



# Food Nutrition & Allergen Guide

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This guide will provide nutritional and allergen information for all food. Allergens can be found within the ingredient declaration and summarised in the last column. Please ensure you take extra care to identify all the possible allergens present in our food, if you require support, please ask one of our trained barista's.

**Within this booklet it will provide information on the following 9 common ALLERGENS as classified according to the South African regulation R146:**

- Cow's Milk
- Egg
- Fish
- Peanuts
- Shellfish (crustaceans, molluscs)
- Significant Cereals Containing Gluten (wheat, rye, barley, oats, crossbred hybrids)
- Soya
- Tree Nuts (almond, Brazil nut, cashew nut, hazelnut, macadamia nut, pecan nut, pistachio nut, walnut)

**Warning:**

A warning for the presence of these uncommon allergens which are not classified as allergens in South Africa will also be included:

- Celery · Mustard · Sesame · Sulphur Dioxide ·

**Cross-Contact**

Due to the nature of how our partners handle our food items and share equipment and utensils there is a risk of allergen cross-contact. We cannot guarantee any item is allergen free. Please remember to check this information regularly as we're always working on our recipes. For more allergen information please ask your barista.

**This information is updated regularly to reflect our procedures instore.  
Please check [www.starbucks.co.za](http://www.starbucks.co.za) for the most up to date information**



# Bakery Menu

Product	Suitable for Vegetarian	Suitable for Vegan	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fiber (g)	Protein (g)	Salt (g)	Allergens
Savoury Cheese Twist	Y	N	880	210	7.0	1,6	37	1,1	0,8	7,0	0,5	WHEAT, GLUTEN, MILK, EGG.
Butter Croissant	Y	N	1222	292	17	11	27	3,9	-	6,2	0,3	WHEAT, GLUTEN, MILK, EGG.
Choc Hazelnut Croissant	Y	N	1397	334	18	9,5	36	11	-	5,6	0,3	WHEAT, GLUTEN, MILK, TREE NUTS, EGG.
Chocolate Brownie	Y	N	1294	309	13,7	9,3	46	5	1,3	4,2	0,1	WHEAT, GLUTEN, MILK, EGG.
Cheesecake Brownie	Y	N	1105	264	12,9	6,9	40	1,7	1	5,5	0,5	WHEAT, GLUTEN, MILK, EGG.
Cinno Sticky Bun	Y	N	1199	287	7,9	4,4	45	24,4	2	7,1	1,6	WHEAT, GLUTEN, EGG, MILK, SOYA, TREE NUTS.
Cinnamon Sugar Donut	Y	N	652	156	6,5	3,2	21	4,8	1,1	2,8	0,3	WHEAT, GLUTEN, MILK SOYA.
Decadent Chocolate Muffin	Y	N	2024	484	26,4	5	58	36	1,8	6,5	0,2	WHEAT, GLUTEN, EGG, MILK, SOYA.
Blueberry Muffin (with Streusel topping)	Y	N	1291	309	12,1	2,8	46	11,4	1	4,8	0,1	WHEAT, GLUTEN, EGG, MILK.
Milktart Muffin	Y	N	1650	394	14,2	2,8	63	16,4	0,7	7,5	0,4	WHEAT, GLUTEN, EGG, MILK.
Raspberry & White Chocolate Muffin	Y	N	1961	469	22,3	4,5	63	14,5	1	8,6	0,8	WHEAT, GLUTEN, EGG, SOYA, MILK.
Vanilla Choc Chip Cookie	Y	N	1149	275	15,4	9,3	36	15,4	0,9	2,4	0,3	WHEAT, GLUTEN, MILK, SOYA, EGG.
Triple Chocolate Chip Cookie	Y	N	1149	275	15,9	8,8	37	17	1,1	2,8	0,3	MILK, SOYA, WHEAT, GLUTEN, EGG.

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Matcha and White Chocolate Cookie	Y	N	1213	290	16,9	8,8	40	6,1	0,5	2,8	0,3	WHEAT, GLUTEN, MILK, SOYA, EGG.
Pistachio Choc Chip Cookie	Y	N	1274	304	19,4	8,7	37	4,8	1,1	4	0,4	WHEAT, GLUTEN, MILK, SOYA, TREE NUTS, EGG.
Carrot Cake	Y	N	2057	492	20	5,6	75	24,3	2,5	4,2	0,5	WHEAT, GLUTEN, EGG, MILK, TREE NUTS.
Decadent Chocolate Cake	Y	N	2600	261	35,6	14,6	75	36,9	2,4	5,1	0,9	WHEAT, GLUTEN, MILK, EGG, SOYA.
Vanilla Cake Pop	Y	N	514	123	8,6	6,9	10	4,4	<0,1	1,2	0,1	WHEAT, GLUTEN, MILK, EGG SOYA.
Strawberry Cake Pop	Y	N	561	134	9,9	6,8	10	4,4	<0,1	1,2	0,1	WHEAT, GLUTEN, MILK, EGG, SOYA.
Vanilla Choc-Chip Crookie (LTO)	Y	N	2053	490,7	24,6	7,1	63	33,9	0,9	4,6	0,7	WHEAT, GLUTEN, MILK, EGG SOYA.
Mini Donuts (Iced)	Y	N	382	91	5,1	2,9	9	3,5	<0,5	1,8	0,01	WHEAT, GLUTEN, EGG SOYA.



