

Nutrition by the Cup

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



[Starbucks.ca/menu/nutrition](https://www.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® 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	100 cal
Shaken Iced Tazo® Tea Lemonade	100 cal
Iced Vanilla Latte	140 cal
Nonfat Iced Caramel Macchiato	140 cal
Coffee Frappuccino® Blended Coffee	180 cal

All suggestions based on a Tall serving (354 ml / 12 fl oz).
Canadian and U.S. soymilk vary slightly.

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).

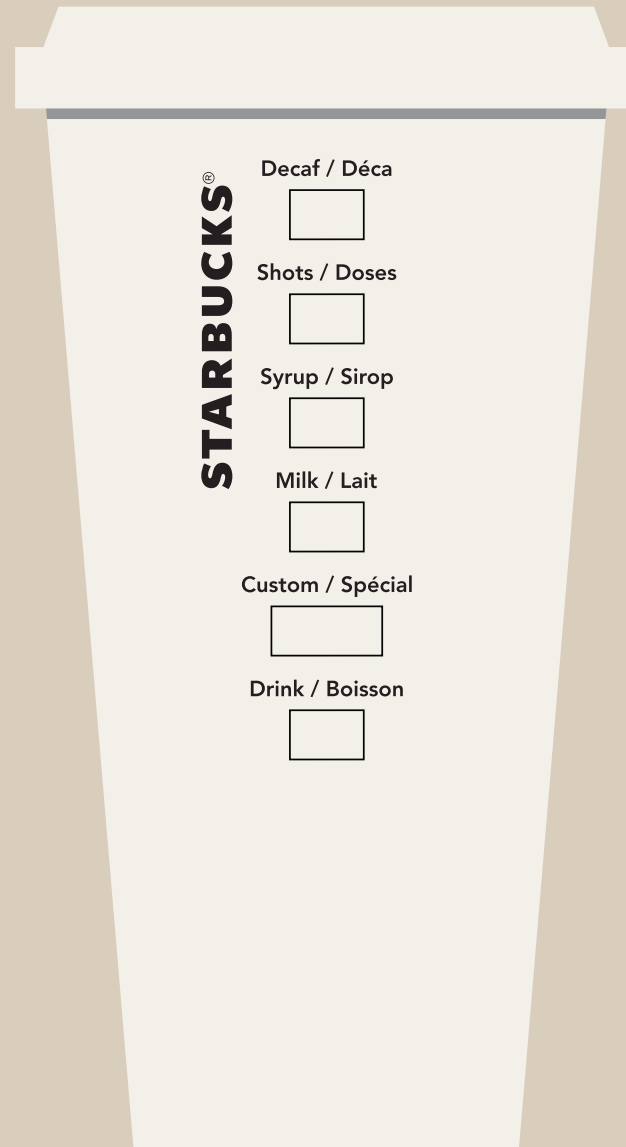


Choose other modifiers.

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 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.



Hot Beverages

Coffee

Brewed Coffee

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)	Caffeine (mg)
Short	3	0.1	0	0	0	5	0	0	0.3	0%	0%	0%	0%	0%	175
Tall	4	0.1	0	0	0	10	0	0	0.5	0%	0%	0%	0%	0%	260
Grande	5	0.1	0	0	0	10	0	0	1	0%	0%	0%	0%	0%	330
Venti	5	0.1	0	0	0	10	0	0	1	0%	0%	2%	0%	0%	410

Classic Espresso Drinks

Caffè Latte

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)	Caffeine (mg)
Short Nonfat Milk	70	0.1	0.1	0	5	75	10	0	9	6	10%	0%	20%	0%	75
Short 2% Milk	100	3.5	2	0.1	15	85	10	0	9	6	10%	0%	20%	0%	75
Short Soy milk	70	2.5	0.4	0	0	65	6	1	4	5	6%	0%	20%	8%	75
Tall Nonfat Milk	100	0.2	0.2	0	5	120	15	0	14	10	15%	0%	30%	0%	75
Tall 2% Milk	150	6	3	0.2	25	135	15	0	14	10	15%	0%	30%	0%	75
Tall Soy milk	110	4.5	0.5	0	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
Grande 2% Milk	190	7	3.5	0.2	30	170	19	0	17	12	20%	2%	40%	0%	150
Grande Soy milk	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
Venti 2% Milk	240	9	4.5	0.3	35	220	24	0	22	16	25%	2%	50%	0%	150
Venti Soy milk	190	7	1	0	0	170	16	2	11	13	20%	0%	50%	25%	150

Caffè Mocha (Without Whipped Cream)

