# Nutrition by the Cup

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





Starbucks.ca/menu/nutrition

# 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 with 200 Calories or Less

Hot Beverages (Tall – 354 ml/12 fl oz)	
Brewed Tazo® Tea	0 cal
Brewed Coffee	4 cal
Caffè Americano	10 cal
Nonfat Cappuccino	60 cal
Skinny Vanilla Latte	100 cal
Nonfat Caramel Macchiato	140 cal
Caffè Latte	150 cal
Nonfat Vanilla Crème – Hold the Whip	150 cal
Tazo® Full-Leaf Tea Lattes Awake,™ Earl Grey, Vanilla Rooibos	140 cal
Nonfat Caffè Mocha – Hold the Whip	170 cal
Soy Tazo <sup>®</sup> Chai Tea Latte	160 cal
Steamed Apple Juice	170 cal
Cold Beverages (Tall – 354 ml/12 fl oz)	
Shaken Iced Tazo® Passion™ Tea (Unsweetened)	0 cal
Iced Brewed Coffee (with Classic Syrup)	60 cal
Iced Skinny Latte	60 cal
Caramel Frappuccino® Light Blended Coffee	e 100 cal
Shaken Iced Tazo® Tea Lemonade	100 cal
Iced Vanilla Latte	140 cal

140 cal

180 cal

Nonfat Iced Caramel Macchiato

Coffee Frappuccino® Blended Coffee

### Order your drink your way.

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



#### 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 or spice up a drink, including sugar-free options.

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



#### Choose your milk.

Your choices include 2% (reduced-fat) milk, nonfat milk, whole milk, organic soymilk or Lactaid® (in select locations).



#### Choose other modifiers.

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

Extra Hot – We steam our milk to around 70 degrees C (160 degrees F), but some like it hotter.

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



#### Frappuccino® blended beverage.

Choose your milk.

Adjust your coffee for more coffee flavour.

Try it "light" for  $\frac{1}{3}$  fewer calories.

Choose or adjust syrups.



# A couple more things you should know.

#### Cup Sizes Hot and Cold Beverages



#### 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.





Brewed Coffee: 20 mg caffeine (30 ml /1 fl oz)

