

# Nutrition

## by the Cup

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

## Handcrafted just for you.

Whether you're counting calories, watching your fat and sugar intake or looking for something indulgent, you call the shots. It's your choice. And your drink.

## Delicious Sips 200 Calories or Less

Hot Beverages (Tall 354 mL)	Cal
Brewed Coffee	4 cal
Brewed Tea	0 cal
Skim Cappuccino	64 cal
Skim Caffè Latte	102 cal
Skim Caramel Macchiato	142 cal
Soy Chai Tea Latte	162 cal
Skim Caffè Mocha - No Whipped Cream	166 cal
Caffè Americano	11 cal
Cold Beverages (Tall 354 mL)	Cal
Coffee Frappuccino Blended Coffee	184 cal
Shaken Iced Tea (Unsweetened)	0 cal
Skim Iced Vanilla Latte	121 cal
Skim Iced Caramel Macchiato	139 cal
Iced Coffee (With Classic Syrup)	60 cal
Iced Soy Chai Latte	162 cal
Mango Frappuccino Blended Juice Drink	157 cal

## Contact Us

### Address

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### Telephone

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## And finally, the details

Nutritional information for beverages is calculated based on Starbucks standard recipes. Values are calculated using ESHA R&D SQL software.

Due to the handcrafted nature of these products, nutrient values may vary from those published here.

Nutrition information for soymilk beverages is based on U.S. soymilk, which may vary slightly from the soymilk used in your store.

A 2,000-calorie daily diet is used as the basis for general nutrition advice; however, individual calorie needs may vary.

Nutrition information is calculated with information provided by the suppliers who manufacture food for Starbucks Coffee Company. Starbucks attempts to provide product information that is as complete as possible. Variations may exist due to periodic changes in formulations. Serving sizes may vary from those used to calculate nutrition information. New product introduction or product changes during the life of this publication may cause the information to be incomplete. All of our non-packaged food products are produced and stored in environments where known allergens are present. Products may vary from location to location.

Starbucks in Australia is now proudly Australian owned.



## Personalise your drink.

There's no "right" way to order your drink, but there are lots of ways to personalise it. So just tell your barista what you want and we'll be happy to make it.

Choose your drink size.

### Espresso Beverages



Choose your espresso.

Decaf – When you want the full flavour but not all the caffeine.

Extra Shots – Add a shot or two for more of that coffee flavour.



Choose a syrup.

We have many different flavours to sweeten a drink, including a sugar-free option.

For less or more sweetness, just tell us the number of pumps you would like.



Choose your milk.

Your choices include skim milk, whole milk or soy.



Choose other modifiers.

Sugar Substitute – Equal,® SPLENDA® or Sweet'N Low® brand sweeteners.

Extra Hot – We steam our milk to around 70 degrees C but some like it hotter.

Whipped Cream (or Not) – Add a little fun to your drink or ask us to hold off.

### Frappuccino® blended beverages



Choose your coffee.

Decaf – When you want the full flavour but not all the caffeine.

Extra Coffee – Add a shot of espresso or extra Frappuccino® coffee for more of that coffee flavour.



Choose your milk.

Your choices include skim milk, whole milk or soy.



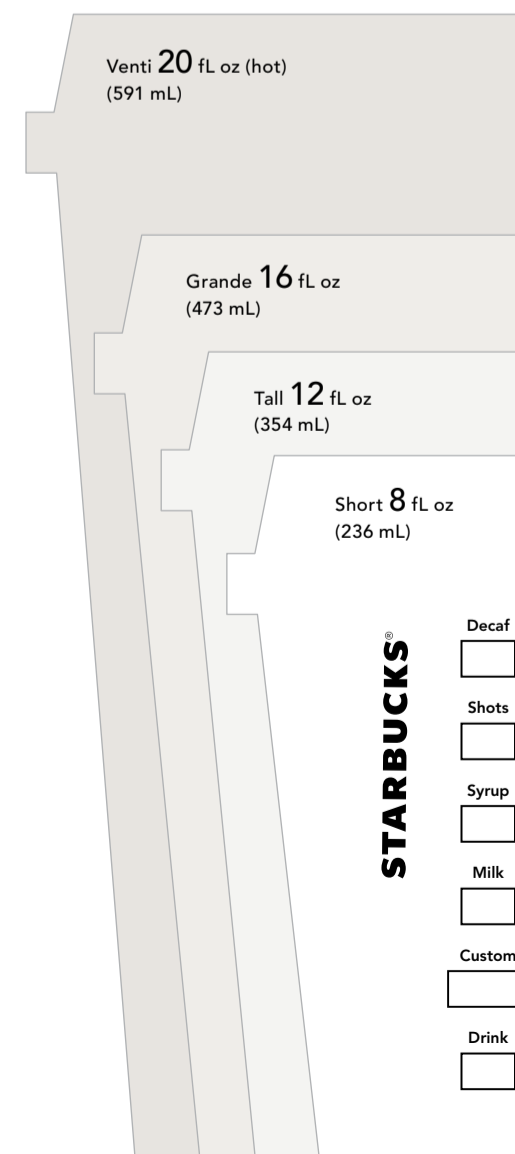
Choose other modifiers.