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)	Caffeine (mg)
Short Nonfat Milk	110	1.5	1	0	5	60	21	1	17	7	8%	0%	15%	10%	85
Short 2% Milk	130	4	2	0.1	10	70	21	1	17	6	8%	0%	15%	10%	85
Short Soy milk	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
Tall 2% Milk	200	6	3.5	0.1	20	115	32	1	26	10	15%	0%	25%	20%	95
Tall Soy milk	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
Grande 2% Milk	260	8	4.5	0.2	25	140	42	2	34	13	15%	2%	35%	25%	175
Grande Soy milk	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
Venti 2% Milk	340	11	6	0.2	30	180	53	2	43	17	20%	2%	45%	30%	180
Venti Soy milk	290	9	2.5	0	0	140	47	4	33	14	15%	0%	45%	50%	180

Vanilla Latte (Or Other Flavoured Latte)

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)	Caffeine (mg)
Short Nonfat Milk	100	0.1	0.1	0	5	70	19	0	18	6	10%	0%	20%	0%	75
Short 2% Milk	130	3.5	1.5	0.1	15	80	18	0	17	6	10%	0%	20%	0%	75
Short Soy milk	110	2.5	0.3	0	0	60	16	1	13	5	6%	0%	20%	8%	75
Tall Nonfat Milk	150	0.2	0.1	0	5	110	28	0	27	9	15%	0%	30%	0%	75
Tall 2% Milk	200	5	2.5	0.2	20	125	28	0	27	9	15%	0%	30%	0%	75
Tall Soy milk	160	4	0.5	0	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
Grande 2% Milk	250	6	3.5	0.2	25	150	37	0	35	12	20%	2%	35%	0%	150
Grande Soy milk	210	5	0.5	0	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
Venti 2% Milk	320	9	4.5	0.3	35	200	46	0	44	15	25%	2%	45%	0%	150
Venti Soy milk	270	7	1	0	0	160	39	2	33	12	15%	0%	45%	20%	150

Caffè Americano

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)	Caffeine (mg)
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	25	5	0	0	1	0%	0%	2%	0%	300

Cappuccino

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)	Caffeine (mg)
Short Nonfat Milk	50	0.1	0.1	0	5	60	8	0	7	5	8%	0%	15%	0%	75
Short 2% Milk	80	3	1.5	0.1	10	70	8	0	7	5	8%	0%	15%	0%	75
Short Soy milk	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
Tall 2% Milk	90	3.5	1.5	0.1	15	80	9	0	8	6	10%	0%	20%	0%	75
Tall Soy milk	70	3	0.4	0	0	65	7	1	4	5	6%	0%	20%	8%	75
Grande Nonfat Milk	80	0.2	0.1	0	5	90	12	0	10	8	15%	0%	25%	0%	150
Grande 2% Milk	120	4	2	0.1	15	100	12	0	10	8	10%	0%	25%	0%	150
Grande Soy milk	100	3.5	0.4	0	0	80	9	1	5	7	8%	0%	25%	10%	150
Venti Nonfat Milk	110	0.2	0.2	0	5	120	16	0	14	10	20%	0%	30%	0%	150
Venti 2% Milk	150	6	3	0.2	25	135	16	0	14	10	15%	0%	30%	0%	150
Venti Soy milk	120	4.5	0.5	0	0	110	11	1	7	9	10%	0%	35%	15%	150

Espresso

Solo	5	0	0	0	0	0	1	0	0	0.4	0%	0%	0%	0%	75
Doppio	10	0	0	0	0	1	2	0	0	1	0%	0%	0%	0%	150
Skinny Latte (Any Flavour)															
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
Grande 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

Signature Espresso Drinks

Caramel Macchiato

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)	Caffeine (mg)
Short Nonfat Milk	100	1	0.5	0	5	70	17	0	15	6	10%	0%	15%	0%	75
Short 2% Milk	120	4	2	0.1	15	80	16	0	15	5	10%	0%	15%	0%	75
Short Soy milk	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
Tall 2% Milk	180	5	3	0.1	20	115	25	0	23	8	15%	0%	25%	0%	75
Tall Soy milk	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
Grande 2% Milk	240	7	3.5	0.2	25	150	34	0	32	10	15%	2%	30%	0%	150
Grande Soy milk	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
Venti 2% Milk	300	8	4.5	0.2	35	180	43	0	40	13	20%	2%	40%	0%	150
Venti Soy milk	250	7	1.5	0	5	140	36	1	31	11	15%	0%	40%	20%	150

White Chocolate Mocha (Without Whipped Cream)

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)	Caffeine (mg)
Short Nonfat Milk	180	3	2	0	5	120	31	0	29	7	10%	0%	25%	0%	75
Short 2% Milk	200	6													

Cold Beverages

Shaken Iced Beverages

Iced Brewed Coffee (With Classic Syrup)