# Hot Beverages

Cropes to the fact of the state of the state

Coffee																
	ed Coffee															
Short		3	0.1	0	0	0	5	0	0	0	0.3	0%	0%	0%	0%	175
Tall		4	0.1	0	0	0	10	0	0	0	0.5	0%	0%	0%	0%	260
Grande		5	0.1	0	0	0	10	0	0	0	1	0%	0%	0%	0%	330
Venti		5	0.1	0	0	0	10	0	0	0	1	0%	0%	2%	0%	410
Cla	ssic Esp	rocc	~ r	rinl	<b>'</b> C											
		1633	ט ב	/I II Ir	(5											
	è Latte	70	0.1	0.1	0	5	75	10	0	9	,	10%	0%	20%	0%	75
Short	Nonfat Milk 2% Milk	70 100	3.5	2	0.1	15	85	10	0	9	6	10%	0%	20%	0%	75
	Soymilk	70	2.5	0.4	0.1	0	65	6	1	4	5	6%	0%	20%	8%	75 75
Tall	Nonfat Milk	100	0.2	0.4	0	5	120	15	0	14	10	15%	0%	30%	0%	75
Idii	2% Milk	150	6	3	0.2	25	135	15	0	14	10	15%	0%	30%	0%	75
	Soymilk	110	4.5	0.5	0.2	0	105	10	1	6	8	10%	0%	30%	15%	75
Grande	Nonfat Milk	130	0.3	0.2	0	5	150	19	0	18	13	20%	0%	40%	0%	150
Granac	2% Milk	190	7	3.5	0.2	30	170	19	0	17	12	20%	2%	40%	0%	150
	Soymilk	150	5	0.5	0	0	130	13	1	8	10	15%	0%	40%	15%	150
Venti	Nonfat Milk	170	0.4	0.3	0	10	190	25	0	23	16	30%	0%	50%	0%	150
	2% Milk	240	9	4.5	0.3	35	220	24	0	22	16	25%	2%	50%	0%	150
	Soymilk	190	7	1	0	0	170	16	2	11	13	20%	0%	50%	25%	150
Caffè	Mocha (Wit															
Short	Nonfat Milk	110	1.5	1	0	5	60	21	1	17	7	8%	0%	15%	10%	85
	2% Milk	130	4	2	0.1	10	70	21	1	17	6	8%	0%	15%	10%	85
	Soymilk	110	3.5	1	0	0	55	19	2	13	6	6%	0%	15%	20%	85
Tall	Nonfat Milk	170	2	1	0	5	100	32	1	27	10	15%	0%	25%	20%	95
	2% Milk	200	6	3.5	0.1	20	115	32	1	26	10	15%	0%	25%	20%	95
	Soymilk	180	5	1.5	0	0	85	28	2	20	9	10%	0%	25%	30%	95
Grande	Nonfat Milk	220	2.5	1.5	0	5	125	43	2	34	13	20%	0%	35%	25%	175
	2% Milk	260	8	4.5	0.2	25	140	42	2	34	13	15%	2%	35%	25%	175
	Soymilk	230	7	2	0	0	105	37	3	26	11	10%	0%	35%	40%	175
Venti	Nonfat Milk	280	3	2	0	10	160	54	2	44	17	25%	0%	45%	30%	180
	2% Milk	340	11	6	0.2	30	180	53	2	43	17	20%	2%	45%	30%	180
) ( 111	Soymilk	290	9	2.5	0	0	140	47	4	33	14	15%	0%	45%	50%	180
	la Latte (Or C					_	=-									
Short	Nonfat Milk	100	0.1	0.1	0	5	70	19	0	18	6	10%	0%	20%	0%	75
	2% Milk	130	3.5	1.5	0.1	15	80	18	0	17	6	10%	0%	20%	0%	75
T-11	Soymilk	110 150	2.5	0.3	0	0 5	60 110	16	1	13 27	5 9	6% 15%	0% 0%	20% 30%	8% 0%	75 75
Tall	Nonfat Milk 2% Milk	200	0.2	0.1 2.5	0	20	125	28 28	0	27	9	15%	0%	30%	0%	75
	Soymilk	160	4	0.5	0.2	0	95	23	1	20	7	10%	0%	30%	15%	75
Grande	Nonfat Milk	200	0.3	0.2	0	5	140	37	0	35	12	20%	0%	35%	0%	150
Granue	2% Milk	250	6	3.5	0.2	25	150	37	0	35	12	20%	2%	35%	0%	150
	Soymilk	210	5	0.5	0.2	0	120	31	1	26	9	10%	0%	35%	15%	150
Venti	Nonfat Milk	250	0.3	0.2	0	10	180	47	0	45	15	25%	0%	50%	0%	150
-31111	2% Milk	320	9	4.5	0.3	35	200	46	0	44	15	25%	2%	45%	0%	150
	Soymilk	270	7	1	0	0	160	39	2	33	12	15%	0%	45%	20%	150
Caffè	Americano															
Short		5	0	0	0	0	5	1	0	0	0.4	0%	0%	0%	0%	75
Tall		10	0	0	0	0	10	2	0	0	1	0%	0%	2%	0%	150
Grande		15	0	0	0	0	15	3	0	0	1	0%	0%	2%	0%	225
Venti		25	0	0	0	0	15	4	0	0	1	0%	0%	2%	0%	300
	uccino															
Short	Nonfat Milk	50	0.1	0.1	0	5	60	8	0	7	5	8%	0%	15%	0%	75
	2% Milk	80	3	1.5	0.1	10	70	8	0	7	5	8%	0%	15%	0%	75
	Soymilk	50	1.5	0.2	0	0	40	4	0	3	3	4%	0%	10%	6%	75
Tall	Nonfat Milk	60	0.1	0.1	0	5	70	9	0	8	6	10%	0%	20%	0%	75
	2% Milk	90	3.5	1.5	0.1	15	80	9	0	8	6	10%	0%	20%	0%	75
	Soymilk	70	3	0.4	0	0	65	7	1	4	5	6%	0%	20%	8%	75
Grande		80	0.2	0.1	0	5	90	12	0	10	8	15%	0%	25%	0%	150
	2% Milk	120	4	2	0.1	15	100	12	0	10	8	10%	0%	25%	0% 10%	150
Venti	Soymilk Nonfat Milk	100	3.5	0.4	0	0 5	80	9	1	5	7	8% 20%	0%	25% 30%		150
Venti	2% Milk	110 150	0.2 6	0.2	0.2	5 25	120 135	16 16	0	14 14	10 10	15%	0% 0%	30%	0% 0%	150 150
	2% Milk Soymilk	120	4.5	0.5	0.2	0	110	11	1	7	9	10%	0%	35%	15%	150
	Joynnak	120	4.5	0.5	J	U	110	- 11	1	,	7	10 /0	U /0	JJ /0	13/0	130

