



STARBUCKS FOOD - NÄHRWERTE

Summer 2 2017

Produkt	Unit Weight gms	Vegetarisch	Vegan	Weizen frei	Gluten frei	Laktose frei	Energiewert (kJ)		Energiewert (kcal)		Fett (g)		davon gesättigt (g)		Kohlenhydrate (g)		davon Zucker (g)		Eiweiss (g)		Ballaststoffe (g)		Natrium (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.
<b>Pastries</b>																								
BUTTER CROISSANT	60	Y	N	N	N	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	N	N	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	N	N	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
CHOCOLATE SWIRL	112	Y	N	N	N	N	1620	1814	386	432	17.3	19.4	9.8	11.0	48.5	54.3	18.6	20.8	2.5	2.8	7.8	8.7	0.61	0.70
NORDIC CINNAMON BRIOCHE	100	Y	N	N	N	N	1565	1565	372	372	14.0	14.0	8.0	8.0	52.4	52.4	17.2	17.2	1.7	1.7	8.4	8.4	0.70	0.70
NORDIC ALMOND BRIOCHE	100	Y	N	N	N	N	1571	1571	374	374	14.4	14.4	7.9	7.9	51.2	51.2	14.6	14.6	1.2	1.2	9.2	9.2	0.71	0.71
BELGIAN WAFFLE	105	Y	N	N	N	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
<b>Muffins</b>																								
LEMON POPPYSEED MUFFIN	131	Y	N	N	N	N	1509	1977	359	470	13.7	17.9	1.6	2.1	53.4	70.0	32.7	42.8	1.8	2.4	4.7	6.2	0.34	0.45
RASPBERRY CHEESECAKE MUFFIN	122	Y	N	N	N	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
BLUEBERRY MUFFIN	122	Y	N	N	N	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
TRIPLE CHOCOLATE MUFFIN FILLED	130	Y	N	N	N	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
STRAWBERRY & CREAM MUFFIN	126	Y	N	N	N	N	1629	2053	389	490	18.6	23.4	3.8	4.8	52.0	65.5	26.7	33.6	1.4	1.8	5.4	6.8	0.40	0.50
<b>Bars and Brownies</b>																								
CHOCOLATE BROWNIE	70	Y	N	Y	Y	N	1870	1310	450	315	29.9	20.9	16.9	11.8	34.9	24.4	33.1	23.1	2.9	2.0	5.2	3.6	0.40	0.30
BURNT CARAMEL BROWNIE	80	Y	N	N	N	N	2048	1638	495	396	31.9	25.5	15.3	12.2	44.2	35.4	39.3	31.4	2.3	1.8	6.2	5.0	0.50	0.40
CARAMEL PECAN BROWNIE	80	Y	N	N	N	N	1920	1536	460	368	26.3	21.0	14.2	11.4	51.6	41.3	38.1	30.5			5.6	4.5	0.30	0.30
<b>Cookies</b>																								
TRIPLE CHOCOLATE COOKIE **NEW RECIPE**	80	Y	N	N	N	N	2013	1610	481	385	23.5	18.8	14.9	11.9	60.2	48.1	39.2	31.4	2.1	1.7	6.1	4.9	0.30	0.24
DARK CHOCOLATE CHUNK COOKIE **NEW RECIPE**	80	Y	N	N	N	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
TRIPLE CHOCOLATE COOKIE	79	Y	N	N	N	N	1988	1571	475	375	23.0	18.2	14.6	11.5	60.1	47.5	47.7	37.7	2.3	1.8	5.7	4.5	0.51	0.40
DARK CHOCOLATE CHUNK COOKIE	79	Y	N	N	N	N	1997	1578	477	377	23.2	18.3	14.2	11.2	60.4	47.7	41.2	32.6	1.6	1.3	5.8	4.6	0.28	0.22
NUTELLA COOKIE	82	Y	N	N	N	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
<b>Donuts</b>																								
DONUT APPLE CINNAMON	115	Y	N	N	N	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 CRUMBLE DONUT	55	Y	N	N	N	N	1941	1068	465	256	28.1	15.5	15.1	8.3	44.0	24.2	14.9	8.2	3.0	1.7	7.5	4.1	0.73	0.40
VANILLA DONUT	76	Y	N	N	N	N	1680	1277	403	306	24.1	18.3	9.8	7.4	40.1	30.5	18.1	13.8	1.6	1.2	5.4	4.1	0.54	0.41
<b>Cakes / Loaf Cakes</b>																								
NEW YORK CHEESECAKE	133	Y	N	N	N	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
RASPBERRY VANILLA CHEESECAKE	137	Y	N	N	N	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
BLUEBERRY CHEESECAKE	153	Y	N	N	N	N	1213	1855	290	443	14.6	22.3	9.4	14.4	34.3	52.5	22.2	33.9	1.0	1.5	5.4	8.2	0.36	0.55
CARROT CAKE	165	Y	N	N	N	N	1663	2744	398	657	24.0	39.6	6.1	10.1	41.0	67.7	29.0	47.9	4.9	8.1	1.0	1.7	0.51	0.80
RED VELVET CAKE	128	Y	N	N	N	N	1921	2459	460	589	28.7	36.7	11.1	14.2	47.3	60.6	36.6	46.9	0.6	0.8	3.2	4.1	0.36	0.50
MARBLE LOAF CAKE	90	Y	N	N	N	N	1781	1603	426	384	23.5	21.1	7.1	6.4	46.9	42.2	30.2	27.1	2.3	2.0	5.7	5.0	0.01	0.01
LEMON LOAF CAKE	90	Y	N	N	N	N	1850	1665	443	399	25.3	22.8	6.8	6.1	47.8	43.0	28.4	25.6	1.4	1.3	5.3	4.8	0.01	0.01
<b>Yoghurt / Fruit</b>																								
FRESH FRUIT	180	Y	Y	Y	Y	Y	222	400	52	94	0.1	0.2	0.0	0.0	11.5	20.7	11.5	20.7	0.8	1.4	0.7	1.3	0.03	0.10
VEGAN MANGO BIRCHER	224	Y	Y	N	N	Y	676	1514	162	363	6.5	14.6	3.6	8.1	19.2	43.0	5.4	12.1	4.5	10.1	4.3	9.6	0.28	0.62
SUMMER FRUIT SALAD	180	Y	Y	Y	Y	Y	222	400	52	94	0.1	0.2	0.0	0.0	11.5	20.7	11.5	20.7	0.8	1.4	0.7	1.3	0.03	0.05
SUPERFOOD MÜSLI	175	Y	N	N	N	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
<b>Hot Food</b>																								