Whipped Cream (or Not) – Top your drink off with a little indulgence or ask for it without.

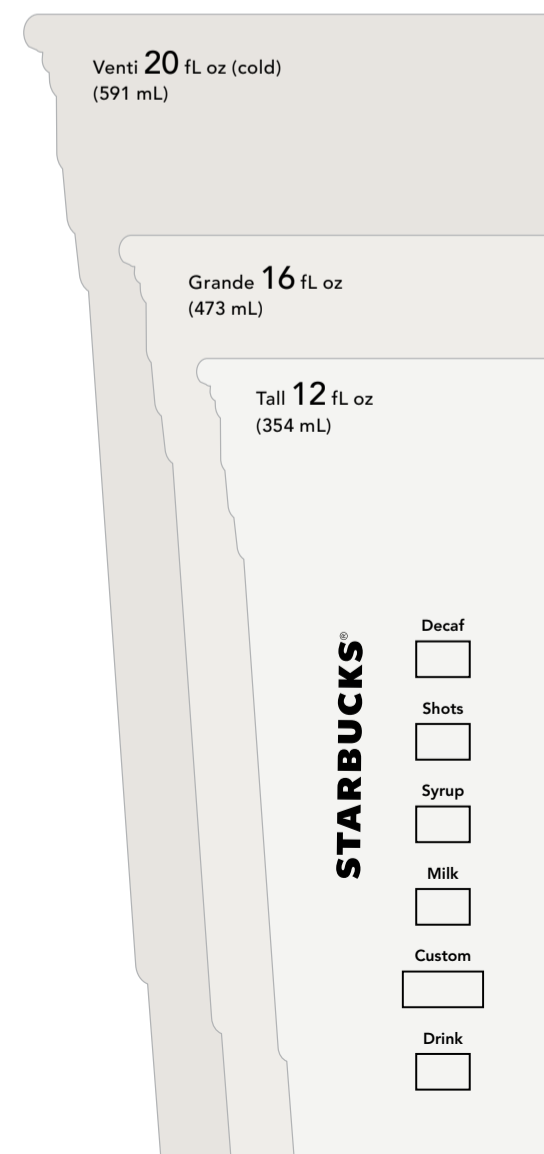
Syrups – We have many different flavours to sweeten or spice up your drink.

Toppings – Add a drizzle or a sprinkle and make it all about you.

### Hot Cup Sizes



### Cold Cup Sizes



### Caffeine Content

Caffeine information is approximate and is based on limited analytical data. These values reflect Starbucks standard brewing methods. Values can vary greatly depending on many factors, including the variety of the coffee beans and the brewing method. The handcrafted nature of our beverages may result in a variation from the reported values.



Espresso:  
75 mg caffeine  
per shot (29 mL)