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_																
Espre	esso	-	0	0	0	0	0	1	0	0	0.4	0%	0%	0%	0%	75
Solo		5	0	0	0	0	0	1	0							
Doppio		10	0	0	0	0	1	2	0	0	1	0%	0%	0%	0%	150
	y Latte (Any															
Short	Nonfat Milk	60	0.1	0.1	0	5	80	9	0	8	6	10%	0%	20%	0%	75
Tall	Nonfat Milk	100	0.2	0.1	0	5	125	14	0	13	9	15%	0%	30%	0%	75
	Nonfat Milk	120	0.3	0.2	0	5	160	18	0	16	12	20%	0%	35%	0%	150
Venti	Nonfat Milk	160	0.3	0.2	0	10	200	24	0	21	15	25%	0%	50%	0%	150
Sign	nature E	spr	esso	o Di	rink	s										
_	nel Macchia		C33.	J D	11111	,										
Short	Nonfat Milk		1	0.5	0	5	70	17	0	15	,	10%	0%	15%	0%	75
Snort		100									6					
	2% Milk	120	4	2	0.1	15	80	16	0	15	5	10%	0%	15%	0%	75
	Soymilk	100	3	1	0	0	60	14	1	11	4	6%	0%	15%	8%	75
Tall	Nonfat Milk	140	1	0.5	0	5	105	25	0	24	8	15%	0%	25%	0%	75
	2% Milk	180	5	3	0.1	20	115	25	0	23	8	15%	0%	25%	0%	75
	Soymilk	150	4.5	1	0	0	90	21	1	17	7	10%	0%	25%	10%	75
Grande	Nonfat Milk	190	1	1	0	10	130	35	0	32	11	20%	0%	35%	0%	150
	2% Milk	240	7	3.5	0.2	25	150	34	0	32	10	15%	2%	30%	0%	150
	Soymilk	200	5	1	0	5	115	29	1	24	9	10%	0%	35%	15%	150
Venti	Nonfat Milk	240	1	1	0	10	170	43	0	41	13	25%	0%	40%	0%	150
	2% Milk	300	8	4.5	0.2	35	180	43	0	40	13	20%	2%	40%	0%	150
	Soymilk	250	7	1.5	0	5	140	36	1	31	11	15%	0%	40%	20%	150
White	Chocolate															
Short	Nonfat Milk	180	3	2	0	5	120	31	0	29	7	10%	0%	25%	0%	75
	2% Milk	200	6	3.5	0.1	15	125	31	0	29	7	8%	2%	25%	0%	75
	Soymilk	180	5	2.5	0	0	110	28	1	25	6	6%	0%	25%	8%	75
Tall	Nonfat Milk	270	4.5	3.5	0	5	190	47	0	45	12	15%	2%	35%	0%	75
iuii	2% Milk	310	9	6	0.1	20	200	46	0	44	11	15%	2%	35%	0%	75
	Soymilk	280	8	3.5	0.1	0	170	42	1	39	10	10%	2%	35%	10%	75
C4-																
Grande	Nonfat Milk	350	6	4.5	0	10	240	61	0	58	15	20%	2%	45%	2%	150
	2% Milk	400	11	7	0.2	25	250	61	0	58	15	15%	2%	45%	0%	150
	Soymilk	370	10	5	0	0	220	56	1	51	13	10%	2%	45%	15%	150
Venti	Nonfat Milk	450	7	6	0	10	310	78	0	74	19	25%	2%	60%	2%	150
	2% Milk	510	15	9	0.2	35	330	77	0	74	19	20%	4%	60%	2%	150
	Soymilk	460	13	6	0	5	290	70	1	64	16	15%	2%	60%	20%	150
Hot C	Chocolate (W	/ithout	Whipp	ed Cre	am)											
Short	Nonfat Milk	130	1.5	1	0	5	70	26	1	23	7	10%	0%	20%	10%	10
	2% Milk	150	4.5	2.5	0.1	15	80	26	1	22	7	10%	0%	20%	10%	10
	Soymilk	130	3.5	1	0	0	60	23	2	18	6	6%	0%	20%	20%	10
Tall	Nonfat Milk	190	2	1	0	5	110	37	1	32	11	15%	0%	30%	20%	20
	2% Milk	230	7	3.5	0.2	20	120	37	1	32	10	15%	0%	30%	20%	20
	Soymilk	200	6	1.5	0	0	95	32	2	25	9	10%	0%	30%	30%	20
Grande	Nonfat Milk	240	2.5	1.5	0	5	140	48	2	41	14	20%	0%	40%	25%	25
	2% Milk	290	9	5	0.2	25	160	47	2	41	14	20%	2%	40%	25%	25
	Soymilk	250	7	2	0	0	125	41	3	32	12	15%	0%	40%	40%	25
Venti	Nonfat Milk	320	3	2	0	10	180	63	2	55	18	25%	0%	50%	30%	30
a cirti		380	11	6	0.3	35	200	63	2	54	17	25%	2%	50%	30%	30
	2% Milk		9	2.5					4							
Carc	Soymilk	330			0	0	160	55	4	44	15	15%	0%	50%	50%	30
	nel Apple S <sub>l</sub>						10	25	0	22	0	00/	09/	00/	09/	0
Short		140	0	0	0	0	10	35	0	33	0	0%	0%	0%	0%	0
Tall		210	0	0	0	0	15	53	0	49	0	0%	0%	0%	0%	0
Grande		280	0	0	0	0	20	70	0	65	0	0%	0%	0%	0%	0
Venti		360	0	0	0	0	25	89	0	83	0	0%	0%	0%	0%	0
Taz	o® Tea [	Drin	ks													
Tazo®																
Short		0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%	Varie
Tall		0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%	Varie
Grande		0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%	Varie
Venti				0	0			0								
	Chair i	0	0	U	U	0	0	U	0	0	0	0%	0%	0%	0%	Varie
	Chai Tea La		0.1	0.1	0	0	F0	20	0	24		101	00/	100/	00/	= 0
Short	Nonfat Milk	100	0.1	0.1	0	0	50	22	0	21	4	6%	0%	10%	0%	50
	2% Milk	120	2	1	0.1	10	55	22	0	21	4	6%	0%	10%	0%	50
	Soymilk	110	1.5	0.2	0	0	45	20	0	18	3	4%	0%	10%	6%	50