Produkt	Unit Weight gms	Vegetarisch	Vegan	Weizen frei	Gluten frei	Laktose frei	Energiewert (kJ)		Energiewert (kcal)		Fett (g)		davon gesättigt (g)		Kohlenhydrate (g)		davon Zucker (g)		Eiweiss (g)		Ballaststoffe (g)		Natrium (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.
<b>PITA VEGETARIANA</b>	<b>200</b>	Y	N	N	N	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
<b>PITA RUSTIC</b>	<b>205</b>	N	N	N	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
<b>CROSSIANT ROLL - BACON, EGG &amp; CHEESE</b>	<b>192.5</b>	N	N	N	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
<b>CROSSIANT ROLL - OMELETTE &amp; CHEESE</b>	<b>178</b>	Y	N	N	N	N	1170	2083	281	500	13.5	24	5	8.9	25.7	45.7	0.6	1.1			11.6	20.6	0.30	0.50
<b>SESAME CREAM CHEESE BAGEL</b>	<b>125</b>	Y	N	N	N	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
<b>HAM &amp; CHEESE CROISSANT</b>	<b>90</b>	N	N	N	N	N	1537	1383	368	331	22.0	20.0	11.0	9.9	31.0	28.0	2.1	1.9	2.1	1.9	11.0	9.9	1.60	1.40
<b>BREAKFAST HOT BOX- EGGS, HAM &amp; ROASTED POTATOES</b>	<b>150</b>	N	N	Y	Y	N	479	719	115	173	6.4	9.6	1.6	2.4	3.1	4.7	0.4	0.6	0.5	0.8	10.7	16.1	0.66	0.99
<b>BREAKFAST HOT BOX- EGGS, SPINACH, TOMATOES</b>	<b>165</b>	Y	N	Y	Y	N	391	645	94	155	6.4	10.6	1.4	2.3	1.8	3.0	1.3	2.1	0.9	1.5	6.6	10.9	0.56	0.92
<b>HOLLANDAISE SAUCE</b>	<b>40</b>	Y	N	Y	Y	N	864	346	210	84	21.4	8.6	6.4	2.6	1.2	0.5	0.8	0.3			2.7	1.1	1.40	0.56
<b>WHOLEGRAIN TOAST</b>	<b>70</b>	Y	Y	N	N	Y	988	692	235	165	4.1	2.9	0.5	0.4	37.0	25.9	3.9	2.7	7.2	5.0	8.8	6.2	1.20	0.84
<b>Sandwiches / Wraps</b>																								
<b>HAM &amp; CHEESE CIABATTA</b>	<b>227</b>	N	N	N	N	N	966	2193	230	522	8.3	18.9	5.1	11.6	25.2	57.2	1.0	2.2	1.3	3.0	12.8	29.1	1.55	3.50
<b>TOMATO &amp; MOZZARELLA CIABATTA</b>	<b>210</b>	N	N	N	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
<b>GREEK WRAP</b>	<b>160</b>	N	N	N	N	N	917	1467	220	352	13.2	21.1	6.8	10.9	18.6	29.8	2.1	3.4	1.2	1.9	5.9	9.4	1.19	1.90
<b>CURRY CHICKEN WRAP</b>	<b>175</b>	N	N	N	N	N	746	1306	177	310	5.2	9.1	2.5	4.4	23.5	41.1	5.0	8.8	1.0	1.8	8.5	14.9	0.83	1.50
<b>Salads and Dressings</b>																								
<b>QUINOA &amp; MARINATED TOMATO SALAD</b>	<b>276</b>	Y	Y	Y	Y	Y	570	1573	137	378	7.7	21.3	1.1	3.0	12.4	34.2	2.7	7.5	2.7	7.5	2.8	7.7	2.19	6.04
<b>ORIENTAL STYLE COUSCOUS SALAD</b>	<b>242</b>	Y	Y	N	N	Y	534	1292	128	310	5.7	13.8	0.8	1.9	13.6	32.9	3.8	9.2	1.6	3.9	4.6	11.1	1.30	3.15