1	0.38	0
Fudge Brownie Hot Chocolate - whole milk	Venti	1843	439	22.6	14.2	44	42.5	2.4	14.3	0.48	0
Fudge Brownie Hot Chocolate - skimmed milk	Tall	923	220	8.2	5	27.3	26.1	1.5	8.5	0.30	0
Fudge Brownie Hot Chocolate - skimmed milk	Grande	1143	272	8.9	5.4	35.6	34.3	1.9	11.4	0.39	0
Fudge Brownie Hot Chocolate - skimmed milk	Venti	1423	339	10.7	6.5	44.7	43.2	2.4	14.6	0.50	0
Fudge Brownie Hot Chocolate - almond drink	Tall	817	197	10	4.9	22.5	21.3	1.9	2.4	0.22	0
Fudge Brownie Hot Chocolate - almond drink	Grande	999	242	11.3	5.3	29.1	27.8	2.5	3.1	0.29	0
Fudge Brownie Hot Chocolate - almond drink	Venti	1236	299	13.9	6.4	36.3	34.8	3.1	3.8	0.36	0
Fudge Brownie Hot Chocolate - soya drink	Tall	974	232	11.4	5.3	23	21.4	2.7	8.1	0.28	0
Fudge Brownie Hot Chocolate - soya drink	Grande	1212	289	13.3	5.9	29.8	27.9	3.6	10.8	0.36	0
Fudge Brownie Hot Chocolate - soya drink	Venti	1513	360	16.4	7.1	37.1	34.9	4.6	13.9	0.46	0
Fudge Brownie Hot Chocolate - oat drink	Tall	1117	267	13.7	5.3	31.2	23	3.5	3	0.34	0
Fudge Brownie Hot Chocolate - oat drink	Grande	1405	336	16.4	5.9	40.9	30.1	4.7	3.9	0.45	0
Fudge Brownie Hot Chocolate - oat drink	Venti	1764	421	20.4	7.1	51.5	37.8	6	4.9	0.57	0
Fudge Brownie Hot Chocolate - coconut drink	Tall	982	236	12.7	9.4	24.7	23.4	4.6	3.4	0.17	0
Fudge Brownie Hot Chocolate - coconut drink	Grande	1223	294	15	11.4	32	30.7	6.1	4.5	0.21	0
Fudge Brownie Hot Chocolate - coconut drink	Venti	1527	367	18.6	14.3	40	38.5	7.8	5.7	0.26	0
Fudge Brownie Iced Chocolate - semi skimmed milk	Tall	1112	266	14.3	10	26.2	25	1.6	7.3	0.26	0
Fudge Brownie Iced Chocolate - semi skimmed milk	Grande	1504	360	19.3	13.6	35.2	33.8	2.1	10.3	0.36	0
Fudge Brownie Iced Chocolate - semi skimmed milk	Venti	1618	386	19.6	13.8	40.4	38.9	2.5	10.9	0.38	0
Fudge Brownie Iced Chocolate - whole milk	Tall	1224	293	17.5	11	26.1	24.8	1.6	7.2	0.26	0
Fudge Brownie Iced Chocolate - whole milk	Grande	1665	398	23.9	15	35	33.6	2.1	10.1	0.35	0
Fudge Brownie Iced Chocolate - whole milk	Venti	1785	426	24.3	15.3	40.2	38.6	2.5	10.7	0.37	0
Fudge Brownie Iced Chocolate - skimmed milk	Tall	1029	246	12	7.4	26.4	25.1	1.6	7.3	0.26	0
Fudge Brownie Iced Chocolate - skimmed milk	Grande	1384	331	15.9	9.8	35.5	34.1	2.1	10.3	0.36	0
Fudge Brownie Iced Chocolate - skimmed milk	Venti	1493	357	16.1	9.9	40.6	39.1	2.5	10.9	0.39	0
Fudge Brownie Iced Chocolate - almond drink	Tall	942	227	13.5	7.3	22.5	21.2	1.9	2.3	0.20	0
Fudge Brownie Iced Chocolate - almond drink	Grande	1259	304	18	9.7	29.8	28.4	2.6	3.1	0.27	0
Fudge Brownie Iced Chocolate - almond drink	Venti	1364	329	18.3	9.9	34.8	33.3	3	3.4	0.29	0
Fudge Brownie Iced Chocolate - soya drink	Tall	1071	256	14.7	7.7	22.9	21.3	2.6	7	0.25	0
Fudge Brownie Iced Chocolate - soya drink	Grande	1444	345	19.8	10.2	30.4	28.5	3.5	9.8	0.34	0
Fudge Brownie Iced Chocolate - soya drink	Venti	1556	372	20.1	10.4	35.4	33.4	4	10.4	0.36	0
Fudge Brownie Iced Chocolate - oat drink	Tall	1188	284	16.5	7.7	29.6	22.6	3.2	2.8	0.30	0
Fudge Brownie Iced Chocolate - oat drink	Grande	1612	386	22.4	10.2	40	30.4	4.5	3.8	0.41	0
Fudge Brownie Iced Chocolate - oat drink	Venti	1730	414	22.9	10.4	45.4	35.4	5	4.2	0.44	0
Fudge Brownie Iced Chocolate - coconut drink	Tall	1077	259	15.7	11	24.2	23	4.1	3.1	0.16	0
Fudge Brownie Iced Chocolate - coconut drink	Grande	1454	350	21.2	15	32.3	30.9	5.7	4.3	0.21	0
Fudge Brownie Iced Chocolate - coconut drink	Venti	1566	377	21.6	15.3	37.4	35.9	6.2	4.7	0.22	0
Winter Spiced Apple Tea	Tall	38	9	0.3	0.2	1.5	1.4	0	0.1	0.00	0
Winter Spiced Apple Tea	Grande	38	9	0.3	0.2	1.5	1.4	0	0.1	0.00	0
Winter Spiced Apple Tea	Venti	76	18	0.6	0.4	3	2.7	0	0.2	0.01	0

Alternative Coffee Bean - Espresso Drinks		Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which Sugar (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
Blonde Americano	Tall	25	6	0.1	0	0.8	0.1	0.3	0.3	0.00	85.5
Blonde Americano	Grande	38	9	0.2	0.1	1.1	0.1	0.4	0.5	0.00	128.2
Blonde Americano	Venti	50	13	0.3	0.1	1.5	0.2	0.5	0.6	0.00	171
Decaf Americano	Tall	31	8	0.1	0	1.2	0.1	0.2	0.3	0.00	3.6
Decaf Americano	Grande	47	11	0.2	0.1	1.8	0.2	0.3	0.4	0.00	5.4
Decaf Americano	Venti	62	15	0.3	0.1	2.3	0.2	0.4	0.5	0.00	7.2
Blonde Caffè Latte - semi skimmed milk	Tall	515	123	4.3	4.2	12.2	11.5	0.3	8.8	0.26	85.5
Blonde Caffè Latte - semi skimmed milk	Grande	632	151	5.2	5.2	14.9	14.2	0.3	10.8	0.32	85.5
Blonde Caffè Latte - semi skimmed milk	Venti	852	203	7.1	6.9	20.1	19.1	0.4	14.6	0.43	128.2
Blonde Caffè Latte - whole milk	Tall	677	161	8.9	5.6	11.9	11.2	0.3	8.6	0.26	85.5
Blonde Caffè Latte - whole milk	Grande	833	199	11	6.9	14.6	13.9	0.3	10.5	0.32	85.5
Blonde Caffè Latte - whole milk	Venti	1122	267	14.7	9.3	19.7	18.7	0.4	14.2	0.42	128.2
Blonde Caffè Latte - skimmed milk	Tall	394	94	0.9	0.4	12.4	11.7	0.3	8.8	0.27	85.5
Blonde Caffè Latte - skimmed milk	Grande	482	114	1	0.4	15.2	14.5	0.3	10.8	0.33	85.5
Blonde Caffè Latte - skimmed milk	Venti	650	155	1.4	0.6	20.5	19.5	0.4	14.6	0.45	128.2
Blonde Caffè Latte - almond drink	Tall	268	67	3	0.3	6.7	6	0.7	1.5	0.18	85.5
Blonde Caffè Latte - almond drink	Grande	326	81	3.7	0.3	8.2	7.5	0.9	1.8	0.22	85.5
Blonde Caffè Latte - almond drink	Venti	441	110	5	0.5	11.1	10	1.2	2.5	0.29	128.2
Blonde Caffè Latte - soya drink	Tall	454	108	4.7	0.8	7.3	6.2	1.7	8.3	0.24	85.5
Blonde Caffè Latte - soya drink	Grande	557	133	5.8	0.9	8.9	7.6	2.1	10.2	0.30	85.5
Blonde Caffè Latte - soya drink	Venti	751	179	7.9	1.3	12	10.2	2.8	13.8	0.40	128.2
Blonde Caffè Latte - oat drink	Tall	624	149	7.4	0.8	17	8.1	2.7	2.3	0.32	85.5
Blonde Caffè Latte - oat drink	Grande	767	184	9.1	0.9	20.9	10	3.3	2.7	0.39	85.5
Blonde Caffè Latte - oat drink	Venti	1033	247	12.3	1.3	28.2	13.4	4.4	3.7	0.53	128.2
Blonde Caffè Latte - coconut drink	Tall	464	113	6.2	5.6	9.3	8.6	3.9	2.7	0.11	85.5
Blonde Caffè Latte - coconut drink	Grande	569	139	7.6	7	11.3	10.6	4.8	3.3	0.14	85.5
Blonde Caffè Latte - coconut drink	Venti	767	187	10.3	9.3	15.3	14.2	6.5	4.5	0.18	128.2
Decaf Caffè Latte - semi skimmed milk	Tall	521	124	4.3	4.2	12.6	11.5	0.2	8.8	0.26	3.6
Decaf Caffè Latte - semi skimmed milk	Grande	638	152	5.2	5.2	15.3	14.2	0.2	10.8	0.32	3.6
Decaf Caffè Latte - semi skimmed milk	Venti	861	205	7.1	6.9	20.7	19.1	0.3	14.5	0.43	5.4
Decaf Caffè Latte - whole milk	Tall	683	163	8.9	5.6	12.3	11.3	0.2	8.5	0.26	3.6
Decaf Caffè Latte - whole milk	Grande	839	200	11	6.9	15	13.9	0.2	10.5	0.32	3.6
Decaf Caffè Latte - whole milk	Venti	1131	269	14.7	9.3	20.3	18.7	0.3	14.1	0.42	5.4
Decaf Caffè Latte - skimmed milk	Tall	400	95	0.9	0.4	12.8	11.8	0.2	8.8	0.27	3.6
Decaf Caffè Latte - skimmed milk	Grande	488	116	1	0.4	15.6	14.5	0.2	10.8	0.33	3.6
Decaf Caffè Latte - skimmed milk	Venti	659	157	1.4	0.6	21.1	19.5	0.3	14.5	0.45	5.4
Decaf Caffè Latte - almond drink	Tall	274	68	3	0.3	7.1	6.1	0.7	1.5	0.18	3.6
Decaf Caffè Latte - almond drink	Grande	332	83	3.7	0.3	8.6	7.5	0.8	1.7	0.22	3.6
Decaf Caffè Latte - almond drink	Venti	450	112	5	0.5	11.7	10.1	1.1	2.4	0.29	5.4
Decaf Caffè Latte - soya drink	Tall	460	109	4.7	0.8	7.7	6.2	1.7	8.3	0.24	3.6
Decaf Caffè Latte - soya drink	Grande	563	134	5.8	0.9	9.3	7.6	2	10.2	0.30	3.6
Decaf Caffè Latte - soya drink	Venti	760	181	7.9	1.3	12.6	10.2	2.8	13.7	0.40	5.4
Decaf Caffè Latte - oat drink	Tall	630	151	7.4	0.8	17.4	8.1	2.6	2.2	0.32	3.6
Decaf Caffè Latte - oat drink	Grande	773	185	9.1	0.9	21.3	10	3.2	2.7	0.39	3.6
Decaf Caffè Latte - oat drink	Venti	1042	249	12.3	1.3	28.8	13.5	4.4	3.6	0.53	5.4
Decaf Caffè Latte - coconut drink	Tall	470	114	6.2	5.6	9.7	8.6	3.9	2.7	0.11	3.6
Decaf Caffè Latte - coconut drink	Grande	575	140	7.6	7	11.7	10.6	4.7	3.3	0.14	3.6
Decaf Caffè Latte - coconut drink	Venti	776	189	10.3	9.3	15.9	14.3	6.4	4.4	0.18	5.4
Blonde Latte Macchiato - semi skimmed milk	Tall	472	112	3.9	3.8	11.2	10.5	0.3	8.1	0.24	85.5
Blonde Latte Macchiato - semi skimmed milk	Grande	612	146	5.1	5	14.4	13.7	0.3	10.5	0.31	85.5
Blonde Latte Macchiato - semi skimmed milk	Venti	809	193	6.7	6.6	19.1	18.1	0.4	13.8	0.41	128.2
Blonde Latte Macchiato - whole milk	Tall	620	148	8.1	5.1	10.9	10.3	0.3	7.8	0.23	85.5
Blonde Latte Macchiato - whole milk	Grande	807	192	10.6	6.7	14.1	13.5	0.3	10.2	0.31	85.5
Blonde Latte Macchiato - whole milk	Venti	1065	254	13.9	8.8	18.7	17.7	0.4	13.5	0.40	128.2
Blonde Latte Macchiato - skimmed milk	Tall	361	86	0.8	0.3	11.4	10.7	0.3	8.1	0.24	85.5
Blonde Latte Macchiato - skimmed milk	Grande	467	111	1	0.4	14.7	14	0.3	10.5	0.32	85.5
Blonde Latte Macchiato - skimmed milk	Venti	618	147	1.3	0.6	19.5	18.5	0.4	13.8	0.42	128.2
Blonde Latte Macchiato - almond drink	Tall	246	62	2.7	0.3	6.2	5.5	0.7	1.4	0.16	85.5
Blonde Latte Macchiato - almond drink	Grande	316	79	3.6	0.3	7.9	7.2	0.8	1.7	0.21	85.5
Blonde Latte Macchiato - almond drink	Venti	420	105	4.7	0.4	10.5	9.5	1.2	2.4	0.28	128.2
Blonde Latte Macchiato - soya drink	Tall	417	99	4.3	0.7	6.7	5.6	1.6	7.6	0.22	85.5
Blonde Latte Macchiato - soya drink	Grande	539	128	5.7	0.9	8.6	7.4	2	9.9	0.29	85.5
Blonde Latte Macchiato - soya drink	Venti	713	170	7.5	1.2	11.5	9.7	2.7	13.1	0.38	128.2
Blonde Latte Macchiato - oat drink	Tall	571	137	6.8	0.7	15.6	7.4	2.5	2.1	0.29	85.5
Blonde Latte Macchiato - oat drink	Grande	743	178	8.8	0.9	20.2	9.7	3.2	2.6	0.38	85.5
Blonde											

Decaf Latte Macchiato - skimmed milk	Grande	473	112	1	0.4	15.1	14.1	0.2	10.4	0.32	3.6
Decaf Latte Macchiato - skimmed milk	Venti	627	149	1.3	0.6	20.1	18.5	0.3	13.8	0.42	5.4
Decaf Latte Macchiato - almond drink	Tall	252	63	2.7	0.3	6.6	5.5	0.7	1.4	0.16	3.6
Decaf Latte Macchiato - almond drink	Grande	322	80	3.6	0.3	8.3	7.3	0.8	1.7	0.21	3.6
Decaf Latte Macchiato - almond drink	Venti	428	107	4.7	0.4	11.1	9.6	1.1	2.3	0.28	5.4
Decaf Latte Macchiato - soya drink	Tall	422	101	4.3	0.7	7.1	5.6	1.6	7.6	0.22	3.6
Decaf Latte Macchiato - soya drink	Grande	545	130	5.7	0.9	9	7.4	2	9.9	0.29	3.6
Decaf Latte Macchiato - soya drink	Venti	722	172	7.5	1.2	12.1	9.7	2.6	13	0.38	5.4
Decaf Latte Macchiato - oat drink	Tall	577	138	6.8	0.7	16	7.4	2.4	2	0.29	3.6
Decaf Latte Macchiato - oat drink	Grande	749	179	8.8	0.9	20.6	9.7	3.1	2.6	0.38	3.6
Decaf Latte Macchiato - oat drink	Venti	989	237	11.7	1.2	27.3	12.8	4.2	3.5	0.50	5.4
Decaf Latte Macchiato - coconut drink	Tall	431	105	5.7	5.1	8.9	7.9	3.5	2.5	0.10	3.6
Decaf Latte Macchiato - coconut drink	Grande	557	135	7.4	6.7	11.3	10.3	4.6	3.2	0.13	3.6
Decaf Latte Macchiato - coconut drink	Venti	738	179	9.7	8.8	15.1	13.5	6.1	4.2	0.17	5.4
Blonde Espresso Doppio	Doppio	25	6	0.1	0	0.8	0.1	0.3	0.3	0.00	85.5
Decaf Espresso Doppio	Doppio	31	8	0.1	0	1.2	0.1	0.2	0.3	0.00	3.6
Blonde Espresso	Single	13	3	0.1	0	0.4	0	0.1	0.2	0.00	42.7
Decaf Espresso	Single	16	4	0.1	0	0.6	0.1	0.1	0.1	0.00	1.8
Blonde Espresso Con Panna - Doppio	Double	200	49	4.2	3	1.9	1.2	0.3	0.6	0.01	85.5
Decaf Espresso Con Panna - Doppio	Double	206	50	4.2	3	2.3	1.2	0.2	0.6	0.01	3.6
Blonde Espresso Con Panna	Single	188	46	4.2	3	1.5	1.1	0.1	0.4	0.01	42.7
Decaf Espresso Con Panna	Single	191	46	4.2	3	1.7	1.2	0.1	0.4	0.01	1.8
Blonde Espresso Macchiato - semi skimmed milk	Single	23	6	0.2	0.1	0.6	0.3	0.1	0.3	0.01	42.7
Blonde Espresso Macchiato - whole milk	Single	27	7	0.3	0.1	0.6	0.3	0.1	0.3	0.01	42.7
Blonde Espresso Macchiato - skimmed milk	Single	21	5	0.1	0	0.6	0.3	0.1	0.3	0.01	42.7
Blonde Espresso Macchiato - almond drink	Single	18	4	0.1	0	0.5	0.2	0.1	0.2	0.00	42.7
Blonde Espresso Macchiato - soya drink	Single	22	5	0.2	0	0.5	0.2	0.2	0.3	0.01	42.7
Blonde Espresso Macchiato - oat drink	Single	26	6	0.2	0	0.7	0.2	0.2	0.2	0.01	42.7
Blonde Espresso Macchiato - coconut drink	Single	22	5	0.2	0.1	0.6	0.2	0.2	0.2	0.00	42.7
Decaf Espresso Macchiato - semi skimmed milk	Single	26	6	0.2	0.1	0.8	0.3	0.1	0.3	0.01	1.8
Decaf Espresso Macchiato - whole milk	Single	30	7	0.3	0.1	0.8	0.3	0.1	0.3	0.01	1.8
Decaf Espresso Macchiato - skimmed milk	Single	24	6	0.1	0	0.8	0.3	0.1	0.3	0.01	1.8
Decaf Espresso Macchiato - almond drink	Single	21	5	0.1	0	0.7	0.2	0.1	0.2	0.00	1.8