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Tall	Nonfat Milk	160	0.2	0.1	0	5	80	34	0	32	6	10%	0%	20%	2%	70
	2% Milk	190	3.5	1.5	0.1	15	90	34	0	32	6	10%	0%	20%	2%	70
	Soymilk	160	2.5	0.3	0	0	70	31	1	28	5	6%	0%	20%	10%	70
Grande	Nonfat Milk	210	0.2	0.1	0	5	105	45	0	43	8	15%	0%	25%	2%	95
Granac	2% Milk	240	4.5	2	0.1	20	115	45	0	42	8	10%	0%	25%	2%	95
	Soymilk	220	3.5	0.4	0	0	90	41	1	37	6	8%	0%	25%	10%	95
Venti	Nonfat Milk	260	0.3	0.2	0	5	135	57	0	54	10	15%	0%	35%	2%	120
***************************************	2% Milk	310	6	3	0.2	25	150	56	0	53	10	15%	2%	30%	2%	120
	Soymilk	280	4.5	0.5	0	0	115	51	1	46	8	10%	0%	30%	15%	120
Tazo®			1.0	0.0			110	0.				1070	0,0	0070	1070	120
Short	Nonfat Milk	130	0.2	0.1	0	5	85	26	0	25	7	10%	4%	20%	2%	25
	2% Milk	170	4	2	0.1	15	95	26	0	25	7	10%	6%	20%	2%	25
	Soymilk	140	3	0.4	0	0	70	22	1	20	6	8%	4%	20%	10%	25
Tall	Nonfat Milk	210	0.4	0.2	0	5	125	42	1	41	11	20%	10%	35%	4%	55
	2% Milk	260	6	3	0.2	25	140	41	1	40	10	15%	10%	35%	4%	55
	Soymilk	230	4.5	0.5	0	0	110	36	2	33	9	10%	10%	35%	15%	55
Grande	Nonfat Milk	290	0.5	0.2	0	10	160	57	1	56	14	25%	15%	45%	4%	80
	2% Milk	350	8	4	0.2	30	180	57	1	55	14	20%	15%	45%	4%	80
	Soymilk	310	6	1	0	0	140	50	3	46	11	15%	15%	45%	25%	80
Venti	Nonfat Milk	370	0.5	0.3	0	10	200	73	2	71	18	30%	20%	60%	6%	110
	2% Milk	450	10	5	0.3	40	230	72	2	71	17	25%	20%	50%	6%	110
	Soymilk	390	8	1	0	0	180	64	4	58	14	20%	20%	60%	30%	110
Tazo®	Full-Leaf Te	a Lat	te													
Short	Nonfat Milk	80	0.1	0.1	0	0	45	16	0	16	4	6%	0%	10%	0%	varies
	2% Milk	90	2	1	0.1	10	50	15	0	15	3	6%	0%	10%	0%	varies
	Soymilk	80	1.5	0.2	0	0	40	14	0	13	3	4%	0%	10%	6%	varies
Tall	Nonfat Milk	120	0.1	0.1	0	5	65	23	0	23	5	10%	0%	20%	0%	varies
	2% Milk	140	3	1.5	0.1	15	75	23	0	23	5	8%	0%	15%	0%	varies
	Soymilk	130	2.5	0.3	0	0	60	21	1	19	4	6%	0%	20%	8%	varies
Grande	Nonfat Milk	150	0.2	0.1	0	5	85	31	0	31	7	15%	0%	25%	0%	varies
	2% Milk	190	4	2	0.1	15	95	31	0	30	7	10%	0%	25%	0%	varies
	Soymilk	170	3.5	0.4	0	0	80	27	1	25	6	8%	0%	25%	10%	varies
Venti	Nonfat Milk	190	0.2	0.1	0	5	110	39	0	39	9	15%	0%	30%	0%	varies
	2% Milk	230	5	2.5	0.2	20	125	38	0	38	9	15%	0%	30%	0%	varies
	Soymilk	210	4	0.5	0	0	100	34	1	32	7	10%	0%	30%	15%	varies
	Full-Leaf R						- /									
Short	Nonfat Milk	80	0.1	0.1	0	0	45	16	0	16	4	6%	0%	10%	0%	0
	2% Milk	90	2	1	0.1	10	50	15	0	15	3	6%	0%	10%	0%	0
	Soymilk	80	1.5	0.2	0	0	40	14	0	13	3	4%	0%	10%	6%	0
Tall	Nonfat Milk	120	0.1	0.1	0	5	65	23	0	23	5	10%	0%	20%	0%	0
	2% Milk	140	3	1.5	0.1	15	75	23	0	23	5	8%	0%	15%	0%	0
	Soymilk	130	2.5	0.3	0	0	60	21	1	19	4	6%	0%	20%	8%	0
Grande	Nonfat Milk	150	0.2	0.1	0	5	85	31	0	31	7	15%	0%	25%	0%	0
	2% Milk	190	4	2	0.1	15	95	31	0	30	7	10%	0%	25%	0%	0
	Soymilk	170	3.5	0.4	0	0	80	27	1	25	6	8%	0%	25%	10%	0
Venti	Nonfat Milk	190	0.2	0.1	0	5	110	39	0	39	9	15%	0%	30%	0%	0
	2% Milk	230	5	2.5	0.2	20	125	38	0	38	9	15%	0%	30%	0%	0
	Soymilk	210	4	0.5	0	0	100	34	1	32	7	10%	0%	30%	15%	0