# Prepared Food Menu

Product	Suitable for Vegetarian	Suitable for Vegan	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fiber (g)	Protein (g)	Salt (g)	Allergens
Breakfast English Muffin	N	N	2100	502	26.0	10.2	41	10.8	n/a	24.1	2.5	WHEAT, GLUTEN, EGG, SOYA, MILK. CONTAINS SULPHUR DIOXIDE.
Smashed Avo & Poached Egg English Muffin	Y	N	1600	382	16.2	5.2	40	10.9	n/a	15.9	2.3	WHEAT, GLUTEN, EGG, SOYA, MILK.
Cream Cheese Bagel	Y	N	1470	351	6.5	3.6	62	4.1	n/a	10.3	1.7	WHEAT, GLUTEN, SOYA, MILK.
Smoked Trout & Cream Cheese Bagel	N	N	1720	411	8.3	4.2	62	4.1	n/a	21.4	3.2	WHEAT, GLUTEN, SOYA, MILK, FISH.
Chicken Mayo Seeded Bread Toastie	N	N	2740	655	40.9	14.6	33	8.0	n/a	34.0	2.0	WHEAT, GLUTEN, SOYA, EGG, MILK. CONTAINS MUSTARD.
Chicken Mayo Sourdough Toastie	N	N	2620	626	38.9	14.1	42	2.9	n/a	26.0	1.8	WHEAT, GLUTEN, SOYA, EGG, MILK. CONTAINS MUSTARD.
Chilli Cheese Sourdough Toastie	Y	N	2860	684	45.4	21.0	46	5.0	n/a	21	3.5	WHEAT, GLUTEN, SOYA, EGG, MILK. CONTAINS MUSTARD.
Classic Cheese Seeded Bread Toastie	Y	N	3100	741	52.4	22.3	33	7.7	n/a	29.3	2.8	WHEAT, GLUTEN, SOYA, EGG, MILK. CONTAINS MUSTARD.
Classic Cheese Sourdough Toastie	Y	N	2980	712	50.4	21.7	42	2.6	n/a	21.3	2.6	WHEAT, GLUTEN, SOYA, EGG, MILK. CONTAINS MUSTARD.
Macon & Cheese Sourdough Toastie	N	N	2780	664	43.4	21.4	42	2.5	n/a	25.7	4.3	WHEAT, GLUTEN, SOYA, MILK, EGG. CONTAINS MUSTARD.
Macon & Cheese Seeded Bread Toastie	N	N	2900	693	45.4	22.0	33	7.6	n/a	33,7	4,4	WHEAT, GLUTEN, SOYA, MILK, EGG. CONTAINS MUSTARD.
Jalapeno Chicken Mayo Sourdough Toastie	N	N	2630	629	38.9	14.1	431	3.0	n/a	26	1,8	WHEAT, GLUTEN, SOYA, EGG, MILK. CONTAINS MUSTARD AND SULPHUR DIOXIDE.
Chicken Mayo, Avo & Pesto Ciabatta	N	N	2780	411	33.4	4.8	62	3.4	n/a	28	1,9	WHEAT, GLUTEN, SOYA, MILK, EGG, TREE NUTS. CONTAINS MUSTARD AND SULPHUR DIOXIDE.

All our beverages are hand crafted uniquely for you. Due to the nature of how we create our beverages we cannot guarantee that they are free from any allergens. Our beverages are prepared where allergens are handled by our partners, and where equipment and utensils are used for multiple menu items, including those containing allergens. Please remember to check this information regularly as we're always working on our recipes. For more allergen information please ask your barista. Adults need around 2000kcal a day

