



STARBUCKS FOOD- NÄHRWERTE

SUMMER 1 2018

Produkt	Unit Weight (g)	Vegetarisch	Vegan	Energiewert (kJ)		Energiewert (kcal)		Fett (g)		davon gesättigt (g)		Kohlenhydrate (g)		davon Zucker (g)		Ballaststoffe (g)		Eiweiss (g)		Salzgehalt (g)	
				Pro 100g	Pro Port.	Pro 100g	Pro Port.	Pro 100g	Pro Port.	Pro 100g	Pro Port.	Pro 100g	Pro Port.	Pro 100g	Pro Port.	Pro 100g	Pro Port.	Pro 100g	Pro Port.	Pro 100g	Pro Port.
Pastries																					
BUTTER CROISSANT	60	Y	N	1810	1086	435	261	24.1	14.5	15.4	9.2	44.7	26.8	9.7	5.8	1.8	1.1	9.5	5.7	1.19	0.70
PAIN AU CHOCOLAT	70	Y	N	1830	1281	435	305	24.0	16.8	15.3	10.7	46.6	32.6	14.8	10.4	2.4	1.7	9.0	6.3	1.05	0.70
ROLL CINNAMON SWIRL	100	Y	N	1618	1618	386	386	15.8	15.8	9.5	9.5	53.6	53.6	22.3	22.3	2.1	2.1	6.2	6.2	0.50	0.50
BELGIAN WAFFLE	105	Y	N	1834	1925	438	460	21.1	22.1	10.1	10.6	54.9	57.6	32.6	34.2			6.2	6.5	0.91	0.96
TRIO OF PANCAKES	120	Y	N	995	1194	240	288	5.1	6.1	0.8	1.0	40.5	48.6	16.3	19.6	1.1	1.3	6.4	7.7	0.89	1.07
DANISH ALMOND STAR	75	Y	N	1482	1112	354	266	19.0	14.3	10.0	7.5	39.0	29.3	12.0	9.0	2.0	1.5	6.0	4.5	0.80	0.60
Muffins																					
BLUEBERRY MUFFIN	122	Y	N	1622	1979	387	472	19.4	23.6	4.2	5.1	47.1	57.4	21.6	26.3	1.4	1.7	5.4	6.6	0.37	0.45
TOFFEE POPCORN MUFFIN	113	Y	N	1636	1849	390	441	16.8	19.0	4.6	5.1	54.3	61.4	34.0	38.4	1.0	1.1	4.9	5.5	0.36	0.41
TRIPLE CHOCOLATE MUFFIN FILLED	130	Y	N	1687	1991	403	476	20.1	23.7	6.9	8.1	48.2	56.9	30.2	35.6	2.3	2.7	6.2	2.3	0.30	0.40
RASPBERRY CHEESECAKE MUFFIN	122	Y	N	1491	1819	357	436	19.8	24.2	3.8	4.6	38.1	46.5	21.7	26.5	2.6	3.2	5.3	6.5	0.32	0.39
LEMON SUGAR PEARL MUFFIN	122	Y	N	1632	1991	389	475	18.0	22.0	2.8	3.5	52	64	31	38	0.5	0.6	4.5	5.5	0.28	0.34
Bars & Brownies																					
CHOCOLATE BROWNIE	70	Y	N	1911	1338	458	321	28	20	16	11	44	31	33	23	3.3	2.3	5.7	4.0	0.37	0.26
DARK CHOCOLATE & HAZELNUT BAR	55	Y	Y	1926	1059	462	254	25.1	13.8	5.5	3.0	48.6	26.7	23.5	12.9	14.0	7.7	17.5	9.6	0.30	0.17
APPLE & CINNAMON BAR	55	Y	N	1894	1042	454	250	23.5	12.9	7.8	4.3	45.5	25.0	27.6	15.2	12.3	6.8	21.3	11.7	0.12	0.07