# Cold Beverages

Current and textual rate for the less that the control of the cont

Shaken Iced Beverages																
Iced Brewed Coffee (With Classic Syrup)																
Tall	brewed Con	ree (w 60	ith Cla	ossic Sy	rup) ()	0	4	15	0	15	0.2	0%	0%	0%	0%	120
Grande		90	0.1	0	0	0	5	21	0	21	0.2	0%	0%	0%	0%	165
Venti		130	0.1	0	0	0	5	31	0	31	0.4	0%	0%	0%	0%	235
	Brewed Coff			_	-	-	-	31	0	31	0.4	0 76	0 70	0 76	0 76	233
Tall	Nonfat Milk	80	0.1	0	0	0	25	18	0	18	2	2%	0%	6%	0%	90
	2% Milk	90	1	0.5	0	5	25	18	0	18	2	2%	0%	6%	0%	90
	Soymilk	80	1	0.1	0	0	20	17	0	17	2	2%	0%	6%	2%	90
Grande	Nonfat Milk	110	0.1	0	0	0	30	24	0	24	2	4%	0%	8%	0%	125
	2% Milk	120	1.5	0.5	0	5	35	24	0	24	2	4%	0%	8%	0%	125
	Soymilk	110	1	0.1	0	0	30	23	0	22	2	2%	0%	8%	4%	125
Venti	Nonfat Milk	160	0.1	0.1	0	0	50	36	0	36	4	6%	0%	10%	0%	170
	2% Milk	180	2	1	0.1	10	55	36	0	36	4	6%	0%	10%	0%	170
	Soymilk	170	1.5	0.2	0	0	45	34	0	33	3	4%	0%	10%	6%	170
Shake	en Iced Tazo	® Tea	(With	Class	ic Syr	up)										
Tall		60	0	0	0	0	0	15	0	15	0	0%	0%	0%	0%	Varies
Grande		80	0	0	0	0	0	21	0	21	0	0%	0%	0%	0%	Varies
Venti		120	0	0	0	0	0	31	0	31	0	0%	0%	0%	0%	Varies
Shake	en Iced Tazo	® Tea	Lemo	nade	(With	Class	sic Syr	up)								
Tall		100	0	0	0	0	0	25	0	24	0.1	0%	10%	0%	0%	Varies
Grande		130	0	0	0	0	0	33	0	33	0.1	0%	15%	0%	0%	Varies
Venti		190	0	0	0	0	0	49	0	49	0.1	0%	20%	0%	0%	Varies
Smoothies																
Banaı	na Chocolat	е														
Grande	Nonfat Milk	280	2.5	1.5	0	5	150	53	7	34	20	10%	15%	20%	20%	15
	2% Milk	300	5	2.5	0.1	15	160	53	7	34	20	8%	15%	20%	20%	15
	Soymilk	290	4.5	1.5	0	5	150	51	7	31	19	6%	15%	20%	30%	15
Oran	ge Mango B	anana	ì													
Grande	Nonfat Milk	260	1	0.3	0	5	120	54	6	37	16	50%	80%	10%	6%	0
	2% Milk	270	1.5	0.5	0	5	125	53	6	37	16	50%	80%	10%	6%	0
	Soymilk	270	1.5	0.4	0	5	120	53	6	36	15	50%	80%	10%	8%	0
	berry Banar															
Grande	Nonfat Milk	290	1	0.3	0	5	125	58	7	41	16	4%	100%		8%	0
	2% Milk	290	2	1	0	5	125	58	7	41	16	4%	100%		8%	0
	Soymilk	290	2	0.4	0	5	120	58	8	40	16	2%	100%	10%	10%	0
Fra	ppuccin	o® l	Bler	nded	d Co	offe	е									
Coffe																
Tall	Nonfat Milk	160	0.1	0	0	0	160	36	0	36	3	4%	0%	10%	0%	70
	Whole Milk	180	2.5	1.5	0.1	10	160	36	0	36	3	4%	0%	8%	0%	70
	Soymilk	160	1.5	0.2	0	0	150	35	0	34	2	4%	0%	10%	4%	70
Grande	Nonfat Milk	220	0.1	0.1	0	0	210	51	0	50	4	6%	0%	10%	0%	95
	Whole Milk	240	3	2	0.1	10	220	50	0	50	3	4%	0%	10%	0%	95
	Soymilk	220	1.5	0.2	0	0	210	49	0	47	3	4%	0%	10%	6%	95
Venti	Nonfat Milk	310	0.1	0.1	0	5	300	70	0	69	6	10%	0%	20%	2%	130
	Whole Milk	350	5	3	0.2	15	300	70	0	69	5	8%	0%	15%	2%	130
	Soymilk	310	2.5	0.3	0	0	300	68	1	66	5	6%	0%	20%	8%	130