Tall	Nonfat Milk	60	0	0	0	0	4	15	0	15	0.2	0%	0%	0%	0%	120
Grande	Nonfat Milk	90	0.1	0	0	0	5	21	0	21	0.3	0%	0%	0%	0%	165
Venti	Nonfat Milk	130	0.1	0	0	0	5	31	0	31	0.4	0%	0%	0%	0%	235

Iced Brewed Coffee (With Milk & Classic Syrup)

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
	Soy milk	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
	Soy milk	110	1	0.1	0	0	30	23	0	23	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
	Soy milk	170	1.5	0.2	0	0	45	34	0	33	3	4%	0%	10%	6%	170

Shaken Iced Tazo® Tea (With Classic Syrup)

Tall	Nonfat Milk	60	0	0	0	0	15	0	15	0	0%	0%	0%	0%	0%	Varies
Grande	Nonfat Milk	80	0	0	0	0	21	0	21	0	0%	0%	0%	0%	0%	Varies
Venti	Nonfat Milk	120	0	0	0	0	31	0	31	0	0%	0%	0%	0%	0%	Varies

Shaken Iced Tazo® Tea Lemonade (With Classic Syrup)

Tall	Nonfat Milk	100	0	0	0	0	25	0	24	0.1	0%	10%	0%	0%	0%	Varies
Grande	Nonfat Milk	130	0	0	0	0	33	0	33	0.1	0%	15%	0%	0%	0%	Varies
Venti	Nonfat Milk	190	0	0	0	0	49	0	49	0.1	0%	20%	0%	0%	0%	Varies

Smoothies

Banana Chocolate

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
	Soy milk	290	4.5	1.5	0	5	150	51	7	31	19	6%	15%	20%	30%	15

Orange Mango Banana

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
	Soy milk	270	1.5	0.4	0	5	120	53	6	36	15	50%	80%	10%	8%	0

Strawberry Banana

Grande	Nonfat Milk	290	1	0.3	0	5	125	58	7	41	16	4%	100%	10%	8%	0
	2% Milk	290	2	1	0	5	125	58	7	41	16	4%	100%	10%	8%	0
	Soy milk	290	2	0.4	0	5	120	58	8	40	16	2%	100%	10%	10%	0

Frappuccino® Blended Coffee

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
	Soy milk	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
	Soy milk	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
	Soy milk	310	2.5	0.3	0	0	300	68	1	66	5	6%	0%	20%	8%	130

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
	Soy milk	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
	Soy milk	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
	Soy milk	350	3.5	1	0	0	290	78	2	73	6	6%	0%	20%	20%	140

Caramel (Without Whipped Cream)

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
	Soy milk	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
	Soy milk	260	1.5	0.2	0	0	220	58	0	56	3	4%	0%	10%	6%	100
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
	Soy milk	340	2.5	0.3	0	0	290	75	1	73	5	6%	0%	20%	8%	130

Java Chip (Without Whipped Cream)

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
	Soy milk	220	4	2.5	0	0	170	45	1	42	3	4%	0%	10%	20%	75
Grande	Nonfat Milk	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
	Soy milk	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%	145
	Whole Milk	460	10	7	0.2	15	340	90	2	84	7	6%	0%	15%	35%	145
	Soy milk	430	8	4.5	0	0	330	88	3	80	6	6%	0%	20%	40%	145

Frappuccino® Light Blended Coffee

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

Mocha

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

Caramel

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%	120

Java Chip

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%	165

Frappuccino® Blended Crème

Strawberries & Crème (Without Whipped Cream)

Tall	Nonfat Milk	170	0.1	0.1	0	0	140	39	0	38	3	6%	6%	10%	2%	0
	Whole Milk	190	3	1.5	0.1	10	140	38	0	37	3	4%	6%	10%	2%	0
	Soy milk	170	1.5	0.2	0	0	135	37	1	35	3	4%	6%	10%	6%	0
Grande	Nonfat Milk	230	0.2													

Make It Yours

Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)	Caffeine (mg)
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Add-Ons

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
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Flavoured Sugar-Free Syrup

1 Pump	0	0	0	0	0	5	0	0	0	0	0%	0%	0%	0%	0
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Mocha Syrup

1 Pump	25	0.5	0.3	0	0	0	7	0	5	1	0%	0%	0%	6%	5
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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
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Matcha Green Tea Powder

1 Scoop	25	0.1	0	0	0	0	6	0	5	0.3	0%	4%	0%	2%	25
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Protein & Fibre Powder

1 Scoop	30	0.1	0.1	0	0	45	1	1	0	6	0%	0%	0%	2%	0
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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 soy milk beverages is based on Canadian soy milk, which may vary slightly from the soy milk used in your store. For information on U.S. soy milk 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.