Decaf Espresso Macchiato - soya drink	Single	25	6	0.2	0	0.7	0.2	0.1	0.3	0.01	1.8
Decaf Espresso Macchiato - oat drink	Single	29	7	0.2	0	0.9	0.2	0.2	0.2	0.01	1.8
Decaf Espresso Macchiato - coconut drink	Single	25	6	0.2	0.1	0.8	0.2	0.2	0.2	0.00	1.8
Blonde Espresso Macchiato - Doppio - semi skimmed milk	Double	58	14	0.4	0.3	1.5	0.9	0.3	0.9	0.02	85.5
Blonde Espresso Macchiato - Doppio - whole milk	Double	69	17	0.7	0.4	1.5	0.8	0.3	0.9	0.02	85.5
Blonde Espresso Macchiato - Doppio - skimmed milk	Double	50	12	0.2	0.1	1.5	0.9	0.3	0.9	0.02	85.5
Blonde Espresso Macchiato - Doppio - almond drink	Double	41	10	0.3	0.1	1.2	0.5	0.3	0.4	0.01	85.5
Blonde Espresso Macchiato - Doppio - soya drink	Double	54	13	0.4	0.1	1.2	0.5	0.4	0.9	0.02	85.5
Blonde Espresso Macchiato - Doppio - oat drink	Double	65	16	0.6	0.1	1.9	0.6	0.4	0.4	0.02	85.5
Blonde Espresso Macchiato - Doppio - coconut drink	Double	55	13	0.5	0.4	1.3	0.7	0.5	0.5	0.01	85.5
Decaf Espresso Macchiato - Doppio - semi skimmed milk	Double	64	15	0.4	0.3	1.9	0.9	0.2	0.8	0.02	3.6
Decaf Espresso Macchiato - Doppio - whole milk	Double	75	18	0.7	0.4	1.9	0.9	0.2	0.8	0.02	3.6
Decaf Espresso Macchiato - Doppio - skimmed milk	Double	56	14	0.2	0.1	2	0.9	0.2	0.8	0.02	3.6
Decaf Espresso Macchiato - Doppio - almond drink	Double	47	12	0.3	0.1	1.6	0.5	0.3	0.4	0.01	3.6
Decaf Espresso Macchiato - Doppio - soya drink	Double	60	14	0.4	0.1	1.6	0.5	0.3	0.8	0.02	3.6
Decaf Espresso Macchiato - Doppio - oat drink	Double	71	17	0.6	0.1	2.3	0.7	0.4	0.4	0.02	3.6
Decaf Espresso Macchiato - Doppio - coconut drink	Double	61	15	0.5	0.4	1.7	0.7	0.5	0.4	0.01	3.6
Blonde Cortado - semi skimmed milk	Short	229	55	1.7	1.7	6	4.6	0	3.8	0.11	113.6
Blonde Cortado - whole milk	Short	294	70	3.5	2.2	5.9	4.5	0	3.7	0.10	113.6
Blonde Cortado - skimmed milk	Short	181	43	0.3	0.2	6.1	4.7	0	3.8	0.11	113.6
Blonde Cortado - almond drink	Short	131	32	1.2	0.1	3.8	2.4	0.2	0.9	0.07	113.6
Blonde Cortado - soya drink	Short	205	49	1.9	0.3	4.1	2.5	0.6	3.6	0.10	113.6
Blonde Cortado - oat drink	Short	272	65	2.9	0.3	7.9	3.2	1	1.2	0.13	113.6
Blonde Cortado - coconut drink	Short	209	51	2.5	2.3	4.8	3.4	1.4	1.4	0.05	113.6
Decaf Cortado - semi skimmed milk	Short	225	54	1.8	1.7	5.7	4.6	0.2	3.6	0.10	3.6
Decaf Cortado - whole milk	Short	289	69	3.6	2.2	5.6	4.5	0.2	3.5	0.10	3.6
Decaf Cortado - skimmed milk	Short	177	42	0.4	0.2	5.8	4.7	0.2	3.6	0.11	3.6
Decaf Cortado - almond drink	Short	127	32	1.3	0.1	3.5	2.5	0.4	0.7	0.07	3.6
Decaf Cortado - soya drink	Short	201	48	2	0.3	3.8	2.5	0.8	3.4	0.10	3.6
Decaf Cortado - oat drink	Short	268	64	3	0.3	7.6	3.3	1.2	1	0.13	3.6
Decaf Cortado - coconut drink	Short	205	50	2.5	2.3	4.5	3.5	1.7	1.2	0.04	3.6
Blonde Cappuccino - semi skimmed milk	Tall	428	102	3.5	3.4	10.1	9.5	0.3	7.3	0.22	85.5
Blonde Cappuccino - semi skimmed milk	Grande	542	129	4.5	4.4	12.8	12.1	0.3	9.3	0.28	85.5
Blonde Cappuccino - semi skimmed milk	Venti	702	167	5.8	5.7	16.6	15.6	0.4	12	0.36	128.2
Blonde Cappuccino - whole milk	Tall	561	134	7.3	4.6	9.9	9.3	0.3	7.1	0.21	85.5
Blonde Cappuccino - whole milk	Grande	713	170	9.3	5.9	12.5	11.8	0.3	9	0.27	85.5
Blonde Cappuccino - whole milk	Venti	923	220	12	7.6	16.3	15.3	0.4	11.7	0.35	128.2
Blonde Cappuccino - skimmed milk	Tall	328	78	0.7	0.3	10.3	9.7	0.3	7.3	0.22	85.5
Blonde Cappuccino - skimmed milk	Grande	414	98	0.9	0.4	13	12.4	0.3	9.3	0.28	85.5
Blonde Cappuccino - skimmed milk	Venti	538	128	1.2	0.5	16.9	15.9	0.4	12	0.36	128.2
Blonde Cappuccino - almond drink	Tall	225	56	2.5	0.2	5.7	5	0.7	1.3	0.15	85.5
Blonde Cappuccino - almond drink	Grande	281	70	3.2	0.3	7	6.4	0.8	1.6	0.19	85.5
Blonde Cappuccino - almond drink	Venti	367	92	4.1	0.4	9.2	8.2	1.1	2.1	0.24	128.2
Blonde Cappuccino - soya drink	Tall	378	90	3.9	0.6	6.1	5.1	1.5	6.9	0.20	85.5
Blonde Cappuccino - soya drink	Grande	478	114	5	0.8	7.7	6.5	1.8	8.8	0.26	85.5
Blonde Cappuccino - soya drink	Venti	620	148	6.5	1.1	10	8.4	2.4	11.3	0.33	128.2
Blonde Cappuccino - oat drink	Tall	518	124	6.1	0.6	14.1	6.7	2.3	1.9	0.26	85.5
Blonde Cappuccino - oat drink	Grande	657	157	7.8	0.8	17.9	8.5	2.8	2.4	0.33	85.5
Blonde Cappuccino - oat drink	Venti	850	204	10.1	1.1	23.2	11	3.7	3.1	0.43	128.2
Blonde Cappuccino - coconut drink	Tall	386	94	5.1	4.6	7.7	7.1	3.3	2.3	0.09	85.5
Blonde Cappuccino - coconut drink	Grande	488	119	6.5	5.9	9.7	9	4.1	2.9	0.12	85.5
Blonde Cappuccino - coconut drink	Venti	633	154	8.4	7.6	12.7	11.7	5.3	3.8	0.15	128.2
Decaf Cappuccino - semi skimmed milk	Tall	434	103	3.5	3.4	10.5	9.5	0.2	7.2	0.22	3.6
Decaf Cappuccino - semi skimmed milk	Grande	547	130	4.5	4.4	13.2	12.1	0.2	9.2	0.28	3.6
Decaf Cappuccino - semi skimmed milk	Venti	711	169	5.8	5.7	17.2	15.6	0.3	11.9	0.36	5.4
Decaf Cappuccino - whole milk	Tall	567	135	7.3	4.6	10.3	9.3	0.2	7	0.21	3.6
Decaf Cappuccino - whole milk	Grande	719	171	9.3	5.9	12.9	11.9	0.2	9	0.27	3.6
Decaf Cappuccino - whole milk	Venti	932	222	12	7.6	16.9	15.3	0.3	11.6	0.35	5.4
Decaf Cappuccino - skimmed milk	Tall	334	79	0.7	0.3	10.7	9.7	0.2	7.2	0.22	3.6
Decaf Cappuccino - skimmed milk	Grande	420	100	0.9	0.4	13.4	12.4	0.2	9.2	0.28	3.6
Decaf Cappuccino - skimmed milk	Venti	547	130	1.2	0.5	17.5	16	0.3	11.9	0.36	5.4
Decaf Cappuccino - almond drink	Tall	230	57	2.5	0.2	6.1	5	0.6	1.3	0.15	3.6
Decaf Cappuccino - almond drink	Grande	287	72	3.2	0.3	7.5	6.4	0.7	1.5	0.19	3.6
Decaf Cappuccino - almond drink	Venti	376	94	4.1	0.4	9.8	8.3	1	2	0.24	5.4
Decaf Cappuccino - soya drink	Tall	384	91	3.9	0.6	6.6	5.1	1.4	6.8	0.20	3.6
Decaf Cappuccino - soya drink	Grande	484	115	5	0.8	8.1	6.5	1.8	8.7	0.26	3.6
Decaf Cappuccino - soya drink	Venti	629	150	6.5	1.1	10.6	8.4	2.3	11.3	0.33	5.4
Decaf Cappuccino - oat drink	Tall	523	125	6.1	0.6	14.5	6.7	2.2	1.9	0.26	3.6
Decaf Cappuccino - oat drink	Grande	662	158	7.8	0.8	18.3	8.5	2.8	2.3	0.33	3.6
Decaf Cappuccino - oat drink	Venti	859	206	10.1	1.1	23.8	11	3.6	3	0.43	5.4
Decaf Cappuccino - coconut drink	Tall	392	95	5.1	4.6	8.1	7.1	3.2	2.3	0.09	3.6
Decaf Cappuccino - coconut drink	Grande	494	120	6.5	5.9	10.1	9.1	4.1	2.8	0.12	3.6
Decaf Cappuccino - coconut drink	Venti	642	156	8.4	7.6	13.3	11.7	5.3	3.7	0.15	5.4
Blonde Flat White - semi skimmed milk	Short	242	58	2	1.9	5.8	5.1	0.3	4.1	0.12	85.5
Blonde Flat White - whole milk	Short	314	75	4	2.5	5.7	5	0.3	4	0.11	85.5
Blonde Flat White - skimmed milk	Short	189	45	0.5	0.2	5.9	5.2	0.3	4.1	0.12	85.5
Blonde Flat White - almond drink	Short	133	33	1.4	0.2	3.4	2.7	0.5	0.8	0.08	85.5
Blonde Flat White - soya drink	Short	215	51	2.2	0.4	3.7	2.8	0.9	3.9	0.11	85.5
Blonde Flat White - oat drink	Short	291	70	3.4	0.4	8	3.6	1.3	1.2	0.14	85.5
Blonde Flat White - coconut drink	Short	220	54	2.8	2.5	4.5	3.9	1.9	1.4	0.05	85.5
Decaf Flat White - semi skimmed milk	Short	248	59	2	1.9	6.2	5.2	0.2	4	0.12	3.6
Decaf Flat White - whole milk	Short	320	76	4	2.5	6.1	5.1	0.2	3.9	0.11	3.6
Decaf Flat White - skimmed milk	Short	194	46	0.5	0.2	6.3	5.3	0.2	4	0.12	3.6
Decaf Flat White - almond drink	Short	139	35	1.4	0.2	3.8	2.8	0.4	0.8	0.08	3.6
Decaf Flat White - soya drink	Short	221	53</								



Blonde Caramel Macchiato - skimmed milk	Tall	586	139	1.7	0.9	22.3	21.2	0.3	8.4	0.28	85.5
Blonde Caramel Macchiato - skimmed milk	Grande	749	177	1.9	1	29.1	27.9	0.3	10.8	0.35	85.5
Blonde Caramel Macchiato - skimmed milk	Venti	951	225	2.2	1.1	37.1	35.6	0.4	13.9	0.45	128.2
Blonde Caramel Macchiato - almond drink	Tall	466	114	3.7	0.8	16.9	15.8	0.7	1.5	0.19	85.5
Blonde Caramel Macchiato - almond drink	Grande	594	145	4.5	0.9	22.1	21	0.9	1.8	0.24	85.5
Blonde Caramel Macchiato - almond drink	Venti	753	184	5.6	1	28.2	26.6	1.2	2.4	0.30	128.2
Blonde Caramel Macchiato - soya drink	Tall	643	153	5.3	1.3	17.4	15.9	1.6	8	0.26	85.5
Blonde Caramel Macchiato - soya drink	Grande	823	195	6.6	1.5	22.8	21.1	2.1	10.2	0.32	85.5
Blonde Caramel Macchiato - soya drink	Venti	1047	248	8.3	1.7	29.1	26.8	2.7	13.1	0.41	128.2
Blonde Caramel Macchiato - oat drink	Tall	804	192	7.9	1.3	26.6	17.7	2.6	2.2	0.33	85.5
Blonde Caramel Macchiato - oat drink	Grande	1031	246	9.9	1.5	34.7	23.5	3.2	2.8	0.41	85.5
Blonde Caramel Macchiato - oat drink	Venti	1314	313	12.5	1.7	44.4	29.8	4.2	3.6	0.52	128.2
Blonde Caramel Macchiato - coconut drink	Tall	652	157	6.7	5.9	19.3	18.2	3.7	2.7	0.13	85.5
Blonde Caramel Macchiato - coconut drink	Grande	835	201	8.4	7.4	25.2	24.1	4.7	3.4	0.16	85.5
Blonde Caramel Macchiato - coconut drink	Venti	1062	256	10.6	9.4	32.2	30.6	6.1	4.4	0.20	128.2
Decaf Caramel Macchiato - semi skimmed milk	Tall	706	168	4.9	4.5	22.4	21	0.2	8.4	0.27	3.6
Decaf Caramel Macchiato - semi skimmed milk	Grande	903	214	6	5.6	29.2	27.7	0.2	10.7	0.35	3.6
Decaf Caramel Macchiato - semi skimmed milk	Venti	1151	273	7.5	7.1	37.4	35.2	0.3	13.8	0.44	5.4
Decaf Caramel Macchiato - whole milk	Tall	860	205	9.3	5.8	22.2	20.8	0.2	8.2	0.27	3.6
Decaf Caramel Macchiato - whole milk	Grande	1102	262	11.7	7.4	28.9	27.4	0.2	10.4	0.34	3.6
Decaf Caramel Macchiato - whole milk	Venti	1407	334	14.8	9.3	37	34.8	0.3	13.5	0.43	5.4
Decaf Caramel Macchiato - skimmed milk	Tall	591	140	1.7	0.9	22.7	21.2	0.2	8.4	0.28	3.6
Decaf Caramel Macchiato - skimmed milk	Grande	754	179	1.9	1	29.5	28	0.2	10.7	0.35	3.6
Decaf Caramel Macchiato - skimmed milk	Venti	960	228	2.2	1.1	37.7	35.6	0.3	13.8	0.45	5.4
Decaf Caramel Macchiato - almond drink	Tall	472	115	3.7	0.8	17.3	15.8	0.7	1.5	0.19	3.6
Decaf Caramel Macchiato - almond drink	Grande	600	146	4.5	0.9	22.5	21	0.8	1.8	0.24	3.6
Decaf Caramel Macchiato - almond drink	Venti	762	186	5.6	1	28.8	26.7	1.1	2.4	0.30	5.4
Decaf Caramel Macchiato - soya drink	Tall	649	154	5.3	1.3	17.8	15.9	1.6	7.9	0.26	3.6
Decaf Caramel Macchiato - soya drink	Grande	829	197	6.6	1.5	23.2	21.1	2	10.1	0.32	3.6
Decaf Caramel Macchiato - soya drink	Venti	1056	250	8.3	1.7	29.7	26.8	2.6	13.1	0.41	5.4
Decaf Caramel Macchiato - oat drink	Tall	810	193	7.9	1.3	27	17.8	2.5	2.2	0.33	3.6
Decaf Caramel Macchiato - oat drink	Grande	1036	247	9.9	1.5	35.1	23.5	3.2	2.7	0.41	3.6
Decaf Caramel Macchiato - oat drink	Venti	1323	315	12.5	1.7	45	29.9	4.2	3.5	0.52	5.4
Decaf Caramel Macchiato - coconut drink	Tall	658	159	6.7	5.9	19.7	18.2	3.7	2.6	0.13	3.6
Decaf Caramel Macchiato - coconut drink	Grande	841	203	8.4	7.4	25.6	24.1	4.7	3.3	0.16	3.6
Decaf Caramel Macchiato - coconut drink	Venti	1071	258	10.6	9.4	32.8	30.6	6.1	4.3	0.20	5.4
Blonde Mocha - semi skimmed milk	Tall	855	204	9.4	7.4	20.4	19.1	1.5	8.8	0.21	85.5
Blonde Mocha - semi skimmed milk	Grande	1099	262	11	8.8	28.1	26.4	2.2	11.7	0.28	85.5
Blonde Mocha - semi skimmed milk	Venti	1382	330	13	10.5	36.6	34.2	2.9	15.1	0.35	128.2
Blonde Mocha - whole milk	Tall	976	233	12.8	8.5	20.3	18.9	1.5	8.6	0.21	85.5
Blonde Mocha - whole milk	Grande	1260	301	15.5	10.2	27.9	26.2	2.2	11.5	0.27	85.5
Blonde Mocha - whole milk	Venti	1586	378	18.8	12.3	36.2	33.9	2.9	14.8	0.34	128.2
Blonde Mocha - skimmed milk	Tall	764	183	6.8	4.6	20.6	19.3	1.5	8.8	0.22	85.5
Blonde Mocha - skimmed milk	Grande	980	234	7.6	5	28.4	26.7	2.2	11.7	0.28	85.5
Blonde Mocha - skimmed milk	Venti	1230	293	8.8	5.7	36.9	34.5	2.9	15.1	0.36	128.2
Blonde Mocha - almond drink	Tall	670	163	8.4	4.5	16.4	15.1	1.9	3.3	0.15	85.5
Blonde Mocha - almond drink	Grande	855	207	9.7	5	22.8	21.1	2.6	4.5	0.19	85.5
Blonde Mocha - almond drink	Venti	1072	260	11.5	5.7	29.7	27.4	3.5	5.9	0.24	128.2
Blonde Mocha - soya drink	Tall	810	193	9.7	4.9	16.8	15.1	2.6	8.4	0.20	85.5
Blonde Mocha - soya drink	Grande	1039	248	11.4	5.4	23.3	21.2	3.6	11.3	0.26	85.5
Blonde Mocha - soya drink	Venti	1306	311	13.6	6.3	30.5	27.5	4.8	14.5	0.33	128.2
Blonde Mocha - oat drink	Tall	936	224	11.7	4.9	24.1	16.6	3.3	3.9	0.25	85.5
Blonde Mocha - oat drink	Grande	1207	289	14.1	5.4	32.9	23.1	4.6	5.3	0.33	85.5
Blonde Mocha - oat drink	Venti	1519	363	17	6.3	42.6	29.9	6	6.9	0.42	128.2
Blonde Mocha - coconut drink	Tall	817	197	10.8	8.5	18.3	16.9	4.2	4.3	0.10	85.5
Blonde Mocha - coconut drink	Grande	1049	253	12.9	10.2	25.3	23.6	5.8	5.8	0.13	85.5
