

STARBUCKS®

CATERING

NUTRITION INFO*2,000 calories a day is used for general nutrition advice, but calorie needs vary.***BREAKFAST**

BREAKFAST	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Plain Bagel	108 g	280	1.5	0	0	0	620	56	2	2	9
Chonga Bagel	113 g	300	5	2	0	10	530	50	3	5	12
Vegan Sprouted Grain Bagel	113 g	330	6	0.5	0	0	490	57	7	4	12
Banana Nut Bread	125 g	420	22	3	0	65	320	52	2	30	6
Iced Lemon Pound Cake	126 g	470	20	9	0.5	100	310	68	1	42	6
Pumpkin Bread	123 g	410	15	2.5	0	55	500	63	2	39	6
Butter Croissant	78 g	320	18	11	0.5	50	360	34	1	6	7
Chocolate Croissant	80 g	370	20.5	12.5	0.5	60	360	41	2	12	7
Pain au Raisin	105 g	360	15.5	10	0.5	60	340	48	2	20	7
Blueberry Scone	100 g	380	17	10	0	70	350	54	2	22	6
Seasonal Fruit	1305 g	540	2.5	0	0	0	55	137	14	109	9
Berry Trio Yogurt Parfait	164 g	240	2.5	0	0	5	125	39	3	26	14
Southwestern-Style Egg Scramble	233 g	300	18	7	0	460	900	14	2	2	19
Steel-Cut Oatmeal	210 g	180	3.5	0	0	0	125	32	4	0	7
Brown Sugar	13 g	50	0	0	0	0	0	13	0	12	0
Fruit, Nut & Seed Medley	16 g	70	3.5	0.5	0	0	0	9	2	6	2
Dried Blueberries	30 g	100	0.5	0	0	0	5	26	1	22	0
Cream Cheese	45 g	130	13	7	0	50	190	3	0	3	3

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LUNCH	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Roasted Turkey & Dill Havarti Sandwich	111 g	260	15	5	0	15	350	24	3	2	9
Hummus & Red Pepper Sandwich	114 g	270	11.5	5	0	30	530	31	4	5	12
Herbed Chicken & Fig Sandwich	101 g	230	7	1.5	0	25	470	31	3	8	13
Slow-Roasted Ham, Dijon Aioli & Swiss Sandwich	120 g	300	15	4.5	0	40	600	25	3	2	16
Grilled Chicken & Cauliflower Tabbouleh Salad	2121 g	3210	255	40	0.5	315	9020	100	24	53	135
Garden Greens & Marinated Veggies Salad	1740 g	2480	229	24	0	0	4350	97	23	59	20
Za'atar Chicken Salad	2350 g	3160	212	27	0	240	6740	231	48	79	125
Seasoned Turkey & Green Pepper Pico Salad	2265 g	2810	150	45	0	910	6820	194	31	54	180
Starbucks® Simply Salted Kettle Potato Chips	57 g	280	14	1.5	0	0	240	34	2	0	5



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SNACKS & TREATS

SNACKS & TREATS	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Cheese & Fruit Tray	579 g	960	61	37	1.5	190	1390	63	6	50	44
Birthday Cake Pop	43 g	170	9	5	0	10	110	23	0	18	1
Chocolate Cake Pop	43 g	160	8	5	0	15	80	23	1	18	2
Chocolate Chip Cookie	80 g	360	18	11	0.5	60	220	47	2	31	6
Confetti Sugar Cookie	92 g	410	21	16	0.5	60	230	54	0	36	4
Double Chocolate Chunk Brownie	104 g	490	28	9	0	75	220	55	3	37	7

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HOT BEVERAGES

HOT BEVERAGES	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Starbucks® Veranda Blend®	96 fl oz	30	0.5	0	0	0	60	0	0	0	4
Starbucks® Pike Place® Roast*	96 fl oz	30	0.5	0	0	0	60	0	0	0	4
Starbucks® Decaf Pike Place® Roast*	96 fl oz	30	0.5	0	0	0	60	0	0	0	4
Starbucks® Signature Blend	96 fl oz	30	0.5	0	0	0	60	0	0	0	4
Teavana™/MC Hot Tea Selection	96 fl oz	0	0	0	0	0	0	0	0	0	0
Creamer	12 fl oz	440	37	24	1.5	125	220	17	0	15	11
Sugar Packets	3 g	10	0	0	0	0	0	3	0	3	0
Splenda® Sweetner	1 g	5	0	0	0	0	0	1	0	1	0
Honey	8 g	30	0	0	0	0	0	7	0	6	0

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COLD BEVERAGES

COLD BEVERAGES	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Starbucks® Cold Brew Coffee	50 fl oz	20	0	0	0	0	35	0	0	0	1
Sweet Cream	12 fl oz	790	62	40	2	195	100	51	0	51	8
Starbucks® Iced Coffee	50 fl oz	10	0	0	0	0	35	0	0	0	1
Teavana™/MC Iced Black Tea	50 fl oz	0	0	0	0	0	0	0	0	0	0
Teavana™/MC Iced Passion Tango® Tea	50 fl oz	0	0	0	0	0	0	0	0	0	0
Teavana™/MC Iced Peach Citrus White Tea Infusion	50 fl oz	0	0	0	0	0	0	0	0	0	0
Evolution Fresh® Cold-Pressed** Orange Juice	49.5 fl oz	770	1	0	0	0	40	175	0	159	15
Starbucks® Lemonade	48 fl oz	550	0	0	0	0	40	146	1	136	1
Ethos® Bottled Water	23.7 fl oz	0	0	0	0	0	0	0	0	0	0

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**High pressure processed