Brewed Coffee:  
20 mg caffeine  
per 29 mL

# Nutrition listed by beverage

## Hot Beverages

	Calories	Kilocalories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)	
<b>Brewed Coffee</b>													
Short	3	11	0.1	0.0	0.0	0	5	0	0.0	0	0.3	160	
Tall	4	16	0.1	0.0	0.0	0	8	0	0.0	0	0.5	240	
Grande	5	21	0.1	0.0	0.0	0	10	0	0.0	0	0.6	320	
Venti	6	26	0.1	0.0	0.0	0	12	0	0.0	0	0.7	400	
<b>Espresso</b>													
Solo	6	24	0.0	0.0	0.0	0	0	1	0.0	0	0.4	75	
Doppio	11	48	0.0	0.0	0.0	0	1	2	0.0	0	0.7	150	
<b>Espresso Con Panna</b>													
Solo	31	129	2.5	1.5	0.1	9	3	2	0.0	1	0.5	75	
Doppio	36	153	2.5	1.5	0.1	9	3	2	0.0	1	0.9	150	
<b>Espresso Macchiato</b>													
Solo Skim Milk	7	30	0.0	0.0	0.0	0	2	1	0.0	0	0.5	75	
Whole Milk	8	35	0.2	0.1	0.0	0	2	1	0.0	0	0.5	75	
Soy	7	31	0.1	0.0	0.0	0	2	1	0.0	0	0.5	75	
Doppio	13	55	0.0	0.0	0.0	0	3	2	0.0	0	1.0	150	
Whole Milk	15	61	0.2	0.1	0.0	1	3	2	0.0	0	0.9	150	
Soy	13	56	0.1	0.0	0.0	0	3	2	0.0	0	0.9	150	
<b>Short Americano</b>													
Short	6	24	0.0	0.0	0.0	0	4	1	0.0	0	0.4	75	
Tall	11	48	0.0	0.0	0.0	0	6	2	0.0	0	0.7	150	
Grande	17	72	0.0	0.0	0.0	0	8	3	0.0	0	1.1	225	
Venti	23	95	0.0	0.0	0.0	0	11	4	0.0	0	1.4	300	
<b>Cappuccino</b>													
Short	Skim Milk	55	229	0.1	0.1	0.0	3	61	8	0.0	7	5.2	75
	Whole Milk	92	385	4.7	2.7	0.1	14	58	8	0.0	7	5.0	75
	Soy	62	259	2.2	0.3	0.0	6	67	6	0.6	3	4.3	75
Tall	Skim Milk	64	267	0.1	0.1	0.0	3	72	9	0.0	8	6.1	150
	Whole Milk	108	453	5.6	3.2	0.2	17	69	0.0	8	5.9	150	
	Soy	72	302	2.6	0.3	0.0	0	80	6	0.7	4	5.1	150
Grande	Skim Milk	82	344	0.2	0.1	0.0	4	88	12	0.0	10	7.7	150
	Whole Milk	136	570	6.8	3.9	0.2	21	84	11	0.0	9	7.4	150
	Soy	92	386	3.2	0.4	0.0	0	97	8	0.8	5	6.4	150
Venti	Skim Milk	109	456	0.2	0.2	0.0	6	121	16	0.0	14	10.4	225
	Whole Milk	184	768	9.3	5.4	0.3	29	116	15	0.0	13	10.0	225
	Soy	123	514	4.4	0.5	0.0	0	134	11	1.1	7	8.6	225
<b>Caffè Misto</b>													
Short	Skim Milk	37	156	0.1	0.1	0.0	2	47	5	0.0	5	3.7	75
	Whole Milk	65	271	3.5	2.0	0.1	11	45	5	0.0	5	3.6	75
	Soy	42	177	1.6	0.2	0.0	0	51	3	0.4	2	3.0	75
Tall	Skim Milk	56	234	0.2	0.1	0.0	3	70	8	0.0	6	5.6	115
	Whole Milk	97	407	5.2	3.0	0.2	16	67	7	0.0	7	5.3	115
	Soy	63	263	2.4	0.3	0.0	0	77	5	0.6	4	4.5	115
Grande	Skim Milk	73	304	0.2	0.1	0.0	4	91	10	0.0	10	7.2	150
	Whole Milk	126	529	6.8	3.9	0.2	21	87	9	0.0	9	6.9	150
	Soy	82	343	3.2	0.4	0.0	0	100	6	0.8	5	5.9	150
Venti	Skim Milk	92	385	0.3	0.2	0.0	5	116	13	0.0	13	9.2	195
	Whole Milk	160	670	8.6	4.9	0.3	26	111	12	0.0	12	8.8	195
	Soy	104	434	4.0	0.5	0.0	0	126	8	1.0	6	7.5	195
<b>Caffè Latte</b>													
Short	Skim Milk	67	279	0.1	0.1	0.0	4	76	10	0.0	9	6.4	75
	Whole Milk	113	474	5.8	3.3	0.2	18	72	9	0.0	8	6.1	75
	Soy	75	314	2.7	0.3	0.0	0	83	7	0.7	4	5.3	75
Tall	Skim Milk	102	428	0.2	0.2	0.0	6	120	15	0.0	14	9.9	75
	Whole Milk	176	737	9.2	5.3	0.3	28	114	14	0.0	13	9.5	75
	Soy	116	484	4.3	0.5	0.0	0	132	10	1.1	6	8.1	75
Grande	Skim Milk	131	550	0.3	0.2	0.0	7	149	19	0.0	18	12.6	150
	Whole Milk	223	934	11.5	6.6	0.4	35	142	18	0.0	16	12.1	150
	Soy	148	618	5.3	0.7	0.0	0	164	13	1.3	8	10.4	150
Venti	Skim Milk	168	705	0.4	0.3	0.0	9	195	25	0.0	23	16.3	150
	Whole Milk	289	1207	15.0	8.4	0.5	46	185	23	0.0	21	13.5	150
	Soy	190	796	7.0	0.9	0.0	0	214	16	1.7	10	13.4	150