Blonde Mocha - coconut drink	Venti	1318	317	15.5	12.3	32.9	30.6	7.5	7.5	0.16	128.2
Decaf Mocha - semi skimmed milk	Tall	964	230	9.7	7.6	25.3	23.2	2.1	9.3	0.20	3.6
Decaf Mocha - semi skimmed milk	Grande	1189	283	11.2	8.8	32.5	30.1	2.7	11.9	0.26	3.6
Decaf Mocha - semi skimmed milk	Venti	1514	361	13.6	10.8	42.1	38.8	3.5	15.9	0.35	5.4
Decaf Mocha - whole milk	Tall	1078	257	13	8.6	25.1	23.1	2.1	9.1	0.20	3.6
Decaf Mocha - whole milk	Grande	1336	319	15.3	10.1	32.3	29.9	2.7	11.7	0.25	3.6
Decaf Mocha - whole milk	Venti	1718	410	19.3	12.6	41.8	38.5	3.5	15.6	0.34	5.4
Decaf Mocha - skimmed milk	Tall	878	210	7.3	4.9	25.5	23.4	2.1	9.3	0.21	3.6
Decaf Mocha - skimmed milk	Grande	1079	257	8.1	5.3	32.7	30.3	2.7	11.9	0.26	3.6
Decaf Mocha - skimmed milk	Venti	1362	324	9.3	6.1	42.4	39.1	3.5	15.9	0.36	5.4
Decaf Mocha - almond drink	Tall	790	191	8.8	4.8	21.5	19.4	2.5	4.1	0.14	3.6
Decaf Mocha - almond drink	Grande	965	233	10	5.3	27.6	25.2	3.2	5.3	0.18	3.6
Decaf Mocha - almond drink	Venti	1204	291	12	6	35.3	32	4.1	6.8	0.24	5.4
Decaf Mocha - soya drink	Tall	921	220	10.1	5.2	21.9	19.5	3.1	8.9	0.19	3.6
Decaf Mocha - soya drink	Grande	1134	270	11.6	5.7	28.1	25.3	4.1	11.5	0.24	3.6
Decaf Mocha - soya drink	Venti	1438	343	14.2	6.6	36	32.1	5.3	15.3	0.33	5.4
Decaf Mocha - oat drink	Tall	1041	249	11.9	5.2	28.7	20.8	3.8	4.7	0.24	3.6
Decaf Mocha - oat drink	Grande	1288	308	14	5.7	36.9	27	4.9	6	0.31	3.6
Decaf Mocha - oat drink	Venti	1651	394	17.5	6.6	48.1	34.6	6.5	7.7	0.42	5.4
Decaf Mocha - coconut drink	Tall	928	223	11.1	8.6	23.2	21.2	4.7	5	0.10	3.6
Decaf Mocha - coconut drink	Grande	1143	275	12.9	10.1	29.9	27.5	6	6.4	0.12	3.6
Decaf Mocha - coconut drink	Venti	1450	349	16	12.7	38.4	35.2	8	8.3	0.16	5.4
Blonde White Mocha - semi skimmed milk	Tall	961	229	9.9	8.1	26.8	26.2	0.3	8	0.32	85.5
Blonde White Mocha - semi skimmed milk	Grande	1250	298	11.7	9.7	37.5	36.9	0.3	10.4	0.43	85.5
Blonde White Mocha - semi skimmed milk	Venti	1628	388	14.4	12.1	50.1	49.1	0.5	14.1	0.58	128.2
Blonde White Mocha - whole milk	Tall	1078	257	13.2	9.1	26.7	26	0.3	7.8	0.32	85.5
Blonde White Mocha - whole milk	Grande	1401	334	16	11	37.3	36.6	0.3	10.2	0.43	85.5
Blonde White Mocha - whole milk	Venti	1834	437	20.3	13.9	49.8	48.8	0.5	13.8	0.58	128.2
Blonde White Mocha - skimmed milk	Tall	873	208	7.5	5.3	27	26.3	0.3	8	0.32	85.5
Blonde White Mocha - skimmed milk	Grande	1137	271	8.5	6.1	37.8	37.1	0.3	10.4	0.44	85.5
Blonde White Mocha - skimmed milk	Venti	1474	351	10.1	7.2	50.4	49.4	0.5	14.1	0.59	128.2
Blonde White Mocha - almond drink	Tall	783	189	9	5.3	22.9	22.3	0.6	2.8	0.26	85.5
Blonde White Mocha - almond drink	Grande	1020	246	10.5	6.1	32.5	31.8	0.8	3.6	0.36	85.5
Blonde White Mocha - almond drink	Venti	1314	317	12.8	7.1	43.2	42.2	1.1	4.8	0.48	128.2
Blonde White Mocha - soya drink	Tall	917	219	10.3	5.6	23.4	22.3	1.3	7.7	0.31	85.5
Blonde White Mocha - soya drink	Grande	1193	284	12.2	6.5	33	31.9	1.7	10	0.42	85.5
Blonde White Mocha - soya drink	Venti	1551	369	15	7.8	44	42.3	2.3	13.5	0.56	128.2
Blonde White Mocha - oat drink	Tall	1039	248	12.2	5.6	30.3	23.7	2	3.3	0.36	85.5
Blonde White Mocha - oat drink	Grande	1352	323	14.6	6.5	42	33.7	2.6	4.3	0.49	85.5
Blonde White Mocha - oat drink	Venti	1766	422	18.4	7.8	56.3	44.8	3.5	5.8	0.65	128.2
Blonde White Mocha - coconut drink	Tall	924	222	11.3	9.1	24.7	24.1	2.9	3.6	0.21	85.5
Blonde White Mocha - coconut drink	Grande	1203	289	13.5	11	34.8	34.1	3.7	4.8	0.29	85.5
Blonde White Mocha - coconut drink	Venti	1563	375	16.9	13.9	46.4	45.4	5.1	6.4	0.39	128.2
Decaf White Mocha - semi skimmed milk	Tall	1114	266	10.5	8.5	34.7	33.6	0.3	8	0.36	3.6
Decaf White Mocha - semi skimmed milk	Grande	1450	345	12.7	10.5	46.5	45.4	0.3	11.2	0.50	3.6
Decaf White Mocha - semi skimmed milk	Venti	1754	418	14.7	12.2	57.5	55.9	0.4	13.5	0.61	5.4
Decaf White Mocha - whole milk	Tall	1220	291	13.5	9.4	34.5	33.5	0.3	7.8	0.36	3.6
Decaf White Mocha - whole milk	Grande	1605	382	17.1	11.8	46.2	45.2	0.3	11	0.49	3.6
Decaf White Mocha - whole milk	Venti	1938	462	20	13.8	57.2	55.6	0.4	13.2	0.60	5.4
Decaf White Mocha - skimmed milk	Tall	1036	247	8.3	6	34.8	33.8	0.3	8	0.36	3.6
Decaf White Mocha - skimmed milk	Grande	1334	317	9.4	6.8	46.7	45.6	0.3	11.2	0.51	3.6
Decaf White Mocha - skimmed milk	Venti	1616	384	10.9	7.9	57.7	56.2	0.4	13.5	0.62	5.4
Decaf White Mocha - almond drink	Tall	954	229	9.7	5.9	31.2	30.1	0.6	3.2	0.31	3.6
Decaf White Mocha - almond drink	Grande	1214	292	11.5	6.8	41.3	40.2	0.7	4.2	0.42	3.6
Decaf White Mocha - almond drink	Venti	1473	354	13.3	7.8	51.3	49.7	1	5.2	0.51	5.4
Decaf White Mocha - soya drink	Tall	1075	256	10.8	6.3	31.5	30.2	1.2	7.7	0.35	3.6
Decaf White Mocha - soya drink	Grande	1392	331	13.1	7.2	41.8	40.				

Blonde Iced Americano	Grande	38	9	0.2	0.1	1.1	0.1	0.4	0.5	0.00	128.2
Blonde Iced Americano	Venti	50	13	0.3	0.1	1.5	0.2	0.5	0.6	0.00	171
Blonde Iced Latte - semi skimmed milk	Tall	342	82	2.8	2.7	8.1	7.5	2.8	5.8	0.17	85.5
Blonde Iced Latte - semi skimmed milk	Grande	532	127	4.4	4.3	12.6	11.9	0.3	9.1	0.27	85.5
Blonde Iced Latte - semi skimmed milk	Venti	539	128	4.4	4.3	12.8	11.8	0.4	9.2	0.27	128.2
Blonde Iced Latte - whole milk	Tall	447	107	5.8	3.6	8	7.3	0.3	5.6	0.17	85.5
Blonde Iced Latte - whole milk	Grande	700	167	9.2	5.8	12.3	11.6	0.3	8.8	0.26	85.5
Blonde Iced Latte - whole milk	Venti	705	168	9.1	5.7	12.6	11.5	0.4	8.9	0.26	128.2
Blonde Iced Latte - skimmed milk	Tall	264	63	0.6	0.2	8.3	7.6	0.3	5.8	0.17	85.5
Blonde Iced Latte - skimmed milk	Grande	406	97	0.9	0.4	12.8	12.1	0.3	9.1	0.28	85.5
Blonde Iced Latte - skimmed milk	Venti	415	99	0.9	0.4	13.1	12	0.4	9.2	0.27	128.2
Blonde Iced Latte - almond drink	Tall	182	46	2	0.2	4.6	3.9	0.6	1.1	0.11	85.5
Blonde Iced Latte - almond drink	Grande	276	69	3.1	0.3	6.9	6.3	0.8	1.5	0.18	85.5
Blonde Iced Latte - almond drink	Venti	286	71	3.1	0.3	7.2	6.2	0.9	1.7	0.18	128.2
Blonde Iced Latte - soya drink	Tall	303	72	3.1	0.5	5	4	1.2	5.5	0.16	85.5
Blonde Iced Latte - soya drink	Grande	469	112	4.9	0.8	7.5	6.4	1.8	8.6	0.25	85.5
Blonde Iced Latte - soya drink	Venti	477	114	4.9	0.8	7.8	6.3	1.9	8.7	0.25	128.2
Blonde Iced Latte - oat drink	Tall	413	99	4.8	0.5	11.3	5.3	1.8	1.6	0.21	85.5
Blonde Iced Latte - oat drink	Grande	645	154	7.7	0.8	17.6	8.4	2.8	2.3	0.33	85.5
Blonde Iced Latte - oat drink	Venti	650	156	7.6	0.8	17.8	8.3	2.9	2.5	0.32	128.2
Blonde Iced Latte - coconut drink	Tall	309	75	4.1	3.7	6.3	5.6	2.6	1.9	0.07	85.5
Blonde Iced Latte - coconut drink	Grande	479	117	6.4	5.8	9.5	8.9	4	2.8	0.11	85.5
Blonde Iced Latte - coconut drink	Venti	487	119	6.4	5.8	9.8	8.8	4.1	3	0.11	128.2
Decaf Iced Latte - semi skimmed milk	Tall	348	83	2.8	2.7	8.5	7.5	0.2	5.8	0.17	3.6
Decaf Iced Latte - semi skimmed milk	Grande	538	128	4.4	4.3	13	11.9	0.2	9	0.27	3.6
Decaf Iced Latte - semi skimmed milk	Venti	548	131	4.4	4.3	13.4	11.8	0.3	9.1	0.27	5.4
Decaf Iced Latte - whole milk	Tall	453	108	5.8	3.6	8.4	7.3	0.2	5.6	0.17	3.6
Decaf Iced Latte - whole milk	Grande	706	168	9.2	5.8	12.7	11.6	0.2	8.8	0.26	3.6
Decaf Iced Latte - whole milk	Venti	714	170	9.1	5.7	13.2	11.6	0.3	8.8	0.26	5.4
Decaf Iced Latte - skimmed milk	Tall	270	64	0.6	0.2	8.7	7.6	0.2	5.8	0.17	3.6
Decaf Iced Latte - skimmed milk	Grande	412	98	0.9	0.4	13.2	12.2	0.2	9	0.28	3.6
Decaf Iced Latte - skimmed milk	Venti	424	101	0.9	0.4	13.7	12.1	0.3	9.1	0.27	5.4
Decaf Iced Latte - almond drink	Tall	188	47	2	0.2	5	4	0.5	1	0.11	3.6
Decaf Iced Latte - almond drink	Grande	282	70	3.1	0.3	7.3	6.3	0.7	1.5	0.18	3.6
Decaf Iced Latte - almond drink	Venti	295	73	3.1	0.3	7.9	6.3	0.8	1.6	0.18	5.4
Decaf Iced Latte - soya drink	Tall	309	74	3.1	0.5	5.4	4	1.2	5.4	0.16	3.6
Decaf Iced Latte - soya drink	Grande	475	113	4.9	0.8	7.9	6.4	1.7	8.5	0.25	3.6
Decaf Iced Latte - soya drink	Venti	486	116	4.9	0.8	8.5	6.4	1.8	8.6	0.25	5.4
Decaf Iced Latte - oat drink	Tall	419	100	4.8	0.5	11.7	5.3	1.8	1.5	0.21	3.6
Decaf Iced Latte - oat drink	Grande	651	156	7.7	0.8	18	8.4	2.7	2.3	0.33	3.6
Decaf Iced Latte - oat drink	Venti	659	158	7.6	0.8	18.4	8.4	2.8	2.4	0.32	5.4
Decaf Iced Latte - coconut drink	Tall	315	77	4.1	3.7	6.7	5.6	2.6	1.8	0.07	3.6
Decaf Iced Latte - coconut drink	Grande	485	118	6.4	5.8	9.9	8.9	4	2.8	0.11	3.6
Decaf Iced Latte - coconut drink	Venti	495	121	6.4	5.8	10.4	8.8	4.1	2.9	0.11	5.4
Blonde Classic Iced Cappuccino - semi skimmed milk	Tall	293	70	2.4	2.3	7	6.3	0.3	5	0.14	85.5
Blonde Classic Iced Cappuccino - semi skimmed milk	Grande	442	105	3.6	3.5	10.5	9.8	0.3	7.5	0.22	85.5
Blonde Classic Iced Cappuccino - semi skimmed milk	Venti	478	114	3.9	3.8	11.4	10.4	0.4	8.1	0.24	128.2
Blonde Classic Iced Cappuccino - whole milk	Tall	382	91	4.9	3.1	6.9	6.2	0.3	4.8	0.14	85.5
Blonde Classic Iced Cappuccino - whole milk	Grande	580	138	7.6	4.8	10.2	9.6	0.3	7.3	0.22	85.5
Blonde Classic Iced Cappuccino - whole milk	Venti	624	149	8	5.1	11.2	10.2	0.4	7.9	0.23	128.2
Blonde Classic Iced Cappuccino - skimmed milk	Tall	227	54	0.5	0.2	7.1	6.4	0.3	5	0.15	85.5
Blonde Classic Iced Cappuccino - skimmed milk	Grande	338	80	0.8	0.3	10.7	10	0.3	7.5	0.23	85.5
Blonde Classic Iced Cappuccino - skimmed milk	Venti	369	88	0.9	0.4	11.6	10.6	0.4	8.1	0.24	128.2
Blonde Classic Iced Cappuccino - almond drink	Tall	158	39	1.7	0.2	4	3.3	0.5	1	0.10	85.5
Blonde Classic Iced Cappuccino - almond drink	Grande	231	58	2.6	0.2	5.8	5.2	0.7	1.3	0.15	85.5
Blonde Classic Iced Cappuccino - almond drink	Venti	256	64	2.8	0.3	6.5	5.5	0.8	1.5	0.16	128.2
Blonde Classic Iced Cappuccino - soya drink	Tall	260	62	2.7	0.4	4.3	3.4	1.1	4.7	0.13	85.5
Blonde Classic Iced Cappuccino - soya drink	Grande	390	93	4.1	0.7	6.3	5.2	1.5	7.1	0.21	85.5
Blonde Classic Iced Cappuccino - soya drink	Venti	423	101	4.3	0.7	7	5.6	1.7	7.7	0.22	128.2
Blonde Classic Iced Cappuccino - oat drink	Tall	352	84	4.1	0.4	9.6	4.5	1.6	1.4	0.17	85.5
Blonde Classic Iced Cappuccino - oat drink	Grande	534	128	6.3	0.7	14.6	6.9	2.3	2	0.27	85.5
Blonde Classic Iced Cappuccino - oat drink	Venti	576	138	6.7	0.7	15.7	7.3	2.6	2.2	0.28	128.2
Blonde Classic Iced Cappuccino - coconut drink	Tall	265	65	3.4	3.1	5.4	4.7	2.3	1.6	0.06	85.5
Blonde Classic Iced Cappuccino - coconut drink	Grande	398	97	5.3	4.8	8	7.3	3.4	2.4	0.09	85.5
Blonde Classic Iced Cappuccino - coconut drink	Venti	432	105	5.6	5.1	8.8	7.8	3.7	2.7	0.10	128.2
Decaf Classic Iced Cappuccino - semi skimmed milk	Tall	299	71	2.4	2.3	7.4	6.3	0.2	4.9	0.14	3.6
Decaf Classic Iced Cappuccino - semi skimmed milk	Grande	447	107	3.6	3.5	10.9	9.8	0.2	7.5	0.22	3.6
Decaf Classic Iced Cappuccino - semi skimmed milk	Venti	487	116	3.9	3.8	12	10.4	0.3	8	0.24	5.4
Decaf Classic Iced Cappuccino - whole milk	Tall	387	92	4.9	3.1	7.3	6.2	0.2	4.8	0.14	3.6
Decaf Classic Iced Cappuccino - whole milk	Grande	585	140	7.6	4.8	10.7	9.6	0.2	7.3	0.22	3.6
Decaf Classic Iced Cappuccino - whole milk	Venti	633	151	8	5.1	11.8	10.2	0.3	7.8	0.23	5.4
Decaf Classic Iced Cappuccino - skimmed milk	Tall	232	55	0.5	0.2	7.5	6.5	0.2	4.9	0.15	3.6
Decaf Classic Iced Cappuccino - skimmed milk	Grande	344	82	0.8	0.3	11.1	10	0.2	7.5	0.23	3.6
Decaf Classic Iced Cappuccino - skimmed milk	Venti	378	90	0.9	0.4	12.2	10.6	0.3	8	0.24	5.4
Decaf Classic Iced Cappuccino - almond drink	Tall	164	41	1.7	0.2	4.4	3.4	0.5	0.9	0.10	3.6
Decaf Classic Iced Cappuccino - almond drink	Grande	237	59	2.6	0.2	6.2	5.2	0.6	1.3	0.15	3.6
Decaf Classic Iced Cappuccino - almond drink	Venti	264	66	2.8	0.3	7.1	5.5	0.8	1.5	0.16	5.4
Decaf Classic Iced Cappuccino - soya drink	Tall	266	63	2.7	0.4	4.7	3.4	1	4.6	0.13	3.6
Decaf Classic Iced Cappuccino - soya drink	Grande	396	94	4.1	0.7	6.7	5.3	1.5	7.1	0.21	3.6
Decaf Classic Iced Cappuccino - soya drink	Venti	432	103	4.3	0.7	7.6	5.6	1.6	7.6	0.22	5.4
Decaf Classic Iced Cappuccino - oat drink	Tall	358	86	4.1	0.4	10	4.5	1.5	1.3	0.17	3.6
Decaf Classic Iced Cappuccino - oat drink	Grande	540	129	6.3	0.7	15	6.9	2.3	1.9	0.27	3.6
Decaf Classic Iced Cappuccino - oat drink	Venti	585	140	6.7	0.7	16.4	7.4	2.5	2.1	0.28	5.4