Cookies																					
DARK CHOCOLATE CHUNK COOKIE	80	Y	N	1980	1584	473	378	22.3	17.8	13.5	10.8	60.2	48.1	32.8	26.2	3.7	3.0	6.0	4.8	0.40	0.32
NUTELLA COOKIE	82	Y	N	1938	1589	463	380	22.4	18.4	9.5	7.8	62.1	50.9	35.2	28.9	6.0	4.9	6.3	5.2	0.48	0.40
TRIPLE CHOCOLATE COOKIE	80	Y	N	2013	1610	481	385	24.0	19.0	15.0	12.0	60.0	48.0	39.0	31.0	2.1	1.7	6.1	4.9	0.30	0.24
Donuts																					
DONUT APPLE CINNAMON	115	Y	N	1720	1978	411	472	21.1	24.3	10.4	12.0	47.5	54.6	20.3	23.3	3.1	3.6	6.0	6.9	0.48	0.55
CHOCOLATE CARAMEL DRIZZLE DONUT	79	Y	N	1869	1477	449	355	28.0	22.1	16.0	12.6	40.0	31.6	16.0	12.6	2.9	2.3	6.4	5.1	0.94	0.74
SUGAR DONUT	77	Y	N	1680	1294	401	309	21.0	16.2	9.8	7.5	47.0	36.2	21.0	16.2	1.4	1.1	5.4	4.2	0.96	0.74
Cakes																					
NEW YORK CHEESECAKE	133	Y	N	1327	1770	318	424	19.1	25.4	12.3	16.4	32.0	42.7	21.1	28.2	0.7	0.9	4.5	6.1	0.61	0.81
CARROT LOAF CAKE	90	Y	N	1500	1350	359	323	17.7	15.9	3.3	3.0	46.3	41.7	31.6	28.4	2.8	2.5	4.2	3.8	0.63	0.57
LEMON LOAF CAKE	90	Y	N	1630	1467	391	352	23.7	21.3	9.8	8.8	39.9	35.9	26.4	23.8	1.2	1.1	4.8	4.3	0.60	0.54
VEGAN CHOCOLATE & RASPBERRY CAKE	70	Y	Y	1530	1071	365	255.5	15.0	10.5	4.5	3.2	54.1	37.9	25.0	17.5	2.2	1.5	2.2	1.5	0.64	0.45
MARBLE LOAF CAKE	90	Y	N	1814	1633	435	392	27.0	24.0	9.9	8.9	39.0	35.0	27.0	25.0	2.4	2.2	6.2	5.6	0.50	0.45
COOKIES & CREAM CAKE	168	Y	N	1709	2871	409	687	21.8	36.6	8.7	14.6	48.0	80.6	37.9	63.7	1.4	2.4	5.0	8.4	0.56	0.94
RASPBERRY CHEESECAKE	137	Y	N	1272	1742	304	417	17.4	23.8	11.2	15.4	32.8	44.9	22.2	30.5	0.9	1.3	4.2	5.7	0.53	0.74
Yoghurt & Fruit																					
SUPERFOOD MÜSLI	175	Y	N	776	1357	185	323	5.5	9.6	1.6	2.8	26.0	45.4	12.6	22.1	3.4	5.9	6.1	10.7	0.11	0.20
FRUIT SALAD	180	Y	Y	222	400	52	94	0.1	0.2	0.0	0.0	12	21	12	21	0.8	1.4	0.7	1.3	0.03	0.05
Hot Food																					
CHICKEN & PESTO GLUTEN FREE PANINI	238	N	N	963	2340	236	562	12.0	29.0	3.3	7.8	16.0	38.0	1.4	3.3	7.4	18.0	12.0	29.0	0.98	2.30
HICKORY SMOKED HAM & CHEESE TOASTIE	215	N	N	1097	2359	261	561	8.4	18	5.0	11	35	75	0.8	1.7	2.6	5.7	10	21	1.1	2.4