	Calories	Kilocalories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)	
<b>Caffè Mocha with Whipped Cream</b>													
Short	Skim Milk	160	671	6.4	3.5	0.2	22	68	22	0.9	17	6.8	90
	Whole Milk	198	830	11.0	6.1	0.3	34	65	22	0.9	17	6.6	90
	Soy	167	700	8.5	3.7	0.2	19	85	20	1.5	13	5.9	90
Tall	Skim Milk	228	954	8.0	4.2	0.2	27	109	34	1.4	26	10.6	170
	Whole Milk	290	1213	15.5	8.5	0.4	46	104	33	1.4	16	10.2	170
	Soy	239	1002	11.4	4.5	0.2	22	119	29	2.3	20	9.1	170
Grande	Skim Milk	288	1205	9.7	4.9	0.2	32	133	44	1.9	34	13.4	175
	Whole Milk	364	1522	18.7	10.2	0.5	55	127	42	1.9	32	13.0	175
	Soy	302	1265	13.7	5.3	0.2	26	146	38	3.0	26	11.6	175
Venti	Skim Milk	347	1453	10.2	5.1	0.2	34	174	55	2.4	43	17.3	255
	Whole Milk	448	1875	22.5	12.1	0.6	65	166	53	2.4	41	16.7	255
	Soy	366	1532	15.7	5.6	0.2	26	192	48	3.8	32	14.9	255
<b>Caramel Macchiato</b>													
Short	Skim Milk	97	407	0.9	0.6	0.0	5	73	17	0.0	15	5.6	75
	Whole Milk	137	574	5.7	3.3	0.2	18	70	16	0.0	14	5.3	75
	Soy	104	433	3.0	0.8	0.0	2	78	14	0.6	11	4.5	75
Tall	Skim Milk	142	594	0.9	0.6	0.0	7	105	25	0.0	23	8.1	150
	Whole Milk	201	842	8.2	4.7	0.2	25	100	24	0.0	22	7.8	150
	Soy	153	640	4.2	0.9	0.0	2	115	21	0.9	17	6.7	150
Grande	Skim Milk	193	807	1.1	0.7	0.0	9	134	35	0.0	32	10.7	150
	Whole Milk	269	1127	10.5	6.0	0.3	32	128	34	0.0	31	10.3	150
	Soy	207	864	5.3	1.1	0.0	3	147	29	1.1	24	8.8	150
Venti	Skim Milk	239	1001	1.2	0.8	0.0	10	168	44	0.0	40	13.4	225
	Whole Milk	337	1408	13.1	7.5	0.4	40	161	42	0.0	39	12.9	225
	Soy	256	1072	6.5	1.3	0.0	3	184	37	1.4	30	11.0	225
<b>Vanilla Latte (Flavoured Latte)</b>													
Short	Skim Milk	101	421	0.1	0.1	0.0	3	71	19	0.0	17	6.0	75
	Whole Milk	144	601	5.4	3.1	0.2	17	68	18	0.0	17	5.7	75
	Soy	108	454	2.5	0.3	0.0	0	78	16	0.6	13	4.9	75
Tall	Skim Milk	142	594	0.9	0.6	0.0	7	105	25	0.0	23	8.1	150
	Whole Milk	201	842	8.2	4.7	0.2	25	100	24	0.0	22	7.8	150
	Soy	153	640	4.2	0.9	0.0	2	115	21	0.9	17	6.7	150
Grande	Skim Milk	193	807	1.1	0.7	0.0	9	134	35	0.0	32	10.7	150
	Whole Milk	269	1127	10.5	6.0	0.3	32	128	34	0.0	31	10.3	150
	Soy	207	864	5.3	1.1	0.0	3	147	29	1.1	24	8.8	150
Venti	Skim Milk	239	1001	1.2	0.8	0.0	10	168	44	0.0	40	13.4	225
	Whole Milk	337	1408	13.1	7.5	0.4	40	161	42	0.0	39	12.9	225
	Soy	256	1072	6.5	1.3	0.0	3	184	37	1.4	30	11.0	225
<b>White Chocolate Mocha with Whipped Cream</b>													
Short	Skim Milk	229	957	8.0	5.4	0.2	23	125	32	0.0	30	7.7	75
	Whole Milk	267	1116	12.7	8.1	0.3	35	122	32	0.0	30	7.5	75
	Soy	236	986	10.1	5.6	0.2	20	131	30	0.4	26	6.8	75
Tall	Skim Milk	331	1383	10.5	7.1	0.2	29	193	48	0.0	46	11.9	150
	Whole Milk	392	1642	18.0	11.4	0.4	48	189	47	0.0	45	11.5	150
	Soy	342											