Decaf Classic Iced Cappuccino - coconut drink	Tall	271	66	3.4	3.1	5.8	4.7	2.2	1.6	0.06	3.6
Decaf Classic Iced Cappuccino - coconut drink	Grande	404	98	5.3	4.8	8.4	7.3	3.3	2.3	0.09	3.6
Decaf Classic Iced Cappuccino - coconut drink	Venti	441	107	5.6	5.1	9.4	7.8	3.6	2.6	0.10	5.4
Blonde Iced Latte Macchiato - semi skimmed milk	Tall	379	90	3.1	3	9	8.3	0.3	6.4	0.19	85.5
Blonde Iced Latte Macchiato - semi skimmed milk	Grande	548	131	4.5	4.4	12.9	12.3	0.3	9.4	0.28	85.5
Blonde Iced Latte Macchiato - semi skimmed milk	Venti	572	136	4.7	4.6	13.6	12.6	0.4	9.7	0.29	128.2
Blonde Iced Latte Macchiato - whole milk	Tall	496	118	6.4	4.1	8.8	8.1	0.3	6.3	0.18	85.5
Blonde Iced Latte Macchiato - whole milk	Grande	722	172	9.5	6	12.7	12	0.3	9.1	0.27	85.5
Blonde Iced Latte Macchiato - whole milk	Venti	749	179	9.7	6.1	13.3	12.3	0.4	9.5	0.28	128.2
Blonde Iced Latte Macchiato - skimmed milk	Tall	291	69	0.7	0.3	9.2	8.5	0.3	6.4	0.19	85.5
Blonde Iced Latte Macchiato - skimmed milk	Grande	419	100	0.9	0.4	13.2	12.5	0.3	9.4	0.29	85.5
Blonde Iced Latte Macchiato - skimmed milk	Venti	440	105	1	0.4	13.8	12.8	0.4	9.7	0.29	128.2
Blonde Iced Latte Macchiato - almond drink	Tall	200	50	2.2	0.2	5.1	4.4	0.6	1.2	0.13	85.5
Blonde Iced Latte Macchiato - almond drink	Grande	284	71	3.2	0.3	7.1	6.5	0.8	1.6	0.19	85.5
Blonde Iced Latte Macchiato - almond drink	Venti	302	76	3.3	0.3	7.6	6.6	0.9	1.8	0.19	128.2
Blonde Iced Latte Macchiato - soya drink	Tall	335	80	3.5	0.6	5.5	4.5	1.3	6.1	0.18	85.5
Blonde Iced Latte Macchiato - soya drink	Grande	484	115	5.1	0.8	7.8	6.6	1.8	8.9	0.26	85.5
Blonde Iced Latte Macchiato - soya drink	Venti	506	121	5.2	0.9	8.3	6.7	2	9.2	0.27	128.2
Blonde Iced Latte Macchiato - oat drink	Tall	457	110	5.4	0.6	12.5	5.9	2	1.7	0.23	85.5
Blonde Iced Latte Macchiato - oat drink	Grande	665	159	7.9	0.8	18.1	8.6	2.9	2.4	0.34	85.5
Blonde Iced Latte Macchiato - oat drink	Venti	691	166	8.1	0.9	18.9	8.9	3	2.6	0.35	128.2
Blonde Iced Latte Macchiato - coconut drink	Tall	342	83	4.5	4.1	6.9	6.2	2.9	2.1	0.08	85.5
Blonde Iced Latte Macchiato - coconut drink	Grande	494	120	6.6	6	9.8	9.2	4.2	2.9	0.12	85.5
Blonde Iced Latte Macchiato - coconut drink	Venti	517	126	6.8	6.2	10.4	9.4	4.4	3.1	0.12	128.2
Decaf Iced Latte Macchiato - semi skimmed milk	Tall	385	92	3.1	3	9.4	8.3	0.2	6.4	0.19	3.6
Decaf Iced Latte Macchiato - semi skimmed milk	Grande	554	132	4.5	4.4	13.3	12.3	0.2	9.3	0.28	3.6
Decaf Iced Latte Macchiato - semi skimmed milk	Venti	581	138	4.7	4.6	14.2	12.6	0.3	9.7	0.29	5.4
Decaf Iced Latte Macchiato - whole milk	Tall	502	120	6.4	4.1	9.2	8.2	0.2	6.2	0.18	3.6
Decaf Iced Latte Macchiato - whole milk	Grande	728	173	9.5	6	13.1	12	0.2	9.1	0.27	3.6
Decaf Iced Latte Macchiato - whole milk	Venti	758	181	9.7	6.1	13.9	12.3	0.3	9.4	0.28	5.4
Decaf Iced Latte Macchiato - skimmed milk	Tall	297	71	0.7	0.3	9.6	8.5	0.2	6.4		

Decaf Iced Latte Macchiato - coconut drink	Grande	500	122	6.6	6	10.2	9.2	4.1	2.9	0.12	3.6
Decaf Iced Latte Macchiato - coconut drink	Venti	525	128	6.8	6.2	11	9.4	4.3	3	0.12	5.4
Blonde Iced Caramel Macchiato - semi skimmed milk	Tall	612	145	4.2	3.7	20.3	19.1	0.3	6.5	0.22	85.5
Blonde Iced Caramel Macchiato - semi skimmed milk	Grande	842	200	5.6	5.1	27.8	26.6	0.3	9.5	0.31	85.5
Blonde Iced Caramel Macchiato - semi skimmed milk	Venti	927	220	5.8	5.2	32	30.4	0.4	9.8	0.32	128.2
Blonde Iced Caramel Macchiato - whole milk	Tall	729	173	7.5	4.7	20.1	18.9	0.3	6.4	0.22	85.5
Blonde Iced Caramel Macchiato - whole milk	Grande	1016	242	10.5	6.6	27.6	26.3	0.3	9.2	0.31	85.5
Blonde Iced Caramel Macchiato - whole milk	Venti	1104	263	10.8	6.8	31.8	30.2	0.4	9.6	0.31	128.2
Blonde Iced Caramel Macchiato - skimmed milk	Tall	524	124	1.7	0.9	20.4	19.3	0.3	6.5	0.23	85.5
Blonde Iced Caramel Macchiato - skimmed milk	Grande	713	169	2	1	28.1	26.9	0.3	9.5	0.32	85.5
Blonde Iced Caramel Macchiato - skimmed milk	Venti	795	188	2.1	1.1	32.3	30.7	0.4	9.8	0.33	128.2
Blonde Iced Caramel Macchiato - almond drink	Tall	433	105	3.3	0.9	16.3	15.2	0.6	1.3	0.16	85.5
Blonde Iced Caramel Macchiato - almond drink	Grande	578	141	4.2	1	22	20.8	0.8	1.7	0.22	85.5
Blonde Iced Caramel Macchiato - almond drink	Venti	657	159	4.4	1	26.1	24.5	0.9	1.9	0.23	128.2
Blonde Iced Caramel Macchiato - soya drink	Tall	568	135	4.5	1.2	16.8	15.3	1.3	6.2	0.21	85.5
Blonde Iced Caramel Macchiato - soya drink	Grande	778	185	6.1	1.5	22.6	20.9	1.8	8.9	0.29	85.5
Blonde Iced Caramel Macchiato - soya drink	Venti	861	204	6.3	1.5	26.8	24.6	2	9.3	0.30	128.2
Blonde Iced Caramel Macchiato - oat drink	Tall	690	165	6.4	1.2	23.8	16.7	2	1.8	0.26	85.5
Blonde Iced Caramel Macchiato - oat drink	Grande	959	229	9	1.5	33	23	2.9	2.5	0.37	85.5
Blonde Iced Caramel Macchiato - oat drink	Venti	1046	249	9.2	1.5	37.3	26.7	3	2.7	0.38	128.2
Blonde Iced Caramel Macchiato - coconut drink	Tall	575	138	5.6	4.7	18.2	17	2.9	2.2	0.11	85.5
Blonde Iced Caramel Macchiato - coconut drink	Grande	788	190	7.7	6.7	24.7	23.5	4.2	3	0.15	85.5
Blonde Iced Caramel Macchiato - coconut drink	Venti	872	210	7.9	6.8	28.9	27.2	4.4	3.2	0.15	128.2
Decaf Iced Caramel Macchiato - semi skimmed milk	Tall	618	147	4.2	3.7	20.7	19.1	0.2	6.5	0.22	3.6
Decaf Iced Caramel Macchiato - semi skimmed milk	Grande	848	201	5.6	5.1	28.2	26.6	0.2	9.4	0.31	3.6
Decaf Iced Caramel Macchiato - semi skimmed milk	Venti	936	222	5.8	5.2	32.7	30.5	0.3	9.7	0.32	5.4
Decaf Iced Caramel Macchiato - whole milk	Tall	735	175	7.5	4.7	20.5	19	0.2	6.3	0.22	3.6
Decaf Iced Caramel Macchiato - whole milk	Grande	1022	243	10.5	6.6	28	26.4	0.2	9.2	0.31	3.6
Decaf Iced Caramel Macchiato - whole milk	Venti	1113	265	10.8	6.8	32.4	30.2	0.3	9.5	0.31	5.4
Decaf Iced Caramel Macchiato - skimmed milk	Tall	530	126	1.7	0.9	20.8	19.3	0.2	6.5	0.23	3.6
Decaf Iced Caramel Macchiato - skimmed milk	Grande	719	170	2	1	28.5	26.9	0.2	9.4	0.32	3.6
Decaf Iced Caramel Macchiato - skimmed milk	Venti	804	191	2.1	1.1	32.9	30.7	0.3	9.7	0.33	5.4
Decaf Iced Caramel Macchiato - almond drink	Tall	439	107	3.3	0.9	16.7	15.2	0.6	1.2	0.16	3.6
Decaf Iced Caramel Macchiato - almond drink	Grande	584	142	4.2	1	22.4	20.8	0.7	1.6	0.22	3.6
Decaf Iced Caramel Macchiato - almond drink	Venti	666	161	4.4	1	26.7	24.5	0.9	1.8	0.23	5.4
Decaf Iced Caramel Macchiato - soya drink	Tall	574	136	4.5	1.2	17.2	15.3	1.3	6.1	0.21	3.6
Decaf Iced Caramel Macchiato - soya drink	Grande	784	186	6.1	1.5	23	20.9	1.8	8.9	0.29	3.6
Decaf Iced Caramel Macchiato - soya drink	Venti	870	206	6.3	1.5	27.4	24.6	1.9	9.2	0.30	5.4
Decaf Iced Caramel Macchiato - oat drink	Tall	696	166	6.4	1.2	24.2	16.7	2	1.8	0.26	3.6
Decaf Iced Caramel Macchiato - oat drink	Grande	965	230	9	1.5	33.4	23	2.8	2.4	0.37	3.6
Decaf Iced Caramel Macchiato - oat drink	Venti	1055	251	9.2	1.5	37.9	26.8	3	2.6	0.38	5.4
Decaf Iced Caramel Macchiato - coconut drink	Tall	581	140	5.6	4.7	18.6	17	2.8	2.1	0.11	3.6
Decaf Iced Caramel Macchiato - coconut drink	Grande	794	191	7.7	6.7	25.1	23.5	4.1	2.9	0.15	3.6
Decaf Iced Caramel Macchiato - coconut drink	Venti	880	212	7.9	6.8	29.5	27.3	4.3	3.1	0.15	5.4
Blonde Iced Cappuccino with Cold Foam	Tall	226	54	0.4	0.1	9.5	8.8	0.3	2.9	0.08	85.5
Blonde Iced Cappuccino with Cold Foam	Grande	298	71	0.4	0.2	13	12.3	0.3	3.6	0.10	85.5
Blonde Iced Cappuccino with Cold Foam	Venti	389	92	0.6	0.2	17	16	0.4	4.5	0.13	128.2
Decaf Iced Cappuccino with Cold Foam	Tall	231	55	0.4	0.1	9.9	8.8	0.2	2.9	0.08	3.6
Decaf Iced Cappuccino with Cold Foam	Grande	304	72	0.4	0.2	13.4	12.3	0.2	3.5	0.10	3.6
Decaf Iced Cappuccino with Cold Foam	Venti	398	94	0.6	0.2	17.6	16	0.3	4.5	0.13	5.4
Blonde Iced Mocha - semi skimmed milk	Tall	929	223	12.6	9.5	19.2	17.9	1.5	7.3	0.17	85.5
Blonde Iced Mocha - semi skimmed milk	Grande	1311	314	17.2	13.1	28	26.3	2.2	10.7	0.25	85.5
Blonde Iced Mocha - semi skimmed milk	Venti	1436	344	17.7	13.3	33	30.7	2.9	11.6	0.24	128.2
Blonde Iced Mocha - whole milk	Tall	1017	244	15.1	10.3	19.1	17.7	1.5	7.2	0.16	85.5
Blonde Iced Mocha - whole milk	Grande	1443	345	20.9	14.2	27.8	26.1	2.2	10.5	0.24	85.5
Blonde Iced Mocha - whole milk	Venti	1564	374	21.3	14.5	32.8	30.5	2.9	11.4	0.24	128.2
Blonde Iced Mocha - skimmed milk	Tall	864	207	10.8	7.5	19.3	18	1.5	7.3	0.17	85.5
Blonde Iced Mocha - skimmed milk	Grande	1213	290	14.4	10	28.2	26.5	2.2	10.7	0.25	85.5
Blonde Iced Mocha - skimmed milk	Venti	1341	321	15	10.3	33.2	30.9	2.9	11.6	0.25	128.2
Blonde Iced Mocha - almond drink	Tall	796	193	11.9	7.4	16.3	14.9	1.8	3.4	0.12	85.5
Blonde Iced Mocha - almond drink	Grande	1111	269	16.2	9.9	23.6	21.9	2.5	4.8	0.18	85.5
Blonde Iced Mocha - almond drink	Venti	1241	300	16.7	10.3	28.7	26.4	3.3	5.8	0.18	128.2
Blonde Iced Mocha - soya drink	Tall	896	215	12.9	7.7	16.6	15	2.3	7.1	0.16	85.5
Blonde Iced Mocha - soya drink	Grande	1262	302	17.6	10.3	24.1	22	3.3	10.3	0.23	85.5
Blonde Iced Mocha - soya drink	Venti	1388	332	18.1	10.7	29.2	26.5	4.1	11.2	0.23	128.2
Blonde Iced Mocha - oat drink	Tall	988	237	14.3	7.7	21.8	16	2.8	3.8	0.20	85.5
Blonde Iced Mocha - oat drink	Grande	1400	336	19.8	10.3	31.9	23.6	4.1	5.4	0.29	85.5
Blonde Iced Mocha - oat drink	Venti	1522	365	20.2	10.7	36.9	28	4.8	6.4	0.29	128.2
Blonde Iced Mocha - coconut drink	Tall	902	217	13.7	10.3	17.6	16.3	3.5	4	0.09	85.5
Blonde Iced Mocha - coconut drink	Grande	1270	306	18.8	14.3	25.6	24	5.1	5.8	0.12	85.5
Blonde Iced Mocha - coconut drink	Venti	1396	336	19.2	14.5	30.7	28.4	5.8	6.8	0.12	128.2
Decaf Iced Mocha - semi skimmed milk	Tall	1029	246	12.9	9.6	23.8	21.8	2.1	7.7	0.15	3.6
Decaf Iced Mocha - semi skimmed milk	Grande	1432	343	17.7	13.3	33.1	30.7	2.7	11.4	0.24	3.6
Decaf Iced Mocha - semi skimmed milk	Venti	1520	363	17.8	13.3	37.4	34.2	3.5	11.6	0.22	5.4
Decaf Iced Mocha - whole milk	Tall	1107	265	15.1	10.3	23.7	21.6	2.1	7.5	0.15	3.6
Decaf Iced Mocha - whole milk	Grande	1562	373	21.3	14.5	32.9	30.5	2.7	11.2	0.24	3.6
Decaf Iced Mocha - whole milk	Venti	1632	390	21	14.2	37.2	34	3.5	11.4	0.22	5.4
Decaf Iced Mocha - skimmed milk	Tall	971	232	11.3	7.8	23.9	21.9	2.1	7.7	0.16	3.6
Decaf Iced Mocha - skimmed milk	Grande	1336	319	15	10.3	33.3	30.9	2.7	11.4	0.25	3.6
Decaf Iced Mocha - skimmed milk	Venti	1436	343	15.5	10.6	37.6	34.3	3.5	11.6	0.22	5.4
Decaf Iced Mocha - almond drink	Tall	910	219	12.3	7.7	21.2	19.2	2.3	4.2	0.11	3.6
Decaf Iced Mocha - almond drink	Grande	1236	298	16.7	10.3	28.8	26.4	3.1	5.6	0.18	3.6
Decaf Iced Mocha - almond drink	Venti	1349	325	17	10.6	33.7	30.4	3.8	6.5	0.16	5.4
Decaf Iced Mocha - soya drink	Tall	1000	239	13.1	8	21.5	19.2	2.8	7.4	0.14	3.6
Decaf Iced Mocha - soya drink	Grande	1384	331	18.1	10.6	29.3	26.5	3.9	11.1	0.23	3.6
Decaf Iced Mocha - soya drink	Venti	1478	353	18.2	10.9	34.1	30.5	4.5	11.2	0.21	5.4
Decaf Iced Mocha - oat drink	Tall	1081	259	14.4	8	26.2	20.1	3.3	4.5	0.18	3.6
Decaf Iced Mocha - oat drink	Grande	1519	364	20.2	10.6	37	28	4.7	6.2	0.29	3.6
Decaf Iced Mocha - oat drink	Venti	1595	382	20	10.9	40.8	31.8	5.2	7.1	0.26	5.4
Decaf Iced Mocha - coconut drink	Tall	1004	242	13.8	10.3	22.4	20.4	3.9	4.8	0.08	3.6
Decaf Iced Mocha - coconut drink	Grande	1392	335	19.2	14.5	30.8	28.4	5.6	6.6	0.12	3.6
Decaf Iced Mocha - coconut drink	Venti	1485	357	19.2	14.3	35.4	32.1	6	7.4	0.11	5.4
Blonde Iced White Mocha - semi skimmed milk	Tall	1050	251	13.3	10.3	25.9	25.3	0.3	6.8	0.28	85.5
Blonde Iced White Mocha - semi skimmed milk	Grande	1520	363	18.4	14.5	38.7	38.1	0.3	10.4	0.44	85.5
Blonde Iced White Mocha - semi skimmed milk	Venti	1681	402	19.1	14.9	46.6	45.6	0.5	10.6	0.48	128.2
Blonde Iced White Mocha - whole milk	Tall	1139	272	15.8	11.1	25.8	25.1	0.3	6.7	0.28	85.5
Blonde Iced White Mocha - whole milk	Grande	1661	397	22.5	15.7	38.5	37.9	0.3	10.2	0.43	85.5
Blonde Iced White Mocha - whole milk	Venti	1811	433	22.8	16	46.4	45.4	0.5	10.4	0.47	128.2
Blonde Iced White Mocha - skimmed milk	Tall	984	235	11.4	8.2	26.1	25.4	0.3	6.8	0.29	85.5
Blonde Iced White Mocha - skimmed milk	Grande	1414	338	15.5	11.1	38.9	38.3	0.3	10.4	0.44	85.5