PITA VEGETARIANA	200	Y	N	932	1864	223	446	8.4	16.8	1.5	3.0	25.6	51.2	0.6	1.2			9.1	18.2	0.20	0.40
PITA RUSTIC	205	N	N	1092	2239	262	537	12.7	26	1.7	3.5	26.3	53.9	1.1	2.3			8.3	17	0.30	0.60
CROSSIANT ROLL - BACON, EGG & CHEESE	192.5	N	N	796	1532	191	368	7	13.5	0.5	1.0	24.5	47.2	0.6	1.2			5.2	10	0.10	0.20
SESAME CREAM CHEESE BAGEL	125	Y	N	1140	1420	274	343	12.7	15.9	5.5	6.9	29.7	37.2	2.7	3.4	1.8	2.3	10.0	12.5	0.13	1.49
HAM & CHEESE CROISSANT	90	N	N	1537	1383	367	330	22	20	5.8	5.2	31	28	2.1	1.9	2.1	1.9	11	9.5	1.5	1.4
FIVE CHEESE TOASTIE	185	Y	N	1155	2137	275	509	12	22	7.1	13	30	56	0.8	1.4	2.3	4.2	11	20	1.2	2.1
Sandwiches & Wraps																					
HAM & CHEESE CIABATTA	227	N	N	966	2193	230	522	8.3	19	5.1	12	25	57	1.0	2.2	1.3	3.0	12.8	29.1	1.55	3.50
CHICKEN & BACON CIABATTA	230	N	N	917	2110	218	502	8.2	19	2.7	6.1	25	59	1.1	2.6	1.4	3.3	10	23	1.1	2.5
TOMATO & MOZZARELLA CIABATTA	210	N	N	952	1999	227	477	8.9	18.7	5.2	10.9	28.0	58.8	1.6	3.4	1.6	3.4	8.0	16.8	1.00	2.10
PASTRAMI & EGG SALAD BAGEL	190	N	N	1037	1970	247	469	10.7	20.3	1.6	3.0	24.8	47.1	2.6	5.0			12.9	24.5	1.50	2.85
VEGAN ROASTED CARROTS & COUS COUS WRAP	175	Y	Y	756	1323	180	315	7.8	13.7	1.4	2.5	23.0	40.3	3.9	6.8	1.3	2.3	3.4	6.0	0.86	1.51
PUMPKIN , FETA & QUINOA WRAP	188	Y	N	864	1620	206	386	9.8	18.0	3.0	5.6	22.2	41.6	2.1	3.9	1.5	2.8	6.5	12.2	1.36	2.55

Produkt	Unit Weight (g)	Vegetarisch	Vegan	Energiewert (kJ)		Energiewert (kcal)		Fett (g)		davon gesättigt (g)		Kohlenhydrate (g)		davon Zucker (g)		Ballaststoffe (g)		Eiweiss (g)		Salzgehalt (g)	
				Pro 100g	Pro Port.	Pro 100g	Pro Port.	Pro 100g	Pro Port.	Pro 100g	Pro Port.	Pro 100g	Pro Port.	Pro 100g	Pro Port.	Pro 100g	Pro Port.	Pro 100g	Pro Port.	Pro 100g	Pro Port.
Salads & Dressings																					
HOUSE CHICKEN SALAD	245	N	N	619	1517	148	363	8.2	20	0.6	1.6	12	29	2.2	5.4	1.9	4.6	5.8	14	0.49	1.2
ITALIAN PASTA SALAD WITH GRILLED VEGGIES	250	Y	N	738	1846	177	443	12	29	0.6	1.5	12	29	0.6	1.5	1.6	3.9	5.5	14	0.39	0.97
BALSAMIC DRESSING	60	Y	Y	1290	774	313	188	28.5	17.5	3.5	2.1	5.0	3.0	4.0	2.4	1.0	0.6	0.8	0.5	2.80	1.68