

Starbucks Coffee Canada - Bakery Nutritional Information

Product	Label Wt (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Hot Breakfast											
Sausage, Egg & Cheddar Classic Breakfast Sandwich	170	500	28	9	0.2	165	920	41	1	3	15
Reduced-Fat Turkey-Style Bacon, Cheddar & Egg White Breakfast Sandwich	120	230	6	2.5	0.1	25	540	28	2	3	13
Bacon, Gouda & Egg on Artisan Roll	116	350	18	7	0.1	165	820	30	0	0	17
Spinach, Feta & Egg White Breakfast Wrap	158	290	10	3.5	0.2	20	830	33	6	4	19
Roasted Ham, Swiss & Egg on Croissant Bun	159	450	23	12	0.5	220	780	42	1	6	19
Egg & Cheddar on English Muffin	110	280	13	5	0.2	160	460	27	2	2	12
Double Smoked Bacon	147	490	27	13	0.1	215	910	40	1	7	17
Whole Grain Oatmeal	42	160	2.5	0.5	0.0	0	125	28	4	0	5
Maple Brown Sugar	13	50	0	0	0.0	0	3	13	0	12	0
Dried Fruit	30	100	0.4	0	0.0	0	0	24	2	22	1
Nut Medley	15	100	10	1	0.0	0	0	2	1	1	2
Cookies, Brownies & Bars											
Cherry Oat Bar	74	240	8	5.0	0.3	25	190	36	1	22	3
Double Chocolate Chunk Brownie	84	380	23	7.0	0.3	70	170	41	2	28	4
Gluten Free Marshmallow Dream Bar	60	240	5	3.0	0.1	15	260	45	0	23	2
Oat Fudge Bar	85	360	20	11.0	0.1	20	230	45	3	26	5
Blueberry Bar	75	250	13	6.0	0.3	20	180	35	3	4	4
Oat Bar	80	360	19	11.0	1.0	40	220	43	5	12	6
Chocolate Chunk Cookie	90	380	19	12.0	0.3	55	250	54	2	34	5
Gluten Free Flourless Chocolate Cookie	45	170	5	2.5	0.0	0	110	30	2	26	2
Fruit & Oat Cookie	90	370	15	8.0	0.3	60	190	52	3	28	6
Croissants, Danishes & Bagels											
Multigrain Bagel	113	290	3	0.0	0.0	0	460	58	7	5	14
Everything with Cheese Bagel	99	270	2	1.0	0.0	0	480	54	2	5	10
Asiago & Cheddar Pretzel	113	360	12	7.0	0.0	35	1070	46	2	1	16
Butter Croissant	64	270	14	9.0	0.0	55	320	28	1	6	6
Chocolate Croissant	73	330	17	11.0	0.0	50	280	35	3	13	6
Ham & Cheese Savoury Foldover	92	250	11	6.0	0.3	50	480	24	1	4	13
Pepperoni and Tomato Savoury Foldover	91	270	14	7.0	0.0	50	510	27	3	6	10
Spinach Savoury Foldover	93	250	15	8.0	0.0	50	380	23	3	4	4
Morning Bun	110	350	15	10.0	0.5	40	380	54	2	21	7
Cheese Danish	80	300	15	10.0	0.0	50	390	35	1	12	6
Loaves, Coffee Cakes & Cake Pops											
Banana Loaf	115	380	17	3.0	0.2	70	270	52	2	29	5
Lemon Loaf	115	430	20	6.0	0.3	90	310	57	1	30	6
Reduced Fat Cinnamon Swirl Coffee Cake	110	370	9	4.5	0.3	20	280	67	2	41	5
Birthday Cake Pop	43	180	9	5.0	0.0	10	80	24	0	18	1
Muffins & Scones											
Blueberry Yogurt and Honey Muffin	113	380	16	4.0	0.0	60	260	53	1	30	6
Blueberry Scone	100	360	15	9.0	0.4	50	420	50	2	15	5
Cranberry Orange Scone	110	420	15	9.0	0.5	55	430	64	1	26	6
Seasonal Bakery Offerings											
Pumpkin Cream Cheese Muffin	113	350	14	4.0	0.3	55	430	53	1	34	5
Pumpkin Bread	123	410	15	2.5	0.2	55	500	63	2	39	6
Pumpkin Scone	120	450	21	14.0	0.5	60	390	64	2	41	4
Apple Poundcake	120	360	18	10.0	0.5	100	110	44	2	28	5
Pumpkin Sugar Cookie	68	330	19	12.0	0.4	30	125	37	0	18	4
Pecan Tart	75	330	18	8.0	0.4	75	210	39	1	19	4
Bistro Boxes											
Cheese & Fruit Bistro Box	166	470	28	12	0.5	50	520	42	7	19	17
Protein Bistro Box	192	360	18	6	0.1	210	520	37	5	19	15
Power Bistro Box	178	520	34	9.0	0.5	65	720	30	5	5	25
PB&J Bistro Box	188	490	31	7.0	0.3	30	420	42	4	24	15
Sandwiches & Wraps											
Old Fashioned Grilled Cheese	177	580	29	13.0	0.5	65	1110	57	5	7	28
BBO Beef Briscuit	187	510	22	10.0	0.3	65	1210	54	3	5	23
Turkey Havarti Sandwich	156	440	25	8.0	0.4	75	1010	32	2	2	26
Chicken BLT Sandwich	180	470	25	2.5	0.0	60	800	36	3	4	27
Egg Salad Sandwich	185	490	27	4.5	0.0	360	850	39	6	5	20
Chicken Artichoke on Ancient Grain Flatbread	180	500	25	8.0	0.2	65	940	38	5	1	28
Chicken Santa Fe on Ancient Grain Flatbread	182	360	14	6	0.2	60	770	33	2	1	25
Turkey Pesto Panini	182	450	17	6.0	0.2	60	1090	43	1	0	29
Turkey Rustico Panini	183	480	18	6.0	0	55	1120	53	4	13	33
Roasted Tomato & Mozzarella Panini	147	420	17	5.0	0	20	820	53	5	0	15
Ham & Swiss Panini	148	360	10	5.0	0	50	1150	43	1	1	23
Thai Tuna Wrap	189	510	24	3.5	0.2	30	840	55	3	9	17
Zesty Black Bean & Quinoa Wrap	203	530	28	8	0.4	25	780	58	5	3	14
Fruit & Yogurt											
Greek Yogurt & Honey Parfait	165	310	12	6	0.4	30	60	36	2	22	13
Peach Raspberry Yogurt Parfait	202	300	5	1	0.0	10	105	47	4	19	19
Strawberry Blueberry Yogurt Parfait	202	310	5	1	0.0	10	105	51	3	22	10
Seasonal Fruit Cup	170	80	0	0	0.0	0	15	20	3	17	1

At Starbucks we strive to bring you a variety of foods to meet your lifestyle choices. In addition to the products listed here, you can also find yogurt, juices and other packaged foods in our stores. Product availability may vary from store to store. 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 food products are produced and stored in environments where known allergens may exist.