Blonde Iced White Mocha - skimmed milk	Venti	1583	378	16.4	11.8	46.8	45.8	0.5	10.6	0.48	128.2
Blonde Iced White Mocha - almond drink	Tall	915	221	12.6	8.2	23	22.3	0.6	2.8	0.24	85.5
Blonde Iced White Mocha - almond drink	Grande	1304	315	17.3	11.1	34	33.3	0.7	4	0.36	85.5
Blonde Iced White Mocha - almond drink	Venti	1482	357	18.1	11.8	42.2	41.2	0.9	4.7	0.41	128.2
Blonde Iced White Mocha - soya drink	Tall	1017	243	13.5	8.4	23.3	22.4	1.1	6.5	0.27	85.5
Blonde Iced White Mocha - soya drink	Grande	1467	351	18.9	11.5	34.5	33.4	1.6	10	0.42	85.5
Blonde Iced White Mocha - soya drink	Venti	1632	390	19.5	12.2	42.7	41.3	1.6	10.2	0.46	128.2
Blonde Iced White Mocha - oat drink	Tall	1109	266	15	8.4	28.6	23.4	1.6	3.2	0.31	85.5
Blonde Iced White Mocha - oat drink	Grande	1615	387	21.2	11.5	43	35.1	2.4	4.7	0.48	85.5
Blonde Iced White Mocha - oat drink	Venti	1768	423	21.6	12.2	50.5	42.8	2.4	5.3	0.52	128.2
Blonde Iced White Mocha - coconut drink	Tall	1022	246	14.3	11.1	24.4	23.7</				

Decaf Iced White Mocha - soya drink	Grande	1632	390	19.5	12.1	42.8	41.4	1.5	10.1	0.47	3.6
Decaf Iced White Mocha - soya drink	Venti	1792	428	20	12.8	51.1	49.1	1.5	10.1	0.50	5.4
Decaf Iced White Mocha - oat drink	Tall	1262	302	15.4	9.1	36.3	31.2	1.4	3.7	0.35	3.6
Decaf Iced White Mocha - oat drink	Grande	1771	423	21.7	12.1	50.7	42.9	2.3	5.2	0.53	3.6
Decaf Iced White Mocha - oat drink	Venti	1915	458	21.9	12.8	58.1	50.5	2.2	5.7	0.56	5.4
Decaf Iced White Mocha - coconut drink	Tall	1185	284	14.8	11.4	32.5	31.5	2	3.9	0.25	3.6
Decaf Iced White Mocha - coconut drink	Grande	1640	394	20.7	16.1	44.4	43.3	3.3	5.6	0.36	3.6
Decaf Iced White Mocha - coconut drink	Venti	1799	431	21	16.3	52.5	50.9	3.1	6.1	0.41	5.4
Blonde Iced Brown Sugar Oat Shaken Espresso - semi skimmed milk	Tall	367	87	2.1	2	12.6	11.8	0.3	4.3	0.12	85.5
Blonde Iced Brown Sugar Oat Shaken Espresso - semi skimmed milk	Grande	485	115	2.6	2.4	17.4	16.2	0.4	5.4	0.15	128.2
Blonde Iced Brown Sugar Oat Shaken Espresso - semi skimmed milk	Venti	593	141	3	2.8	21.9	20.4	0.5	6.2	0.17	171
Blonde Iced Brown Sugar Oat Shaken Espresso - whole milk	Tall	444	106	4.3	2.7	12.5	11.7	0.3	4.2	0.12	85.5
Blonde Iced Brown Sugar Oat Shaken Espresso - whole milk	Grande	579	138	5.2	3.3	17.3	16.1	0.4	5.2	0.15	128.2
Blonde Iced Brown Sugar Oat Shaken Espresso - whole milk	Venti	700	167	6	3.8	21.8	20.2	0.5	6.1	0.17	171
Blonde Iced Brown Sugar Oat Shaken Espresso - skimmed milk	Tall	310	73	0.5	0.2	12.7	12	0.3	4.3	0.13	85.5
Blonde Iced Brown Sugar Oat Shaken Espresso - skimmed milk	Grande	415	99	0.6	0.2	17.5	16.4	0.4	5.4	0.16	128.2
Blonde Iced Brown Sugar Oat Shaken Espresso - skimmed milk	Venti	513	122	0.7	0.3	22.1	20.5	0.5	6.2	0.18	171
Blonde Iced Brown Sugar Oat Shaken Espresso - almond drink	Tall	250	61	1.5	0.2	10	9.3	0.5	0.9	0.08	85.5
Blonde Iced Brown Sugar Oat Shaken Espresso - almond drink	Grande	342	83	1.9	0.2	14.3	13.1	0.7	1.2	0.10	128.2
Blonde Iced Brown Sugar Oat Shaken Espresso - almond drink	Venti	430	104	2.2	0.2	18.4	16.8	0.9	1.4	0.12	171
Blonde Iced Brown Sugar Oat Shaken Espresso - soya drink	Tall	338	80	2.3	0.4	10.3	9.3	1	4.1	0.12	85.5
Blonde Iced Brown Sugar Oat Shaken Espresso - soya drink	Grande	450	107	2.9	0.5	14.6	13.2	1.2	5.1	0.14	128.2
Blonde Iced Brown Sugar Oat Shaken Espresso - soya drink	Venti	553	131	3.3	0.6	18.7	16.9	1.5	5.9	0.16	171
Blonde Iced Brown Sugar Oat Shaken Espresso - oat drink	Tall	419	100	3.6	0.4	14.9	10.2	1.4	1.2	0.15	85.5
Blonde Iced Brown Sugar Oat Shaken Espresso - oat drink	Grande	548	131	4.4	0.5	20.2	14.3	1.8	1.6	0.18	128.2
Blonde Iced Brown Sugar Oat Shaken Espresso - oat drink	Venti	665	159	5.1	0.6	25.1	18.1	2.1	1.9	0.21	171
Blonde Iced Brown Sugar Oat Shaken Espresso - coconut drink	Tall	343	83	3	2.7	11.2	10.5	2	1.5	0.05	85.5
Blonde Iced Brown Sugar Oat Shaken Espresso - coconut drink	Grande	456	110	3.7	3.3	15.7	14.6	2.5	1.9	0.06	128.2
Blonde Iced Brown Sugar Oat Shaken Espresso - coconut drink	Venti	559	135	4.3	3.8	20	18.5	2.9	2.2	0.07	171
Decaf Iced Brown Sugar Oat Shaken Espresso - semi skimmed milk	Tall	428	102	2.1	2	16.2	15	0.2	4.3	0.12	3.6
Decaf Iced Brown Sugar Oat Shaken Espresso - semi skimmed milk	Grande	549	130	2.6	2.4	21.2	19.4	0.3	5.3	0.15	5.4
Decaf Iced Brown Sugar Oat Shaken Espresso - semi skimmed milk	Venti	659	157	3	2.8	26	23.6	0.4	6.1	0.17	7.2
Decaf Iced Brown Sugar Oat Shaken Espresso - whole milk	Tall	505	120	4.3	2.7	16.1	14.9	0.2	4.2	0.12	3.6
Decaf Iced Brown Sugar Oat Shaken Espresso - whole milk	Grande	642	153	5.2	3.3	21.1	19.3	0.3	5.2	0.15	5.4
Decaf Iced Brown Sugar Oat Shaken Espresso - whole milk	Venti	767	182	6	3.8	25.8	23.4	0.4	6	0.17	7.2
Decaf Iced Brown Sugar Oat Shaken Espresso - skimmed milk	Tall	370	88	0.5	0.2	16.4	15.1	0.2	4.3	0.13	3.6
Decaf Iced Brown Sugar Oat Shaken Espresso - skimmed milk	Grande	479	113	0.6	0.2	21.4	19.6	0.3	5.3	0.16	5.4
Decaf Iced Brown Sugar Oat Shaken Espresso - skimmed milk	Venti	579	137	0.7	0.3	26.1	23.8	0.4	6.1	0.18	7.2
Decaf Iced Brown Sugar Oat Shaken Espresso - almond drink	Tall	310	75	1.5	0.2	13.7	12.5	0.5	0.8	0.08	3.6
Decaf Iced Brown Sugar Oat Shaken Espresso - almond drink	Grande	406	98	1.9	0.2	18.1	16.3	0.6	1.1	0.10	5.4
Decaf Iced Brown Sugar Oat Shaken Espresso - almond drink	Venti	496	120	2.2	0.2	22.4	20	0.8	1.3	0.12	7.2
Decaf Iced Brown Sugar Oat Shaken Espresso - soya drink	Tall	399	95	2.3	0.4	13.9	12.5	0.9	4.1	0.12	3.6
Decaf Iced Brown Sugar Oat Shaken Espresso - soya drink	Grande	514	122	2.9	0.5	18.4	16.4	1.2	5	0.14	5.4
Decaf Iced Brown Sugar Oat Shaken Espresso - soya drink	Venti	619	147	3.3	0.6	22.8	20.1	1.4	5.8	0.16	7.2
Decaf Iced Brown Sugar Oat Shaken Espresso - oat drink	Tall	480	114	3.6	0.4	18.5	13.4	1.4	1.2	0.15	3.6
Decaf Iced Brown Sugar Oat Shaken Espresso - oat drink	Grande	612	146	4.4	0.5	24	17.5	1.7	1.5	0.18	5.4
Decaf Iced Brown Sugar Oat Shaken Espresso - oat drink	Venti	731	174	5.1	0.6	29.2	21.4	2	1.8	0.21	7.2
Decaf Iced Brown Sugar Oat Shaken Espresso - coconut drink	Tall	404	97	3	2.7	14.9	13.7	1.9	1.4	0.05	3.6
Decaf Iced Brown Sugar Oat Shaken Espresso - coconut drink	Grande	519	125	3.7	3.3	19.6	17.8	2.4	1.8	0.06	5.4
Decaf Iced Brown Sugar Oat Shaken Espresso - coconut drink	Venti	626	150	4.3	3.8	24.1	21.7	2.8	2.1	0.07	7.2
Blonde Starbucks Doubleshot Iced Coffee	Mini	350	85	8	5	2.1	1.4	0.3	0.9	0.03	85.5
Decaf Starbucks Doubleshot Iced Coffee	Mini	356	86	8	5	2.5	1.4	0.2	0.9	0.03	3.6
Blonde Starbucks Doubleshot Vanilla Iced Coffee	Mini	417	101	8	5	6.1	5.3	0.3	0.9	0.03	85.5
Decaf Starbucks Doubleshot Vanilla Iced Coffee	Mini	423	102	8	5	6.5	5.3	0.2	0.9	0.03	3.6

Alternative Coffee Bean - Frappuccino		Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which Sugar (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
Blonde Espresso Frappuccino - semi skimmed milk	Tall	416	98	0.9	0.8	20.1	19.1	0.2	2.1	0.32	57.6
Blonde Espresso Frappuccino - semi skimmed milk	Grande	563	133	1.3	1.2	27	25.8	0.3	2.9	0.44	60.9
Blonde Espresso Frappuccino - semi skimmed milk	Venti	726	171	1.5	1.3	35.4	33.9	0.3	3.4	0.58	70.7
Blonde Espresso Frappuccino - whole milk	Tall	446	105	1.8	1.1	20	19	0.2	2	0.32	57.6
Blonde Espresso Frappuccino - whole milk	Grande	606	143	2.6	1.5	26.9	25.7	0.3	2.8	0.44	60.9
Blonde Espresso Frappuccino - whole milk	Venti	776	183	3	1.8	35.4	33.9	0.3	3.3	0.57	70.7
Blonde Espresso Frappuccino - skimmed milk	Tall	394	93	0.3	0.1	20.1	19.1	0.2	2.1	0.33	57.6
Blonde Espresso Frappuccino - skimmed milk	Grande	530	125	0.4	0.1	27	25.8	0.3	2.9	0.44	60.9
Blonde Espresso Frappuccino - skimmed milk	Venti	688	162	0.5	0.2	35.5	34	0.3	3.4	0.58	70.7
Blonde Espresso Frappuccino - almond drink	Tall	370	88	0.7	0.1	19.1	18.1	0.3	0.7	0.31	57.6
Blonde Espresso Frappuccino - almond drink	Grande	496	118	1	0.1	25.5	24.3	0.4	0.9	0.42	60.9
Blonde Espresso Frappuccino - almond drink	Venti	649	154	1.1	0.1	33.7	32.2	0.5	1.1	0.55	70.7
Blonde Espresso Frappuccino - soya drink	Tall	405	96	1	0.2	19.2	18.1	0.5	2	0.32	57.6
Blonde Espresso Frappuccino - soya drink	Grande	546	129	1.4	0.2	25.7	24.3	0.6	2.7	0.44	60.9
Blonde Espresso Frappuccino - soya drink	Venti	707	167	1.7	0.3	33.9	32.3	0.8	3.2	0.57	70.7
Blonde Espresso Frappuccino - oat drink	Tall	436	103	1.5	0.2	21	18.4	0.7	0.8	0.33	57.6
Blonde Espresso Frappuccino - oat drink	Grande	592	140	2.2	0.2	28.3	24.9	0.9	1.1	0.45	60.9
Blonde Espresso Frappuccino - oat drink	Venti	760	180	2.5	0.3	36.9	32.9	1.1	1.3	0.59	70.7
Blonde Espresso Frappuccino - coconut drink	Tall	407	96	1.3	1.1	19.5	18.5	0.9	0.9	0.30	57.6
Blonde Espresso Frappuccino - coconut drink	Grande	549	130	1.8	1.5	26.2	25	1.2	1.2	0.40	60.9
Blonde Espresso Frappuccino - coconut drink	Venti	710	168	2.1	1.8	34.5	33	1.4	1.5	0.53	70.7
Decaf Espresso Frappuccino - semi skimmed milk	Tall	387	92	0.8	0.8	19	18.1	0.2	1.7	0.28	2.9
Decaf Espresso Frappuccino - semi skimmed milk	Grande	519	123	1.2	1.1	25.2	24.1	0.2	2.4	0.37	3.8
Decaf Espresso Frappuccino - semi skimmed milk	Venti	669	158	1.3	1.1	33.5	32	0.3	2.6	0.49	5.2
Decaf Espresso Frappuccino - whole milk	Tall	416	98	1.6	1	18.9	18.1	0.2	1.7	0.28	2.9
Decaf Espresso Frappuccino - whole milk	Grande	558	132	2.3	1.4	25.2	24	0.2	2.3	0.37	3.8
Decaf Espresso Frappuccino - whole milk	Venti	710	168	2.4	1.5	33.4	31.9	0.3	2.5	0.49	5.2
Decaf Espresso Frappuccino - skimmed milk	Tall	366	86	0.2	0.1	19	18.2	0.2	1.7	0.28	2.9
Decaf Espresso Frappuccino - skimmed milk	Grande	489	115	0.3	0.1	25.3	24.2	0.2	2.4	0.38	3.8
Decaf Espresso Frappuccino - skimmed milk	Venti	637	151	0.4	0.1	33.6	32	0.3	2.6	0.49	5.2
Decaf Espresso Frappuccino - almond drink	Tall	344	82	0.6	0.1	18	17.2	0.3	0.4	0.27	2.9
Decaf Espresso Frappuccino - almond drink	Grande	458	109	0.8	0.1	23.9	22.8	0.4	0.6	0.35	3.8
Decaf Espresso Frappuccino - almond drink	Venti	605	144	0.9	0.1	32.1	30.6	0.4	0.7	0.47	5.2
Decaf Espresso Frappuccino - soya drink	Tall	377	89	0.9	0.2	18.1	17.2	0.4	1.6	0.28	2.9
Decaf Espresso Frappuccino - soya drink	Grande	504	119	1.3	0.2	24	22.8	0.6	2.3	0.37	3.8
Decaf Espresso Frappuccino - soya drink	Venti	653	154	1.4	0.3	32.3	30.6	0.7	2.4	0.49	5.2
Decaf Espresso Frappuccino - oat drink	Tall	406	96	1.4	0.2	19.8	17.5	0.6	0.6	0.29	2.9
Decaf Espresso Frappuccino - oat drink	Grande	545	129	1.9	0.2	26.4	23.3	0.8	0.8	0.39	3.8
Decaf Espresso Frappuccino - oat drink	Venti	697	165	2.1	0.3	34.8	31.1	1	0.9	0.50	5.2
Decaf Espresso Frappuccino - coconut drink	Tall	378	90	1.2	1	18.5	17.6	0.8	0.6	0.25	2.9
Decaf Espresso Frappuccino - coconut drink	Grande	506	120	1.6	1.4	24.5	23.4	1.1	0.9	0.34	3.8
Decaf Espresso Frappuccino - coconut drink	Venti	656	156	1.8	1.5	32.8	31.2	1.3	1	0.45	5.2
Decaf Coffee Frappuccino - semi skimmed milk	Tall	872	208	9.5	7.2	26.6	26.1	0.1	3.7	0.40	1.8
Decaf Coffee Frappuccino - semi skimmed milk	Grande	1246	297	13.2	10	39.2	38.1	0.2	4.9	0.58	3.6
Decaf Coffee Frappuccino - semi skimmed milk	Venti	1467	349	13.6	10.3	50.5	48.9	0.3	5.6	0.75	5.4
Decaf Coffee Frappuccino - whole milk	Tall	930	222	11.1	7.7	26.5	26	0.1	3.6	0.40	1.8
Decaf Coffee Frappuccino - whole milk	Grande	1319	315	15.3	10.6	39.1	38	0.2	4.8	0.58	3.6
Decaf Coffee Frappuccino - whole milk	Venti	1552	370	16	11	50.4	48.8	0.3	5.5	0.74	5.4
Decaf Coffee Frappuccino - skimmed milk	Tall	830	198	8.3	5.9	26.7	26.2	0.1	3.7	0.40	1.8
Decaf Coffee Frappuccino - skimmed milk	Grande	1191	284	11.7	8.2	39.3	38.2	0.2	4.9	0.58	3.6
Decaf Coffee Frappuccino - skimmed milk	Venti	1404	334	11.8	8.3	50.6	49	0.3	5.6	0.75	5.4
Decaf Coffee Frappuccino - almond drink	Tall	786	188	9.1	5.9	24.7	24.2	0.3	1.1	0.37	1.8
Decaf Coffee Frappuccino - almond drink	Grande	1134	272	12.6	8.2	36.7	35.7	0.4	1.6	0.54	3.6
Decaf Coffee Frappuccino - almond drink	Venti	1338	320	12.9	8.2	47.7	46.1	0.6	1.8	0.70	5.4
Decaf Coffee Frappuccino - soya drink	Tall	851	203	9.7	6	24.9	24.2	0.6	3.5	0.40	1.8
Decaf Coffee Frappuccino - soya drink	Grande	1218	290	13.4	8.4	37	35.7	0.9	4.7	0.	