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Mocha (Without Whipped Cream)																
Tall	Nonfat Milk	180	0.5	0.4	0	0	150	42	1	40	3	4%	0%	10%	6%	70
	Whole Milk	200	3	2	0.1	10	160	42	1	40	3	4%	0%	8%	6%	70
	Soymilk	180	2	0.5	0	0	150	40	1	38	3	4%	0%	10%	10%	70
Grande	Nonfat Milk	260	1	0.5	0	0	220	61	1	58	4	6%	0%	10%	8%	110
	Whole Milk	290	4	2.5	0.1	10	220	61	1	58	4	4%	0%	10%	8%	110
	Soymilk	260	2.5	0.5	0	0	220	59	1	55	4	4%	0%	10%	15%	110
Venti	Nonfat Milk	340	1	0.5	0	5	300	80	1	76	7	10%	0%	15%	10%	140
	Whole Milk	390	6	3.5	0.1	15	300	80	1	76	6	8%	0%	15%	10%	140
	Soymilk	350	3.5	1	0	0	290	78	2	73	6	6%	0%	20%	20%	140
	mel (Withou															
Tall	Nonfat Milk	180	0.1	0	0	0	160	42	0	41	3	4%	0%	10%	0%	70
	Whole Milk	200	2.5	1.5	0.1	10	160	42	0	41	3	4%	0%	8%	0%	70
	Soymilk	180	1.5	0.2	0	0	150	40	0	39	2	4%	0%	10%	4%	70
Grande	Nonfat Milk	280	0.1	0.1	0	0	220	60	0	59	4	6%	0%	10%	0%	100
	Whole Milk	280	3.5	2	0.1	10	220	60	0	59	3	4%	0%	10%	0%	100
	Soymilk	260	1.5	0.2	0	0	220	58	0	56	3	4%	0%	10%	6%	10
Venti	Nonfat Milk	330	0.1	0.1	0	5	290	78	0	77	5	10%	0%	15%	2%	130
	Whole Milk	370	5	3	0.1	15	300	78	0	77	5	8%	0%	15%	2%	130
	Soymilk	340	2.5	0.3	0	0	290	75	1	73	5	6%	0%	20%	8%	130
Java (	Chip (Witho				-											
Tall	Nonfat Milk	220	3	2	0	0	170	47	1	44	4	4%	0%	10%	20%	75
	Whole Milk	240	5	3.5	0.1	10	170	47	1	44	4	4%	0%	8%	20%	75
	Soymilk	220	4	2.5	0	0	170	45	1	42	3	4%	0%	10%	20%	75
Grande		310	4	3	0	0	250	67	2	62	5	6%	0%	10%	25%	110
	Whole Milk	340	7	5	0.1	10	250	67	2	62	5	4%	0%	10%	25%	110
	Soymilk	310	6	3.5	0	0	240	65	2	60	4	4%	0%	10%	30%	110
Venti	Nonfat Milk	420	5	4	0	5	340	90	2	84	7	10%	0%	20%	35%	14
	Whole Milk	460	10	7	0.2	15	340	90	2	84	7	6%	0%	15%	35%	145
	Soymilk	430	8	4.5	0	0	330	88	3	80	6	6%	0%	20%	40%	145
Frai	ppuccin	o® l	Liah	t Bl	enc	led	Cof	fee								
Coffe			9													
Tall	Nonfat Milk	90	0.1	0	0	0	160	20	0	19	3	4%	0%	10%	0%	70
Grande	Nonfat Milk	120	0.1	0.1	0	0	210	26	0	26	3	6%	0%	10%	0%	95
Venti	Nonfat Milk	160	0.1	0.1	0	5	270	34	0	33	5	8%	0%	15%	2%	120
Moch	na															
Tall	Nonfat Milk	110	0.5	0.4	0	0	150	24	1	23	3	4%	0%	8%	6%	70
Grande	Nonfat Milk	150	1	0.5	0	0	200	33	1	30	4	6%	0%	10%	8%	95
Venti	Nonfat Milk	210	1	0.5	0	5	280	46	1	42	6	8%	0%	15%	10%	130
Carar	mel	•														
Tall	Nonfat Milk	100	0.1	0	0	0	140	23	0	23	3	4%	0%	8%	0%	65
Grande	Nonfat Milk	150	0.1	0.1	0	0	200	33	0	32	3	6%	0%	10%	0%	90
Venti	Nonfat Milk	200	0.1	0.1	0	5	270	44	0	43	5	8%	0%	15%	2%	12
Java (																
Tall	Nonfat Milk	150	3	2	0	0	170	30	1	27	4	4%	0%	10%	20%	70
Grande	Nonfat Milk	220	4	3	0	0	240	43	2	39	5	6%	0%	10%	25%	105
Venti	Nonfat Milk	290	5	4	0	5	320	58	2	52	7	8%	0%	15%	35%	16
-		2,5			_	_	020	-	_			0,0	0,0	.0,0	50,0	

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Frappuccino® Blended Crème																
	Strawberries & Crème (Without Whipped Cream)															
Tall	Nonfat Milk	170	0.1	0.1	ppea C	ream)	140	39	0	38	3	6%	6%	10%	2%	0
1011	Whole Milk	190	3	1.5	0.1	10	140	38	0	37	3	4%	6%	10%	2%	0
	Soymilk	170	1.5	0.2	0	0	135	37	1	35	3	4%	6%	10%	6%	0
Grande		230	0.2	0.1	0	0	190	53	0	52	4	8%	6%	15%	4%	0
	Whole Milk	260	4	2	0.1	10	190	53	0	52	4	6%	6%	15%	4%	0
	Soymilk	240	2	0.2	0	0	180	51	1	49	3	4%	6%	15%	8%	0
Venti	Nonfat Milk	310	0.2	0.1	0	5	260	70	0	69	6	10%	8%	20%	4%	0
	Whole Milk	350	6	3	0.2	15	260	70	0	68	6	8%	8%	20%	4%	0
	Soymilk	320	3	0.4	0	0	250	67	1	64	5	6%	8%	20%	10%	0
Vanill	la Bean (Wit	hout ۱	Whipp	ed C	ream)											
Tall	Nonfat Milk	170	0.1	0.1	0	0	160	39	0	38	4	6%	0%	10%	0%	0
	Whole Milk	200	3.5	2	0.1	10	160	39	0	38	3	6%	0%	10%	0%	0
	Soymilk	180	1.5	0.2	0	0	160	37	1	35	3	4%	0%	10%	6%	0
Grande	Nonfat Milk	240	0.1	0.1	0	5	230	56	0	55	5	8%	0%	15%	0%	0
	Whole Milk	280	4.5	2.5	0.1	15	230	56	0	55	4	6%	0%	15%	0%	0
	Soymilk	250	2.5	0.3	0	0	220	54	1	51	4	6%	0%	15%	8%	0
Venti	Nonfat Milk	320	0.2	0.1	0	5	300	73	0	71	7	10%	0%	20%	0%	0
	Whole Milk	370	7	4	0.2	20	300	73	0	71	6	10%	0%	20%	0%	0
	Soymilk	330	3	0.4	0	0	290	69	1	66	6	8%	0%	25%	10%	0
	ole Chocolat										_					
Tall	Nonfat Milk	190	3	2.5	0	0	180	39	1	36	5	6%	0%	10%	20%	10
	Whole Milk	220	6	4	0.1	10	180	38	1	35	4	6%	0%	10%	20%	10
	Soymilk	190	4.5	2.5	0	0	180	37	2	33	4	4%	0%	15%	25%	10
Grande		260 290	4	3	0	5 15	250 250	53 53	2	49 49	6	8% 6%	0% 0%	15% 15%	25% 25%	15 15
	Whole Milk Soymilk	260	6	3.5	0.2	0	240	53	2	49	5	6%	0%	15%	30%	15
Venti	Nonfat Milk	350	5	3.5	0	5	340	71	2	66	9	10%	0%	25%	35%	15
venu	Whole Milk	400	12	8	0.2	20	340	71	2	65	8	10%	0%	20%	35%	15
	Soymilk	360	8	4.5	0.2	0	330	68	3	61	7	8%	0%	25%	45%	15
Gree	n Tea (Witho		-		-		000	00		0.	,	0,0	0 70	2070	1070	
Tall	Nonfat Milk	210	0.2	0.1	0	0	160	48	1	47	4	6%	10%	15%	2%	50
	Whole Milk	240	3.5	2	0.1	10	160	48	1	47	4	6%	10%	10%	2%	50
	Soymilk	220	2	0.2	0	0	160	46	1	44	4	4%	10%	15%	8%	50
Grande		280	0.3	0.1	0	5	220	65	1	64	5	8%	10%	15%	4%	70
	Whole Milk	320	4.5	2.5	0.1	15	220	65	1	63	5	6%	10%	15%	4%	70
	Soymilk	290	2.5	0.3	0	0	210	63	2	60	5	6%	10%	15%	10%	70
Venti	Nonfat Milk	390	0.4	0.1	0	5	300	88	2	87	8	10%	15%	25%	6%	95
	Whole Milk	440	7	4	0.2	20	300	88	2	86	7	10%	15%	20%	6%	95
	Soymilk	400	3.5	0.4	0	0	290	85	2	81	7	8%	15%	25%	15%	95