Decaf Caramel Frappuccino - skimmed milk	Grande	1299	310	14.3	10	41.1	39.7	0.2	3.8	0.49	2.6
Decaf Caramel Frappuccino - skimmed milk	Venti	1466	349	14.5	10.1	50.2	48.4	0.3	3.9	0.59	3.9
Decaf Caramel Frappuccino - almond drink	Tall	989	237	11.7	7.7	30.9	30	0.2	1.2	0.36	1.5
Decaf Caramel Frappuccino - almond drink	Grande	1260	302	14.9	10	39.3	37.9	0.3	1.6	0.46	2.6
Decaf Caramel Frappuccino - almond drink	Venti	1428	341	15.2	10.1	48.5	46.7	0.4	1.7	0.56	3.9
Decaf Caramel Frappuccino - soya drink	Tall	1040	248	12.2	7.9	31.1	30	0.5	3.1	0.38	1.5
Decaf Caramel Frappuccino - soya drink	Grande	1318	315	15.5	10.1	39.5	38	0.6	3.7	0.48	2.6
Decaf Caramel Frappuccino - soya drink	Venti	1485	354	15.7	10.2	48.6	46.7	0.7	3.8	0.58	3.9
Decaf Caramel Frappuccino - oat drink	Tall	1086	259	12.9	7.9	33.7	30.5	0.8	1.4	0.40	1.5
Decaf Caramel Frappuccino - oat drink	Grande	1371	327	16.3	10.1	42.5	38.6	0.9	1.8	0.50	2.6
Decaf Caramel Frappuccino - oat drink	Venti	1537	367	16.5	10.2	51.6	47.3	1	1.9	0.61	3.9
Decaf Caramel Frappuccino - coconut drink	Tall	1043	249	12.6	9.2	31.6	30.6	1.1	1.5	0.35	1.5
Decaf Caramel Frappuccino - coconut drink	Grande	1321	316	15.9	11.6	40.1	38.7	1.3	1.9	0.44	2.6
Decaf Caramel Frappuccino - coconut drink	Venti	1488	355	16.1	11.7	49.2	47.5	1.4	2	0.54	3.9
Decaf Mocha Frappuccino - semi skimmed milk	Tall	948	226	10.9	8.1	27.6	26.8	0.7	3.9	0.34	1.5
Decaf Mocha Frappuccino - semi skimmed milk	Grande	1255	300	14.3	10.5	37.1	35.8	1	5	0.45	2.8
Decaf Mocha Frappuccino - semi skimmed milk	Venti	1411	336	14.4	10.6	45.4	43.7	1.3	5.2	0.54	4
Decaf Mocha Frappuccino - whole milk	Tall	993	237	12.2	8.5	27.5	26.8	0.7	3.9	0.34	1.5
Decaf Mocha Frappuccino - whole milk	Grande	1308	312	15.8	11	37	35.8	1	4.9	0.45	2.8
Decaf Mocha Frappuccino - whole milk	Venti	1462	349	15.9	11	45.3	43.6	1.3	5.2	0.54	4
Decaf Mocha Frappuccino - skimmed milk	Tall	914	218	9.9	7	27.6	26.9	0.7	3.9	0.35	1.5
Decaf Mocha Frappuccino - skimmed milk	Grande	1215	290	13.1	9.3	37.2	35.9	1	5	0.46	2.8
Decaf Mocha Frappuccino - skimmed milk	Venti	1373	327	13.4	9.4	45.4	43.7	1.3	5.2	0.55	4
Decaf Mocha Frappuccino - almond drink	Tall	879	211	10.5	7	26.1	25.3	0.8	1.9	0.32	1.5
Decaf Mocha Frappuccino - almond drink	Grande	1174	281	13.8	9.2	35.3	34.1	1.1	2.6	0.43	2.8
Decaf Mocha Frappuccino - almond drink	Venti	1333	319	14	9.4	43.7	42	1.4	2.9	0.52	4
Decaf Mocha Frappuccino - soya drink	Tall	931	222	11	7.1	26.2	25.3	1.1	3.8	0.34	1.5
Decaf Mocha Frappuccino - soya drink	Grande	1235	295	14.4	9.4	35.5	34.1	1.4	4.8	0.45	2.8
Decaf Mocha Frappuccino - soya drink	Venti	1392	332	14.6	9.5	43.8	42	1.7	5.1	0.54	4
Decaf Mocha Frappuccino - oat drink	Tall	978	234	11.8	7.1	28.9	25.9	1.4	2.1	0.36	1.5
Decaf Mocha Frappuccino - oat drink	Grande	1291	308	15.3	9.4	38.7	34.7	1.8	2.8	0.47	2.8
Decaf Mocha Frappuccino - oat drink	Venti	1445	345	15.4	9.5	46.9	42.6	2	3.2	0.56	4
Decaf Mocha Frappuccino - coconut drink	Tall	933	223	11.4	8.5	26.8	26	1.7	2.2	0.30	1.5
Decaf Mocha Frappuccino - coconut drink	Grande	1238	296	14.9	11	36.1	34.9	2.2	3	0.40	2.8
Decaf Mocha Frappuccino - coconut drink	Venti	1395	333	15	11	44.5	42.7	2.4	3.3	0.50	4
Decaf White Mocha Frappuccino - semi skimmed milk	Tall	1025	244	11.2	8.5	31.7	31.2	0.1	3.8	0.41	1.6
Decaf White Mocha Frappuccino - semi skimmed milk	Grande	1421	339	15	11.3	45.5	44.6	0.2	5	0.57	2.9
Decaf White Mocha Frappuccino - semi skimmed milk	Venti	1521	362	15	11.2	51.5	50.3	0.3	4.9	0.65	4.1
Decaf White Mocha Frappuccino - whole milk	Tall	1073	256	12.6	8.9	31.6	31.2	0.1	3.7	0.41	1.6
Decaf White Mocha Frappuccino - whole milk	Grande	1477	352	16.6	11.8	45.4	44.5	0.2	4.9	0.56	2.9
Decaf White Mocha Frappuccino - whole milk	Venti	1574	375	16.5	11.7	51.4	50.2	0.3	4.8	0.65	4.1
Decaf White Mocha Frappuccino - skimmed milk	Tall	989	236	10.2	7.3	31.8	31.3	0.1	3.8	0.42	1.6
Decaf White Mocha Frappuccino - skimmed milk	Grande	1379	329	13.9	10	45.6	44.7	0.2	5	0.57	2.9
Decaf White Mocha Frappuccino - skimmed milk	Venti	1481	353	13.8	9.9	51.6	50.4	0.3	4.9	0.65	4.1
Decaf White Mocha Frappuccino - almond drink	Tall	952	228	10.9	7.3	30.1	29.6	0.3	1.7	0.39	1.6
Decaf White Mocha Frappuccino - almond drink	Grande	1336	320	14.6	10	43.6	42.8	0.4	2.5	0.54	2.9
Decaf White Mocha Frappuccino - almond drink	Venti	1440	344	14.5	9.9	49.7	48.5	0.4	2.5	0.62	4.1
Decaf White Mocha Frappuccino - soya drink	Tall	1007	240	11.4	7.5	30.3	29.7	0.5	3.7	0.41	1.6
Decaf White Mocha Frappuccino - soya drink	Grande	1400	334	15.2	10.1	43.8	42.8	0.7	4.8	0.56	2.9
Decaf White Mocha Frappuccino - soya drink	Venti	1501	358	15.1	10.1	49.9	48.5	0.8	4.7	0.65	4.1
Decaf White Mocha Frappuccino - oat drink	Tall	1057	252	12.2	7.5	33.2	30.2	0.8	1.9	0.43	1.6
Decaf White Mocha Frappuccino - oat drink	Grande	1459	348	16.1	10.1	47.1	43.5	1	2.7	0.59	2.9
Decaf White Mocha Frappuccino - oat drink	Venti	1556	371	16	10.1	53.1	49.2	1.1	2.7	0.67	4.1
Decaf White Mocha Frappuccino - coconut drink	Tall	1010	242	11.8	8.9	30.9	30.4	1.2	2	0.37	1.6
Decaf White Mocha Frappuccino - coconut drink	Grande	1404	336	15.7	11.8	44.5	43.6	1.5	2.9	0.51	2.9
Decaf White Mocha Frappuccino - coconut drink	Venti	1504	359	15.6	11.7	50.6	49.3	1.5	2.9	0.60	4.1
Decaf Java Chip Frappuccino - semi skimmed milk	Tall	1128	269	13.2	9.9	32.3	30.3	1.3	4.5	0.38	1.5
Decaf Java Chip Frappuccino - semi skimmed milk	Grande	1498	358	17.4	13.1	43.4	40.5	1.8	5.7	0.51	2.7
Decaf Java Chip Frappuccino - semi skimmed milk	Venti	1703	406	18.3	13.8	52.7	48.9	2.3	6.1	0.61	3.9
Decaf Java Chip Frappuccino - whole milk	Tall	1172	280	14.4	10.3	32.2	30.2	1.3	4.4	0.38	1.5
Decaf Java Chip Frappuccino - whole milk	Grande	1551	370	18.9	13.5	43.3	40.4	1.8	5.6	0.51	2.7
Decaf Java Chip Frappuccino - whole milk	Venti	1753	418	19.7	14.2	52.6	48.9	2.3	6	0.60	3.9
Decaf Java Chip Frappuccino - skimmed milk	Tall	1094	261	12.2	8.9	32.4	30.4	1.3	4.5	0.38	1.5
Decaf Java Chip Frappuccino - skimmed milk	Grande	1459	348	16.3	11.8	43.5	40.6	1.8	5.7	0.51	2.7
Decaf Java Chip Frappuccino - skimmed milk	Venti	1666	398	17.3	12.6	52.8	49	2.3	6.1	0.61	3.9
Decaf Java Chip Frappuccino - almond drink	Tall	1060	254	12.8	8.9	30.8	28.8	1.4	2.5	0.36	1.5
Decaf Java Chip Frappuccino - almond drink	Grande	1418	340	17	11.8	41.7	38.7	1.9	3.3	0.48	2.7
Decaf Java Chip Frappuccino - almond drink	Venti	1627	389	17.9	12.6	51	47.3	2.4	3.8	0.58	3.9
Decaf Java Chip Frappuccino - soya drink	Tall	1111	265	13.3	9	31	28.8	1.7	4.3	0.38	1.5
Decaf Java Chip Frappuccino - soya drink	Grande	1478	353	17.5	12	41.8	38.8	2.3	5.5	0.50	2.7
Decaf Java Chip Frappuccino - soya drink	Venti	1685	402	18.5	12.7	51.2	47.3	2.7	5.9	0.60	3.9
Decaf Java Chip Frappuccino - oat drink	Tall	1157	277	14	9	33.6	29.4	2	2.7	0.40	1.5
Decaf Java Chip Frappuccino - oat drink	Grande	1533	366	18.4	12	45	39.4	2.6	3.5	0.53	2.7
Decaf Java Chip Frappuccino - oat drink	Venti	1737	415	19.3	12.7	54.2	47.9	3	4.1	0.62	3.9
Decaf Java Chip Frappuccino - coconut drink	Tall	1114	267	13.7	10.3	31.5	29.5	2.3	2.8	0.34	1.5
Decaf Java Chip Frappuccino - coconut drink	Grande	1481	355	18	13.5	42.5	39.6	3	3.7	0.46	2.7
Decaf Java Chip Frappuccino - coconut drink	Venti	1688	404	18.9	14.2	51.8	48	3.4	4.2	0.56	3.9
<b>Holiday FY25 Promo Beverages UK/IRE - Alternative Coffees</b>		<b>Energy (kJ)</b>	<b>Energy (kcal)</b>	<b>Fat (g)</b>	<b>Of which saturated (g)</b>	<b>Carbohydrates (g)</b>	<b>Of which Sugar (g)</b>	<b>Fibre (g)</b>	<b>Protein (g)</b>	<b>Salt (g)</b>	<b>Caffeine (mg)</b>
Blonde Toffee Nut Latte - semi skimmed milk	Tall	750	179	8.4	6.9	18.6	17.8	0.3	7.2	0.38	85.5
Blonde Toffee Nut Latte - semi skimmed milk	Grande	920	219	9.4	7.9	24.5	23.6	0.3	9.1	0.52	85.5
Blonde Toffee Nut Latte - semi skimmed milk	Venti	1189	283	11.4	9.7	32.5	31.2	0.4	12.5	0.70	128.2
Blonde Toffee Nut Latte - whole milk	Tall	874	209	11.9	8	18.4	17.6	0.3	7	0.38	85.5
Blonde Toffee Nut Latte - whole milk	Grande	1082	258	14	9.3	24.2	23.3	0.3	8.9	0.52	85.5
Blonde Toffee Nut Latte - whole milk	Venti	1412	337	17.7	11.7	32.1	30.9	0.4	12.2	0.69	128.2
Blonde Toffee Nut Latte - skimmed milk	Tall	657	157	5.8	3.9	18.8	18	0.3	7.2	0.39	85.5
Blonde Toffee Nut Latte - skimmed milk	Grande	799	190	6	4.1	24.7	23.8	0.3	9.1	0.53	85.5
Blonde Toffee Nut Latte - skimmed milk	Venti	1022	243	6.7	4.5	32.8	31.5	0.4	12.5	0.71	128.2
Blonde Toffee Nut Latte - almond drink	Tall	561	136	7.4	3.9	14.5	13.6	0.6	1.6	0.32	85.5
Blonde Toffee Nut Latte - almond drink	Grande	674	164	8.1	4	19.1	18.2	0.7	1.9	0.44	85.5
Blonde Toffee Nut Latte - almond drink	Venti	849	207	9.7	4.4	25	23.7	1.1	2.5	0.58	128.2
Blonde Toffee Nut Latte - soya drink	Tall	703	168	8.7	4.3	14.9	13.7	1.4	6.8	0.37	85.5
Blonde Toffee Nut Latte - soya drink	Grande	860	205	9.9	4.5	19.6	18.3	1.7	8.6	0.50	85.5
Blonde Toffee Nut Latte - soya drink	Venti	1106	263	12.1	5	25.8	23.9	2.4	11.9	0.68	128.2
Blonde Toffee Nut Latte - oat drink	Tall	833	199	10.8	4.3	22.3	15.2	2.1	2.2	0.42	85.5
Blonde Toffee Nut Latte - oat drink	Grande	1029	246	12.5	4.5	29.3	20.2	2.7	2.6	0.58	85.5
Blonde Toffee Nut Latte - oat drink	Venti	1339	320	15.7	5	39.1	26.5	3.7	3.5	0.78	128.2
Blonde Toffee Nut Latte - coconut drink	Tall	711	172	9.9	8	16.4	15.6	3.1	2.5	0.27	85.5
Blonde Toffee Nut Latte - coconut drink	Grande	869	210	11.3	9.3	21.6	20.7	3.9	3.1	0.37	85.5
Blonde Toffee Nut Latte - coconut drink	Venti	1119	270	14.1	11.7	28.5	27.2	5.4	4.2	0.49	128.2
Decaf Toffee Nut Latte - semi skimmed milk	Tall	807	192	8.4	6.8	22.2	20.9	0.2	7.1	0.46	3.6
Decaf Toffee Nut Latte - semi skimmed milk	Grande	994	237	9.5	8	28.4	27.1	0.2	9.3	0.61	3.6
Decaf Toffee Nut Latte - semi skimmed milk	Venti	1242	296	11.3	9.6	36	34.1	0.3	12.3	0.77	5.4
Decaf Toffee Nut Latte - whole milk	Tall	930	222	11.8	7.9	22	20.7	0.2	6.9	0.46	3.6
Decaf Toffee Nut Latte - whole milk	Grande	1160	276	14.2	9.4	28.1	26.8	0.2	9.1	0.60	3.6
Decaf Toffee Nut Latte - whole milk	Venti	1461	348	17.5	11.6	35.7	33.8	0.3	11.9	0.76	5.4
Decaf Toffee Nut Latte - skimmed milk	Tall	715	170	5.8	3.9	22.3	21.1	0.2	7.1	0.46	3.6
Decaf Toffee Nut Latte - skimmed milk	Grande	870	207	6	4.1	28.6	27.3	0.2	9.3	0.61	3.6
Decaf Toffee Nut Latte - skimmed milk	Venti	1078	256	6.7	4.5	36.4	34.4	0.3	12.3	0.78	5.4
Decaf Toffee Nut Latte - almond drink	Tall	619	150	7.4	3.9	18	16.8	0.6	1.5	0.40	3.6
Decaf Toffee Nut Latte - almond drink	Grande	741	180	8.2	4	22.8	21.5	0.7	1.9	0.52	3.6
Decaf											

Blonde Gingerbread Latte - whole milk	Venti	1535	366	20.4	12.8	33.8	32	0.5	11.8	0.39	128.2
Blonde Gingerbread Latte - skimmed milk	Tall	742	177	8	4.9	19.1	18.1	0.3	6.8	0.23	85.5
Blonde Gingerbread Latte - almond drink	Grande	905	216	8.5	5.1	25.7	24.5	0.3	8.8	0.30	85.5
Blonde Gingerbread Latte - almond drink	Venti	1145	273	9.4	5.6	34.5	32.7	0.5	12.1	0.41	128.2
Blonde Gingerbread Latte - almond drink	Tall	645	157	9.6	4.8	14.8	13.7	0.7	1.2	0.16	85.5
Blonde Gingerbread Latte - almond drink	Grande	779	189	10.6	5.1	20.1	18.8	0.8	1.5	0.21	85.5
Blonde Gingerbread Latte - almond drink	Venti	972	236	12.3	5.5	26.7	24.9	1.1	2.1	0.28	128.2
Blonde Gingerbread Latte - almond drink	Tall	788	188	11	5.2	15.2	13.8	1.4	6.4	0.21	85.5
Blonde Gingerbread Latte - almond drink	Grande	965	230	12.3	5.5	20.7	18.9	1.8	8.3	0.28	85.5
Blonde Gingerbread Latte - almond drink	Venti	1228	293	14.7	6.2	27.5	25	2.5	11.5	0.37	128.2
Blonde Gingerbread Latte - almond drink	Tall	918	220	13	5.2	22.7	15.3	2.2	1.8	0.27	85.5
Blonde Gingerbread Latte - almond drink	Grande	1134	272	15	5.5	30.3	20.9	2.7	2.3	0.35	85.5
Blonde Gingerbread Latte - almond drink	Venti	1462	350	18.4	6.2	40.8	27.7	3.8	3.1	0.47	128.2
Blonde Gingerbread Latte - almond drink	Tall	795	192	12.1	8.9	16.7	15.7	3.1	2.2	0.11	85.5
Blonde Gingerbread Latte - almond drink	Grande	975	235	13.8	10.4	22.6	21.3	3.9	2.7	0.14	85.5
Blonde Gingerbread Latte - almond drink	Venti	1242	300	16.7	12.8	30.2	28.4	5.5	3.8	0.19	128.2
Blonde Gingerbread Latte - almond drink	Tall	903	216	10.6	7.8	23.1	21.5	0.3	6.7	0.23	3.6
Blonde Gingerbread Latte - almond drink	Grande	1111	265	12	9	30	28.2	0.3	9	0.31	3.6
Blonde Gingerbread Latte - almond drink	Venti	1376	328	13.9	10.8	38.3	35.8	0.4	11.9	0.40	5.4
Blonde Gingerbread Latte - almond drink	Tall	1026	245	14.1	8.8	22.9	21.3	0.3	6.5	0.23	3.6
Blonde Gingerbread Latte - almond drink	Grande	1277	305	16.7	10.5	29.8	28	0.3	8.7	0.30	3.6
Blonde Gingerbread Latte - almond drink	Venti	1595	381	20.2	12.7	38	35.5	0.4	11.6	0.39	5.4
Blonde Gingerbread Latte - almond drink	Tall	811	194	8	4.9	23.3	21.7	0.3	6.7	0.24	3.6
Blonde Gingerbread Latte - almond drink	Grande	987	235	8.5	5.1	30.3	28.5	0.3	9	0.31	3.6
Blonde Gingerbread Latte - almond drink	Venti	1212	289	9.4	5.6	38.7	36.1	0.4	11.9	0.41	5.4
Blonde Gingerbread Latte - almond drink	Tall	715	173	9.6	4.8	19	17.4	0.6	1.2	0.17	3.6
Blonde Gingerbread Latte - almond drink	Grande	858	208	10.7	5.1	24.5	22.7	0.8	1.5	0.22	3.6
Blonde Gingerbread Latte - almond drink	Venti	1041	253	12.2	5.5	31	28.5	1	2	0.29	5.4
Blonde Gingerbread Latte - almond drink	Tall	857	205	11	5.2	19.4	17.4	1.4	6.3	0.22	3.6
Blonde Gingerbread Latte - almond drink	Grande	1049	250	12.5	5.6	25.1	22.8	1.8	8.5	0.29	3.6