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Add-C	)ns																
Sweetened Whipped Cream																	
Short	Hot	50	5	3	0.2	20	5	1	0	1	0.3	6%	0%	0%	0%	0	
Tall	Hot	60	6	4	0.2	20	5	2	0	1	0.3	6%	0%	0%	0%	0	
Grande/Venti	Hot	70	7	4.5	0.2	25	5	2	0	2	0.4	8%	0%	2%	0%	0	
Tall	Cold	80	8	5	0.2	30	10	2	0	2	0.4	10%	0%	2%	0%	0	
Grande/Venti	Cold	110	11	7	0.3	40	10	3	0	2	1	15%	0%	2%	0%	0	
Flavoured	Syrup																
1 Pump		20	0	0	0	0	0	5	0	5	0	0%	0%	0%	0%	0	
Flavoured Sugar-Free Syrup																	
1 Pump		0	0	0	0	0	5	0	0	0	0	0%	0%	0%	0%	0	
Mocha Sy	rup																
1 Pump		25	0.5	0.3	0	0	0	7	0	5	1	0%	0%	0%	6%	5	
Toppings																	
Mocha Drizzle		5	0.1	0.1	0	0	0	1	0	1	0.1	0%	0%	0%	2%	0	
Caramel Drizzle		15	0.5	0.3	0	0	4	2	0	2	0	0%	0%	0%	0%	0	
Espresso :	Shot																
1 Shot		5	0	0	0	0	0	1	0	0	0.4	0%	0%	0%	0%	75	
Matcha G	reen Te																
1 Scoop		25	0.1	0	0	0	0	6	0	5	0.3	0%	4%	0%	2%	25	
Protein &	Fibre P	owde															
1 Scoop		30	0.1	0.1	0	0	45	1	1	0	6	0%	0%	0%	2%	0	

## Keeping up on nutrition.

To find nutrition information for your favourite foods and beverages, including seasonal and limited-time offerings that aren't found here, please visit our website at www.starbucks.ca/menu/nutrition or download our Starbucks Canada app for mobile devices.

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

This brochure contains dietary and nutrition information on many of our beverages and most of the options that come with them.

Beverages in this brochure reflect nutrition information without whipped cream. For information on beverages with whipped cream, please see nutrition data for whipped cream listed inside, or visit www.starbucks.ca/menu/nutrition.

Many of our beverages are available iced.

For more information, visit www.starbucks.ca/menu/nutrition.



# 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 Canadian soymilk, which may vary slightly from the soymilk used in your store. For information on U.S. soymilk beverages, please visit our website at www.starbucks.com/menu.

Health Canada recommends limiting saturated fat to 20 grams and sodium to 2,400 milligrams for a typical adult eating 2,000 calories a day. These limits may be higher or lower depending on daily calorie levels. A 2,000-calorie daily diet is used as the basis for general nutrition advice; however, individual calorie needs may vary.

Nutrition information is calculated with information provided by the suppliers who manufacture food for Starbucks Coffee Company. Starbucks attempts to provide product information that is as complete as possible. Variations may exist due to periodic changes in formulations. Serving sizes may vary from those used to calculate nutrition information. New product introduction or product changes during the life of this publication may cause the information to be incomplete. All of our non-packaged food products are produced and stored in environments where known allergens are present. All data is rounded to meet current Canadian Food Inspection Agency guidelines. Percentage data for vitamins and minerals refers to percentage of Canadian Daily Values for a 2,000-calorie diet. Products may vary from location to location.