Blonde Gingerbread Latte - almond drink	Venti	1294	308	14.6	6.2	31.8	28.6	2.4	11.2	0.38	5.4
Blonde Gingerbread Latte - almond drink	Tall	985	236	13	5.2	26.8	18.9	2.1	1.7	0.27	3.6
Blonde Gingerbread Latte - almond drink	Grande	1222	292	15.2	5.6	35	24.7	2.8	2.3	0.36	3.6
Blonde Gingerbread Latte - almond drink	Venti	1523	364	18.2	6.2	44.9	31.2	3.7	3	0.47	5.4
Blonde Gingerbread Latte - almond drink	Tall	864	208	12.1	8.9	20.9	19.3	3	2.1	0.12	3.6
Blonde Gingerbread Latte - almond drink	Grande	1059	255	14	10.5	27.1	25.2	4	2.8	0.15	3.6
Blonde Gingerbread Latte - almond drink	Venti	1307	315	16.6	12.7	34.4	31.9	5.3	3.7	0.20	5.4
Blonde Caramel Waffle Latte - semi skimmed milk	Tall	788	188	8.9	7.2	19.6	17.8	0.3	7.3	0.24	85.5
Blonde Caramel Waffle Latte - semi skimmed milk	Grande	965	230	9.9	8.2	25.8	23.9	0.3	9.3	0.30	85.5
Blonde Caramel Waffle Latte - semi skimmed milk	Venti	1240	296	11.9	10	34.2	31.8	0.5	12.7	0.40	128.2
Blonde Caramel Waffle Latte - semi skimmed milk	Tall	913	218	12.4	8.3	19.4	17.6	0.3	7.1	0.23	85.5
Blonde Caramel Waffle Latte - semi skimmed milk	Grande	1126	269	14.5	9.6	25.6	23.7	0.3	9	0.29	85.5
Blonde Caramel Waffle Latte - semi skimmed milk	Venti	1463	349	18.3	12	33.8	31.5	0.5	12.3	0.39	128.2
Blonde Caramel Waffle Latte - semi skimmed milk	Tall	696	166	6.3	4.3	19.8	18	0.3	7.3	0.24	85.5
Blonde Caramel Waffle Latte - semi skimmed milk	Grande	844	201	6.5	4.4	26	24.1	0.3	9.3	0.30	85.5
Blonde Caramel Waffle Latte - semi skimmed milk	Venti	1073	256	7.3	4.8	34.5	32.1	0.5	12.7	0.40	128.2
Blonde Caramel Waffle Latte - semi skimmed milk	Tall	599	146	7.9	4.2	15.4	13.6	0.7	1.7	0.17	85.5
Blonde Caramel Waffle Latte - semi skimmed milk	Grande	718	175	8.7	4.3	20.4	18.5	0.8	2	0.21	85.5
Blonde Caramel Waffle Latte - semi skimmed milk	Venti	900	219	10.2	4.7	26.7	24.3	1.1	2.6	0.28	128.2
Blonde Caramel Waffle Latte - semi skimmed milk	Tall	742	177	9.3	4.6	15.9	13.7	1.4	6.9	0.22	85.5
Blonde Caramel Waffle Latte - semi skimmed milk	Grande	904	216	10.4	4.8	21	18.6	1.8	8.8	0.28	85.5
Blonde Caramel Waffle Latte - semi skimmed milk	Venti	1156	276	12.6	5.4	27.5	24.5	2.5	12	0.37	128.2
Blonde Caramel Waffle Latte - semi skimmed milk	Tall	872	209	11.3	4.6	23.3	15.2	2.2	2.3	0.28	85.5
Blonde Caramel Waffle Latte - semi skimmed milk	Grande	1073	257	13.1	4.8	30.6	20.5	2.8	2.7	0.35	85.5
Blonde Caramel Waffle Latte - semi skimmed milk	Venti	1390	332	16.3	5.4	40.8	27.1	3.8	3.7	0.47	128.2
Blonde Caramel Waffle Latte - semi skimmed milk	Tall	749	181	10.4	8.3	17.4	15.6	3.1	2.7	0.12	85.5
Blonde Caramel Waffle Latte - semi skimmed milk	Grande	914	221	11.8	9.6	22.9	21	4	3.2	0.15	85.5
Blonde Caramel Waffle Latte - semi skimmed milk	Venti	1170	282	14.6	12	30.2	27.8	5.5	4.3	0.19	128.2
Blonde Caramel Waffle Latte - semi skimmed milk	Tall	851	203	8.9	7.2	23.5	21.2	0.3	7.2	0.23	3.6
Blonde Caramel Waffle Latte - semi skimmed milk	Grande	1045	249	10	8.3	30.1	27.7	0.3	9.5	0.30	3.6
Blonde Caramel Waffle Latte - semi skimmed milk	Venti	1298	309	11.8	9.9	38.1	35	0.4	12.4	0.39	5.4
Blonde Caramel Waffle Latte - semi skimmed milk	Tall	975	233	12.4	8.2	23.3	21	0.3	7	0.23	3.6
Blonde Caramel Waffle Latte - semi skimmed milk	Grande	1211	289	14.7	9.8	29.8	27.4	0.3	9.2	0.30	3.6
Blonde Caramel Waffle Latte - semi skimmed milk	Venti	1518	362	18.1	11.9	37.7	34.7	0.4	12.1	0.38	5.4
Blonde Caramel Waffle Latte - semi skimmed milk	Tall	760	181	6.3	4.3	23.7	21.4	0.3	7.2	0.24	3.6
Blonde Caramel Waffle Latte - semi skimmed milk	Grande	921	219	6.6	4.4	30.3	27.9	0.3	9.5	0.31	3.6
Blonde Caramel Waffle Latte - semi skimmed milk	Venti	1134	270	7.2	4.8	38.4	35.4	0.4	12.4	0.40	5.4
Blonde Caramel Waffle Latte - semi skimmed milk	Tall	664	161	7.9	4.2	19.4	17.1	0.7	1.7	0.17	3.6
Blonde Caramel Waffle Latte - semi skimmed milk	Grande	791	192	8.7	4.3	24.5	22.1	0.8	2	0.22	3.6
Blonde Caramel Waffle Latte - semi skimmed milk	Venti	964	234	10.1	4.7	30.7	27.7	1.1	2.6	0.28	5.4
Blonde Caramel Waffle Latte - semi skimmed milk	Tall	806	192	9.2	4.6	19.8	17.2	1.4	6.8	0.22	3.6
Blonde Caramel Waffle Latte - semi skimmed milk	Grande	983	234	10.5	4.8	25.1	22.2	1.8	9	0.28	3.6
Blonde Caramel Waffle Latte - semi skimmed milk	Venti	1216	290	12.5	5.4	31.5	27.8	2.4	11.8	0.37	5.4
Blonde Caramel Waffle Latte - semi skimmed milk	Tall	934	223	11.3	4.6	27.2	18.6	2.1	2.2	0.28	3.6
Blonde Caramel Waffle Latte - semi skimmed milk	Grande	1156	276	13.3	4.8	35	24.2	2.8	2.8	0.36	3.6
Blonde Caramel Waffle Latte - semi skimmed milk	Venti	1446	345	16.1	5.4	44.6	30.4	3.7	3.6	0.46	5.4
Blonde Caramel Waffle Latte - semi skimmed milk	Tall	813	196	10.3	8.3	21.3	19	3.1	2.6	0.12	3.6
Blonde Caramel Waffle Latte - semi skimmed milk	Grande	992	239	12	9.8	27.1	24.7	4	3.3	0.15	3.6
Blonde Caramel Waffle Latte - semi skimmed milk	Venti	1229	296	14.5	11.9	34.1	31.1	5.3	4.2	0.19	5.4
Blonde Caramel Waffle Latte - semi skimmed milk	Tall	1181	283	12.7	7.5	32.6	31.8	1	8.5	0.46	85.5
Blonde Eggnog Latte	Grande	1520	364	16.3	9.7	41.9	41.1	1.2	10.9	0.60	85.5
Blonde Eggnog Latte	Venti	1952	467	20.9	12.4	53.8	52.7	1.5	14.1	0.77	128.2
Blonde Eggnog Latte	Tall	1187	284	12.7	7.5	33	31.8	1	8.5	0.46	3.6
Blonde Eggnog Latte	Grande	1526	365	16.3	9.7	42.3	41.1	1.1	10.9	0.60	3.6
Blonde Eggnog Latte	Venti	1961	469	20.9	12.4	54.5	52.8	1.4	14	0.77	5.4
Blonde Eggnog Latte	Tall	460	109	2.7	2.6	15.6	14.8	0.3	5.6	0.33	85.5
Blonde Eggnog Latte	Grande	689	163	4.1	4.1	22.8	21.9	0.3	8.6	0.50	85.5
Blonde Eggnog Latte	Venti	740	176	4.1	3.9	26.1	24.8	0.4	8.5	0.57	128.2
Blonde Eggnog Latte	Tall	561	133	5.5	3.5	15.4	14.6	0.3	5.4	0.33	85.5
Blonde Eggnog Latte	Grande	847	201	8.6	5.5	22.6	21.7	0.3	8.3	0.50	85.5
Blonde Eggnog Latte	Venti	893	212	8.4	5.3	25.8	24.5	0.4	8.2	0.57	128.2
Blonde Eggnog Latte	Tall	385	91	0.6	0.2	15.7	14.9	0.3	5.6	0.34	85.5
Blonde Eggnog Latte	Grande	571	135	0.8	0.4	23.1	22.2	0.3	8.6	0.51	85.5
Blonde Eggnog Latte	Venti	626	148	0.9	0.4	26.3	25	0.4	8.5	0.58	128.2
Blonde Eggnog Latte	Tall	308	75	1.9	0.2	12.2	11.4	0.6	1.1	0.28	85.5
Blonde Eggnog Latte	Grande	448	109	2.9	0.3	17.5	16.6	0.7	1.5	0.42	85.5
Blonde Eggnog Latte	Venti	507	123	2.9	0.3	20.9	19.6	0.9	1.6	0.49	128.2
Blonde Eggnog Latte	Tall	423	100	3	0.5	12.6	11.5	1.2	5.3	0.32	85.5
Blonde Eggnog Latte	Grande	630	149	4.6	0.8	18.1	16.7	1.7	8.1	0.49	85.5
Blonde Eggnog Latte	Venti	683	162	4.5	0.8	21.5	19.7	1.8	8	0.56	128.2
Blonde Eggnog Latte	Tall	528	126	4.6	0.5	18.6	17.7	1.8	1.5	0.37	85.5
Blonde Eggnog Latte	Grande	795	189	7.2	0.8	27.6	18.6	2.6	2.2	0.56	85.5
Blonde Eggnog Latte	Venti	843	201	7.1	0.8	30.6	21.6	2.7	2.3	0.63	128.2
Blonde Eggnog Latte	Tall	429	103	3.9	3.5	13.8	13	2.5	1.8	0.24	85.5
Blonde Eggnog Latte	Grande	639	154	6	5.5	20	19.1	3.8	2.7	0.36	85.5
Blonde Eggnog Latte	Venti	692	167	5.9	5.3	23.3	22	3.8	2.8	0.43	128.2
Blonde Eggnog Latte	Tall	500	119	2.5	2.4	18.7	17.4	0.2	5.2	0.40	3.6
Blonde Eggnog Latte	Grande	728	173	4	3.9	25.9	24.6	0.2	8.2	0.57	3.6
Blonde Eggnog Latte	Venti	776	184	3.9	3.7	29.2	27.3	0.3	7.9	0.64	5.4
Blonde Eggnog Latte	Tall	594	141	5.2	3.2	18.6	17.3	0.2	5	0.40	3.6
Blonde Eggnog Latte	Grande	879	209	8.3	5.2	25.7	24.4	0.2	7.9	0.57	3.6
Blonde Eggnog Latte	Venti	919	218	7.9	5	29	27.1	0.3	7.7	0.63	5.4
Blonde Eggnog Latte	Tall	430	102	0.6							

Decaf Iced Toffee Nut Latte - coconut drink	Venti	731	175	5.6	5	26.6	24.7	3.6	2.6	0.50	5.4
Blonde Iced Gingerbread Latte - semi skimmed milk	Tall	460	109	2.7	2.6	15.5	14.4	0.3	5.6	0.17	85.5
Blonde Iced Gingerbread Latte - semi skimmed milk	Grande	700	166	4.1	4.1	23.3	22.1	0.3	8.6	0.27	85.5
Blonde Iced Gingerbread Latte - semi skimmed milk	Venti	763	181	4.1	3.9	27.2	25.5	0.5	8.5	0.27	128.2
Blonde Iced Gingerbread Latte - whole milk	Tall	561	133	5.5	3.5	15.3	14.3	0.3	5.4	0.17	85.5
Blonde Iced Gingerbread Latte - whole milk	Grande	858	204	8.6	5.4	23.1	21.9	0.3	8.3	0.27	85.5
Blonde Iced Gingerbread Latte - whole milk	Venti	916	218	8.4	5.3	27	25.3	0.5	8.2	0.27	128.2
Blonde Iced Gingerbread Latte - skimmed milk	Tall	385	91	0.6	0.2	15.6	14.6	0.3	5.6	0.18	85.5
Blonde Iced Gingerbread Latte - skimmed milk	Grande	582	138	0.8	0.4	23.6	22.4	0.3	8.6	0.28	85.5
Blonde Iced Gingerbread Latte - skimmed milk	Venti	649	154	0.9	0.4	27.4	25.7	0.5	8.5	0.28	128.2
Blonde Iced Gingerbread Latte - almond drink	Tall	307	75	1.9	0.2	12.1	11.1	0.6	1.1	0.12	85.5
Blonde Iced Gingerbread Latte - almond drink	Grande	459	112	2.9	0.3	18.1	16.9	0.8	1.5	0.19	85.5
Blonde Iced Gingerbread Latte - almond drink	Venti	530	129	2.9	0.3	22.1	20.4	0.9	1.6	0.19	128.2
Blonde Iced Gingerbread Latte - soya drink	Tall	423	100	3	0.5	12.5	11.1	1.2	5.3	0.16	85.5
Blonde Iced Gingerbread Latte - soya drink	Grande	641	152	4.6	0.8	18.6	17	1.7	8.1	0.26	85.5
Blonde Iced Gingerbread Latte - soya drink	Venti	706	167	4.5	0.8	22.6	20.5	1.8	8	0.25	128.2
Blonde Iced Gingerbread Latte - oat drink	Tall	528	126	4.6	0.5	18.5	12.3	1.8	1.5	0.21	85.5
Blonde Iced Gingerbread Latte - oat drink	Grande	806	192	7.2	0.8	28.1	18.8	2.7	2.2	0.33	85.5
Blonde Iced Gingerbread Latte - oat drink	Venti	866	206	7.1	0.8	31.8	22.3	2.7	2.3	0.32	128.2
Blonde Iced Gingerbread Latte - coconut drink	Tall	429	103	3.9	3.5	13.7	12.6	2.6	1.8	0.08	85.5
Blonde Iced Gingerbread Latte - coconut drink	Grande	651	157	6	5.5	20.5	19.3	3.9	2.7	0.13	85.5
Blonde Iced Gingerbread Latte - coconut drink	Venti	715	172	5.9	5.3	24.5	22.7	3.9	2.8	0.13	128.2
Decaf Iced Gingerbread Latte - semi skimmed milk	Tall	511	121	2.5	2.4	19.2	17.6	0.3	5.2	0.17	3.6
Decaf Iced Gingerbread Latte - semi skimmed milk	Grande	751	178	4	3.9	27.1	25.3	0.3	8.2	0.27	3.6
Decaf Iced Gingerbread Latte - semi skimmed milk	Venti	810	192	3.9	3.7	31	28.5	0.4	7.9	0.26	5.4
Decaf Iced Gingerbread Latte - whole milk	Tall	605	144	5.2	3.2	19.1	17.5	0.3	5	0.17	3.6
Decaf Iced Gingerbread Latte - whole milk	Grande	902	214	8.3	5.2	26.9	25.1	0.3	7.9	0.26	3.6
Decaf Iced Gingerbread Latte - whole milk	Venti	953	226	7.9	5	30.8	28.3	0.4	7.7	0.26	5.4
Decaf Iced Gingerbread Latte - skimmed milk	Tall	442	105	0.6	0.2	19.4	17.8	0.3	5.2	0.17	3.6
Decaf Iced Gingerbread Latte - skimmed milk	Grande	638	151	0.8	0.3	27.3	25.6	0.3	8.2	0.27	3.6
Decaf Iced Gingerbread Latte - skimmed milk	Venti	702	166	0.8	0.3	31.2	28.7	0.4	7.9	0.27	5.4
Decaf Iced Gingerbread Latte - almond drink	Tall	369	89	1.8	0.2	16.1	14.5	0.6	1	0.12	3.6
Decaf Iced Gingerbread Latte - almond drink	Grande	521	126	2.8	0.3	22	20.3	0.7	1.4	0.19	3.6
Decaf Iced Gingerbread Latte - almond drink	Venti	591	143	2.7	0.3	26.2	23.7	0.8	1.5	0.19	5.4
Decaf Iced Gingerbread Latte - soya drink	Tall	476	113	2.8	0.5	16.4	14.6	1.1	4.9	0.16	3.6
Decaf Iced Gingerbread Latte - soya drink	Grande	694	164	4.4	0.7	22.6	20.4	1.6	7.7	0.25	3.6
Decaf Iced Gingerbread Latte - soya drink	Venti	756	179	4.3	0.7	26.7	23.8	1.7	7.5	0.25	5.4
Decaf Iced Gingerbread Latte - oat drink	Tall	574	137	4.3	0.5	22	15.7	1.7	1.4	0.20	3.6
Decaf Iced Gingerbread Latte - oat drink	Grande	852	203	6.9	0.7	31.6	22.2	2.5	2.1	0.32	3.6
Decaf Iced Gingerbread Latte - oat drink	Venti	906	216	6.6	0.7	35.3	25.5	2.5	2.1	0.31	5.4
Decaf Iced Gingerbread Latte - coconut drink	Tall	482	116	3.6	3.3	17.5	16	2.4	1.7	0.08	3.6
Decaf Iced Gingerbread Latte - coconut drink	Grande	703	169	5.8	5.2	24.4	22.6	3.7	2.5	0.13	3.6
Decaf Iced Gingerbread Latte - coconut drink	Venti	765	183	5.6	5	28.4	25.9	3.6	2.6	0.13	5.4
Blonde Iced Caramel Waffle Latte - semi skimmed milk	Tall	499	119	3.2	2.9	16.6	14.8	0.3	5.7	0.19	85.5
Blonde Iced Caramel Waffle Latte - semi skimmed milk	Grande	733	174	4.7	4.4	24.2	22.3	0.3	8.7	0.28	85.5
Blonde Iced Caramel Waffle Latte - semi skimmed milk	Venti	791	188	4.6	4.3	27.7	25.4	0.5	8.6	0.27	128.2
Blonde Iced Caramel Waffle Latte - whole milk	Tall	599	143	6.1	3.8	16.4	14.6	0.3	5.5	0.18	85.5
Blonde Iced Caramel Waffle Latte - whole milk	Grande	892	212	9.2	5.8	23.9	22	0.3	8.5	0.27	85.5
Blonde Iced Caramel Waffle Latte - whole milk	Venti	944	225	8.9	5.6	27.5	25.2	0.5	8.4	0.26	128.2
Blonde Iced Caramel Waffle Latte - skimmed milk	Tall	424	101	1.1	0.6	16.7	14.9	0.3	5.7	0.19	85.5
Blonde Iced Caramel Waffle Latte - skimmed milk	Grande	615	146	1.4	0.7	24.4	22.5	0.3	8.7	0.28	85.5
Blonde Iced Caramel Waffle Latte - skimmed milk	Venti	677	161	1.4	0.7	28	25.6	0.5	8.6	0.28	128.2
Blonde Iced Caramel Waffle Latte - almond drink	Tall	346	84	2.4	0.5	13.2	11.4	0.6	1.2	0.13	85.5
Blonde Iced Caramel Waffle Latte - almond drink	Grande	493	120	3.4	0.6	18.9	17	0.8	1.6	0.20	85.5
Blonde Iced Caramel Waffle Latte - almond drink	Venti	558	135	3.4	0.6	22.6	20.3	0.9	1.7	0.19	128.2
Blonde Iced Caramel Waffle Latte - soya drink	Tall	461	110	3.5	0.8	13.6	11.5	1.2	5.4	0.17	85.5
Blonde Iced Caramel Waffle Latte - soya drink	Grande	674	160	5.1	1.1	19.4	17.1	1.8	8.2	0.26	85.5
Blonde Iced Caramel Waffle Latte - soya drink	Venti	734	174	5.1	1.1	23.2	20.4	1.9	8.2	0.25	128.2
Blonde Iced Caramel Waffle Latte - oat drink	Tall	566	135	5.2	0.8	19.6	12.7	1.8	1.6	0.22	85.5
Blonde Iced Caramel Waffle Latte - oat drink	Grande	840	200	7.7	1.1	28.9	19	2.7	2.3	0.33	85.5
Blonde Iced Caramel Waffle Latte - oat drink	Venti	894	213	7.6	1.1	32.3	22.2	2.8	2.5	0.32	128.2
Blonde Iced Caramel Waffle Latte - coconut drink	Tall	467	113	4.4	3.8	14.8	13	2.6	1.9	0.09	85.5
Blonde Iced Caramel Waffle Latte - coconut drink	Grande	684	165	6.6	5.8	21.3	19.4	3.9	2.8	0.13	85.5
Blonde Iced Caramel Waffle Latte - coconut drink	Venti	743	179	6.4	5.6	25	22.6	3.9	2.9	0.13	128.2
Decaf Iced Caramel Waffle Latte - semi skimmed milk	Tall	545	129	3	2.7	20	17.8	0.3	5.3	0.17	3.6
Decaf Iced Caramel Waffle Latte - semi skimmed milk	Grande	779	185	4.5	4.2	27.6	25.2	0.3	8.3	0.27	3.6
Decaf Iced Caramel Waffle Latte - semi skimmed milk	Venti	832	198	4.4	4	31.2	28.2	0.4	8.1	0.26	5.4
Decaf Iced Caramel Waffle Latte - whole milk	Tall	638	152	5.7	3.6	19.9	17.6	0.3	5.2	0.17	3.6
Decaf Iced Caramel Waffle Latte - whole milk	Grande	930	221	8.8	5.5	27.4	25	0.3	8.1	0.26	3.6
Decaf Iced Caramel Waffle Latte - whole milk	Venti	976	232	8.4	5.3	31	28	0.4	7.9	0.25	5.4
Decaf Iced Caramel Waffle Latte - skimmed milk	Tall	475	113	1.1	0.6	20.2	17.9	0.3	5.3	0.18	3.6
Decaf Iced Caramel Waffle Latte - skimmed milk	Grande	666	158	1.3	0.7	27.8	25.5	0.3	8.3	0.27	3.6
Decaf Iced Caramel Waffle Latte - skimmed milk	Venti	725	172	1.4	0.7	31.5	28.4	0.4	8.1	0.26	5.4
Decaf Iced Caramel Waffle Latte - almond drink	Tall	402	97	2.3	0.5	16.9	14.6	0.6	1.1	0.13	3.6
Decaf Iced Caramel Waffle Latte - almond drink	Grande	549	133	3.3	0.6	22.6	20.2	0.7	1.5	0.19	3.6
Decaf Iced Caramel Waffle Latte - almond drink	Venti	614	148	3.3	0.6	26.4	23.4	0.8	1.6	0.18	5.4
Decaf Iced Caramel Waffle Latte - soya drink	Tall	510	121	3.3	0.8	17.2	14.7	1.1	5	0.16	3.6
Decaf Iced Caramel Waffle Latte - soya drink	Grande	722	171	4.9	1	23.1	20.3	1.7	7.9	0.25	3.6
Decaf Iced Caramel Waffle Latte - soya drink	Venti	779	185	4.8	1	26.9	23.5	1.7	7.6	0.24	5.4
Decaf Iced Caramel Waffle Latte - oat drink	Tall	608	145	4.9	0.8	22.8	15.8	1.7	1.5	0.21	3.6
Decaf Iced Caramel Waffle Latte - oat drink	Grande	880	210	7.4	1	32.1	22.1	2.6	2.2	0.32	3.6
Decaf Iced Caramel Waffle Latte - oat drink	Venti	929	221	7.2	1	35.5	25.2	2.6	2.3	0.30	5.4
Decaf Iced Caramel Waffle Latte - coconut drink	Tall	515	124	4.2	3.6	18.4	16.1	2.4	1.8	0.09	3.6
Decaf Iced Caramel Waffle Latte - coconut drink	Grande	731	176	6.3	5.6	24.9	22.5	3.7	2.7	0.13	3.6
Decaf Iced Caramel Waffle Latte - coconut drink	Venti	787	189	6.1	5.3	28.7	25.6	3.6	2.7	0.12	5.4
Blonde Iced Eggnog Latte	Tall	842	202	9	5.3	23.2	22.4	0.8	6.1	0.33	85.5
Blonde Iced Eggnog Latte	Grande	1051	252	11.2	6.7	29	28.2	0.9	7.6	0.41	85.5
Blonde Iced Eggnog Latte	Venti	1467	351	15.7	9.3	40.5	39.4	1.3	10.6	0.57	128.2
Decaf Iced Eggnog Latte	Tall	848	203	9	5.3	23.6	22.4	0.8	6.1	0.33	3.6
Decaf Iced Eggnog Latte	Grande	1057	253	11.2	6.7	29.4	28.2	0.9	7.6	0.41	3.6
Decaf Iced Eggnog Latte	Venti	1476	353	15.7	9.3	41.1	39.4	1.2	10.6	0.57	5.4
Blonde Caramel Waffle Cream Iced Latte - semi skimmed milk	Tall	1198	287	16.1	11	28.9	26.4	0.4	6.4	0.23	85.5
Blonde Caramel Waffle Cream Iced Latte - semi skimmed milk	Grande	1458	349	18.1	12.8	36.9	34.3	0.4	9.5	0.32	85.5
Blonde Caramel Waffle Cream Iced Latte - semi skimmed milk	Venti	1551	371	18.6	13.1	41.1	38	0.5	9.4	0.32	128.2
Blonde Caramel Waffle Cream Iced Latte - whole milk	Tall	1298	311	19	11.9	28.7	26.2	0.4	6.3	0.23	85.5
Blonde Caramel Waffle Cream Iced Latte - whole milk	Grande	1616	386	22.5	14.2	36.7	34	0.4	9.2	0.32	85.5
Blonde Caramel Waffle Cream Iced Latte - whole milk	Venti	1704	407	23	14.4	40.9	37.8	0.5	9.2	0.31	128.2
Blonde Caramel Waffle Cream Iced Latte - skimmed milk	Tall	1123	269	14	8.6	29	26.5	0.4	6.4	0.23	85.5
Blonde Caramel Waffle Cream Iced Latte - skimmed milk	Grande	1340	320	14.8	9.1	37.1	34.5	0.4	9.5	0.33	85.5
Blonde Caramel Waffle Cream Iced Latte - skimmed milk	Venti	1437	343	15.4	9.5	41.3	38.2	0.5	9.4	0.32	128.2
Blonde Caramel Waffle Cream Iced Latte - almond drink	Tall	1045	252	15.3	8.6	25.5	23	0.7	1.9	0.18	85.5
Blonde Caramel Waffle Cream Iced Latte - almond drink	Grande	1218	294	16.8	9	31.6	29	0.8	2.4	0.24	85.5
Blonde Caramel Waffle Cream Iced Latte - almond drink	Venti	1318	318	17.5	9.4	36	32.9	1	2.5	0.24	128.2
Blonde Caramel Waffle Cream Iced Latte - soya drink	Tall	1160	278	16.4	8.9	25.9	23.1	1.3	6.1	0.22	85.5
Blonde Caramel Waffle Cream Iced Latte - soya drink	Grande	1399	334	18.5	9.5	32.2	29.1	1.8	9	0.31	85.5
Blonde Caramel Waffle Cream Iced Latte - soya drink	Venti	1494	357	19.1	9.9	36.5	33	1.9	8.9	0.30	128.2
Blonde Caramel Waffle Cream Iced Latte - oat drink	Tall	1265	303	18.1	8.9	31.9	24.3	1.9	2.4	0.26	85.5
Blonde Caramel Waffle Cream Iced Latte - oat drink	Grande	1564	375	21.1	9.5	41.6	31	2.7	3.1	0.38	85.5
Blonde Caramel Waffle Cream Iced Latte - oat drink	Venti	1654	396	21.6	9.9	45.7	34.8	2.8	3.2	0.37	128.2
Blonde Caramel Waffle Cream Iced Latte - coconut drink	Tall	1166	281	17.3	11.9	27.1	24.6	2.6	2.7	0.14	

Decaf Iced Caramel Waffle Cream Latte - soya drink	Venti	1539	368	18.8	9.8	40.3	36.1	1.7	8.4	0.29	5.4
Decaf Iced Caramel Waffle Cream Latte - oat drink	Tall	1306	313	17.8	8.9	35.1	27.4	1.7	2.2	0.25	3.6
Decaf Iced Caramel Waffle Cream Latte - oat drink	Grande	1605	384	20.8	9.4	44.9	34.1	2.6	3	0.36	3.6
Decaf Iced Caramel Waffle Cream Latte - oat drink	Venti	1689	404	21.2	9.8	48.9	37.8	2.6	3.1	0.35	5.4
Decaf Iced Caramel Waffle Cream Latte - coconut drink	Tall	1214	292	17.1	11.7	30.7	27.7	2.4	2.5	0.13	3.6
Decaf Iced Caramel Waffle Cream Latte - coconut drink	Grande	1456	350	19.7	13.9	37.7	34.5	3.7	3.4	0.17	3.6
Decaf Iced Caramel Waffle Cream Latte - coconut drink	Venti	1548	372	20.1	14.1	42	38.2	3.7	3.5	0.17	5.4
Decaf Toffee Nut Coffee Frappuccino® Blended Beverage - semi skimmed milk	Tall	897	214	10.4	7.7	26.9	26.3	0.1	3.1	0.42	1.5
Decaf Toffee Nut Coffee Frappuccino® Blended Beverage - semi skimmed milk	Grande	1160	277	13.5	10	34.8	33.9	0.2	3.7	0.54	2.6
Decaf Toffee Nut Coffee Frappuccino® Blended Beverage - semi skimmed milk	Venti	1305	311	13.5	10	43.1	41.8	0.2	3.7	0.67	3.9
Decaf Toffee Nut Coffee Frappuccino® Blended Beverage - whole milk	Tall	941	225	11.6	8.1	26.8	26.3	0.1	3	0.42	1.5
Decaf Toffee Nut Coffee Frappuccino® Blended Beverage - whole milk	Grande	1211	289	15	10.5	34.7	33.8	0.2	3.6	0.54	2.6
Decaf Toffee Nut Coffee Frappuccino® Blended Beverage - whole milk	Venti	1355	323	15	10.5	43	41.7	0.2	3.7	0.66	3.9
Decaf Toffee Nut Coffee Frappuccino® Blended Beverage - skimmed milk	Tall	864	206	9.4	6.7	26.9	26.4	0.1	3.1	0.42	1.5
Decaf Toffee Nut Coffee Frappuccino® Blended Beverage - skimmed milk	Grande	1122	268	12.5	8.8	34.8	34	0.2	3.7	0.54	2.6
Decaf Toffee Nut Coffee Frappuccino® Blended Beverage - skimmed milk	Venti	1268	302	12.5	8.9	43.1	41.9	0.2	3.7	0.67	3.9
Decaf Toffee Nut Coffee Frappuccino® Blended Beverage - almond drink	Tall	829	199	10	6.7	25.4	24.9	0.2	1.1	0.40	1.5
Decaf Toffee Nut Coffee Frappuccino® Blended Beverage - almond drink	Grande	1083	259	13.1	8.8	33.1	32.2	0.3	1.4	0.51	2.6
Decaf Toffee Nut Coffee Frappuccino® Blended Beverage - almond drink	Venti	1229	294	13.2	8.8	41.4	40.1	0.4	1.5	0.64	3.9
Decaf Toffee Nut Coffee Frappuccino® Blended Beverage - soya drink	Tall	880	210	10.5	6.8	25.5	24.9	0.5	2.9	0.41	1.5
Decaf Toffee Nut Coffee Frappuccino® Blended Beverage - soya drink	Grande	1141	272	13.7	9	33.3	32.2	0.6	3.5	0.53	2.6
Decaf Toffee Nut Coffee Frappuccino® Blended Beverage - soya drink	Venti	1286	307	13.7	9	41.6	40.2	0.7	3.6	0.66	3.9
Decaf Toffee Nut Coffee Frappuccino® Blended Beverage - oat drink	Tall	926	221	11.2	6.8	28.2	25.4	0.8	1.3	0.43	1.5
Decaf Toffee Nut Coffee Frappuccino® Blended Beverage - oat drink	Grande	1194	285	14.5	9	36.3	32.8	0.9	1.6	0.56	2.6
Decaf Toffee Nut Coffee Frappuccino® Blended Beverage - oat drink	Venti	1339	319	14.5	9	44.6	40.8	1	1.7	0.68	3.9
Decaf Toffee Nut Coffee Frappuccino® Blended Beverage - coconut drink	Tall	883	211	10.9	8.1	26.1	25.5	1.1	1.4	0.38	1.5
Decaf Toffee Nut Coffee Frappuccino® Blended Beverage - coconut drink	Grande	1144	274	14.1	10.5	33.9	33	1.3	1.8	0.49	2.6
Decaf Toffee Nut Coffee Frappuccino® Blended Beverage - coconut drink	Venti	1289	308	14.1	10.5	42.2	40.9	1.4	1.9	0.62	3.9
Decaf Gingerbread Coffee Frappuccino® Blended Beverage - semi skimmed milk	Tall	996	238	13.4	8.8	26.6	25.9	0.1	2.4	0.34	1.5
Decaf Gingerbread Coffee Frappuccino® Blended Beverage - semi skimmed milk	Grande	1223	292	15.7	10.3	34.4	33.3	0.2	2.9	0.44	2.6
Decaf Gingerbread Coffee Frappuccino® Blended Beverage - semi skimmed milk	Venti	1372	328	15.7	10.3	43	41.5	0.3	2.9	0.54	3.9
Decaf Gingerbread Coffee Frappuccino® Blended Beverage - whole milk	Tall	1040	249	14.7	9.2	26.6	25.9	0.1	2.4	0.34	1.5
Decaf Gingerbread Coffee Frappuccino® Blended Beverage - whole milk	Grande	1274	304	17.1	10.7	34.4	33.3	0.2	2.8	0.43	2.6
Decaf Gingerbread Coffee Frappuccino® Blended Beverage - whole milk	Venti	1422	339	17.1	10.7	42.9	41.4	0.3	2.8	0.53	3.9
Decaf Gingerbread Coffee Frappuccino® Blended Beverage - skimmed milk	Tall	963	230	12.5	7.8	26.7	26	0.1	2.4	0.34	1.5
Decaf Gingerbread Coffee Frappuccino® Blended Beverage - skimmed milk	Grande	1185	283	14.6	9.1	34.5	33.4	0.2	2.9	0.44	2.6
Decaf Gingerbread Coffee Frappuccino® Blended Beverage - skimmed milk	Venti	1335	319	14.7	9.1	43.1	41.5	0.3	2.9	0.54	3.9
Decaf Gingerbread Coffee Frappuccino® Blended Beverage - almond drink	Tall	929	223	13.1	7.7	25.2	24.5	0.3	0.4	0.32	1.5
Decaf Gingerbread Coffee Frappuccino® Blended Beverage - almond drink	Grande	1145	275	15.3	9.1	32.8	31.6	0.4	0.6	0.41	2.6
Decaf Gingerbread Coffee Frappuccino® Blended Beverage - almond drink	Venti	1296	310	15.3	9.1	41.3	39.8	0.4	0.7	0.51	3.9
Decaf Gingerbread Coffee Frappuccino® Blended Beverage - soya drink	Tall	979	234	13.5	7.9	25.3	24.5	0.5	2.3	0.34	1.5
Decaf Gingerbread Coffee Frappuccino® Blended Beverage - soya drink	Grande	1204	288	15.8	9.2	32.9	31.7	0.7	2.7	0.43	2.6
Decaf Gingerbread Coffee Frappuccino® Blended Beverage - soya drink	Venti	1353	323	15.9	9.2	41.5	39.8	0.7	2.8	0.53	3.9
Decaf Gingerbread Coffee Frappuccino® Blended Beverage - oat drink	Tall	1026	245	14.3	7.9	28	25	0.8	0.6	0.36	1.5
Decaf Gingerbread Coffee Frappuccino® Blended Beverage - oat drink	Grande	1257	301	16.7	9.2	36	32.3	1	0.8	0.45	2.6
Decaf Gingerbread Coffee Frappuccino® Blended Beverage - oat drink	Venti	1406	336	16.7	9.2	44.5	40.4	1	0.9	0.55	3.9
Decaf Gingerbread Coffee Frappuccino® Blended Beverage - coconut drink	Tall	982	236	13.9	9.2	25.8	25.1	1.1	0.8	0.30	1.5
Decaf Gingerbread Coffee Frappuccino® Blended Beverage - coconut drink	Grande	1207	289	16.3	10.7	33.5	32.4	1.4	1	0.39	2.6
Decaf Gingerbread Coffee Frappuccino® Blended Beverage - coconut drink	Venti	1356	325	16.3	10.7	42.1	40.6	1.4	1	0.49	3.9
Decaf Caramel Waffle Coffee Frappuccino® Blended Beverage - semi skimmed milk	Tall	929	222	10.9	8.1	27.5	26	0.1	3.2	0.36	1.5
Decaf Caramel Waffle Coffee Frappuccino® Blended Beverage - semi skimmed milk	Grande	1194	285	14	10.4	35.5	33.7	0.2	3.8	0.45	2.6
Decaf Caramel Waffle Coffee Frappuccino® Blended Beverage - semi skimmed milk	Venti	1341	320	14.1	10.4	43.9	41.7	0.3	3.9	0.55	3.9
Decaf Caramel Waffle Coffee Frappuccino® Blended Beverage - whole milk	Tall	973	232	12.1	8.5	27.4	26	0.1	3.1	0.36	1.5
Decaf Caramel Waffle Coffee Frappuccino® Blended Beverage - whole milk	Grande	1245	297	15.5	10.8	35.4	33.6	0.2	3.7	0.45	2.6
Decaf Caramel Waffle Coffee Frappuccino® Blended Beverage - whole milk	Venti	1391	332	15.5	10.8	43.8	41.6	0.3	3.8	0.55	3.9
Decaf Caramel Waffle Coffee Frappuccino® Blended Beverage - skimmed milk	Tall	896	214	10	7	27.5	26.1	0.1	3.2	0.36	1.5
Decaf Caramel Waffle Coffee Frappuccino® Blended Beverage - skimmed milk	Grande	1156	276	13	9.2	35.5	33.7	0.2	3.8	0.45	2.6
Decaf Caramel Waffle Coffee Frappuccino® Blended Beverage - skimmed milk	Venti	1304	311	13	9.2	44	41.8	0.3	3.9	0.55	3.9
Decaf Caramel Waffle Coffee Frappuccino® Blended Beverage - almond drink	Tall	861	206	10.5	7	26	24.5	0.3	1.2	0.33	1.5
Decaf Caramel Waffle Coffee Frappuccino® Blended Beverage - almond drink	Grande	1116	268	13.6	9.1	33.8	32	0.4	1.5	0.43	2.6
Decaf Caramel Waffle Coffee Frappuccino® Blended Beverage - almond drink	Venti	1265	303	13.7	9.2	42.2	40	0.4	1.6	0.52	3.9
Decaf Caramel Waffle Coffee Frappuccino® Blended Beverage - soya drink	Tall	912	218	11	7.1	26.1	24.6	0.5	3	0.35	1.5
Decaf Caramel Waffle Coffee Frappuccino® Blended Beverage - soya drink	Grande	1175	281	14.2	9.3	34	32	0.7	3.7	0.45	2.6
Decaf Caramel Waffle Coffee Frappuccino® Blended Beverage - soya drink	Venti	1322	315	14.2	9.3	42.4	40	0.7	3.7	0.54	3.9
Decaf Caramel Waffle Coffee Frappuccino® Blended Beverage - oat drink	Tall	958	229	11.7	7.1	28.8	25.1	0.8	1.4	0.37	1.5
Decaf Caramel Waffle Coffee Frappuccino® Blended Beverage - oat drink	Grande	1228	293	15	9.3	37	32.6	1	1.8	0.47	2.6
Decaf Caramel Waffle Coffee Frappuccino® Blended Beverage - oat drink	Venti	1375	328	15	9.3	45.4	40.6	1	1.9	0.57	3.9
Decaf Caramel Waffle Coffee Frappuccino® Blended Beverage - coconut drink	Tall	915	219	11.4	8.5	26.7	25.2	1.1	1.5	0.32	1.5
Decaf Caramel Waffle Coffee Frappuccino® Blended Beverage - coconut drink	Grande	1178	282	14.6	10.8	34.6	32.7	1.4	1.9	0.41	2.6
Decaf Caramel Waffle Coffee Frappuccino® Blended Beverage - coconut drink	Venti	1325	317	14.7	10.8	43	40.8	1.4	2	0.50	3.9