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WARM Classic Creamy Oats *Low Fat Cow's Milk	Y	N	1070	256	6.0	2.0	36	11.4	n/a	11	0.0.	WHEAT, GLUTEN, MILK,
WARM Classic Creamy Oats *Almond Milk	Y	Y	941	225	7.5	1.0	30	3.7	n/a	6.7	2	WHEAT, GLUTEN, MILK, TREE NUTS.
WARM Classic Creamy Oats *Coconut Milk	Y	Y	1020	244	10.1	6.4	31	4.3	n/a	60	0.2	WHEAT, GLUTEN,
WARM Classic Creamy Oats *Oat Milk	Y	Y	909	217	6.6	1.2	31	4.4	n/a	6.4	0.2	WHEAT, GLUTEN,
WARM Classic Creamy Oats *Soya milk	Y	Y	1130	270	9.0	1.2	35	3.2	n/a	11	0,4	WHEAT, GLUTEN, SOYA,
WARM Berry & Coconut Oats *Low Fat Cow's Milk	Y	N	1460	349	9.5	4.7	49	22.7	n/a	12	0.2	MILK WHEAT, GLUTEN.
WARM Berry & Coconut Oats *Almond Milk	Y	Y	1340	320	11.0	3.6	43	16.3	n/a	7.6	0.2	WHEAT, GLUTEN, TREE NUTS
WARM Berry & Coconut Oats *Coconut Milk	Y	Y	1410	337	13.6	9.00	44	16.9	n/a	6.9	0.2	WHEAT, GLUTEN,
WARM Berry & Coconut Oats *Oat Milk	Y	Y	1300	311	10.2	3.8	43	17.0	n/a	7.3	0.2	WHEAT, GLUTEN,
WARM Berry & Coconut Oats *Soya Milk	Y	Y	1530	366	12.5	3.8	48	15.8	n/a	12	0.4	WHEAT, GLUTEN, SOYA.
WARM Almond, Banana & Cinnamon Oats *Low Fat Cow's Milk	Y	N	1990	476	25.1	6.7	44	15,1	n/a	16	0.2	WHEAT, GLUTEN, TREE NUTS ,MILK.
WARM Almond, Banana & Cinnamon Oats *Almond Milk	Y	Y	1860	445	26.6	5.6	37	8,7	n/a	11	0.2	WHEAT, GLUTEN, TREE NUTS ,
WARM Almond, Banana & Cinnamon Oats *Coconut Milk	Y	Y	1940	464	29.1	11.0	39	9,2	n/a	10	0.2	WHEAT, GLUTEN, TREE NUTS ,

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WARM Almond, Banana & Cinnamon Oats *Oat Milk	Y	Y	1830	437	25,7	5,8	38	9,3	n/a	11	0,2	TREE NUTS, WHEAT, GLUTEN.
WARM Almond, Banana & Cinnamon Oats *Soya Milk	Y	Y	2050	490	28,1	5,8	42	8,2	n/a	15,0	0,4	TREE NUTS, WHEAT, GLUTEN, SOYA.
WARM Chocolate Chip Cookie Oats *Low Fat Cow's Milk	Y	N	1440	344	9,0	4,6	51	22,7	n/a	12	0,2	WHEAT, GLUTEN, SOYA, MILK.
WARM Chocolate Chip Cookie Oats *Almond Milk	Y	Y	1310	313	10,5	3,5	44	16,4	n/a	7,2	0,2	TREE NUTS, WHEAT, GLUTEN, SOYA, MILK.
WARM Chocolate Chip Cookie Oats *Coconut Milk	Y	Y	1390	332	13,1	8,8	46	17,0	n/a	6,5	0,2	WHEAT, GLUTEN, SOYA.
WARM Chocolate Chip Cookie Oats *Oat Milk	Y	Y	1280	306	9,6	3,7	45	17,0	n/a	6,9	0,2	WHEAT, GLUTEN, SOYA.
WARM Chocolate Chip Cookie Oats *Soya Milk	Y	Y	1500	359	12,0	3,7	49	15,8	n/a	11	0,4	WHEAT, GLUTEN, SOYA.
Berry Yoghurt & Granola Pot	Y	N	1070	256	6,0	2,0	36	11,4	n/a	11,4	0,2	MILK, WHEAT, GLUTEN, TREE NUTS.
Cashews Roasted & Salted	Y	Y	800	191	15,4	2,6	8	1,8	1	5,5	0,2	TREE NUTS.
Mixed Nuts Roasted & Salted	Y	Y	807	193	16,7	2,6	4	1,3	1	6,2	0,3	PEANUTS, TREE NUTS.

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Sally Williams EASTER Chocolate Treats with Roasted Nougat	Y	N	-	-	-	-	-	-	-	-	-	EGG, TREE NUTS, MILK, SOYA.
Sally Williams Milk Chocolate Coated Nougat Bar	Y	N	-	-	-	-	-	-	-	-	-	EGG, MILK, SOYA.
Sally Williams Peanut Butter Nougat Bar	Y	N	-	-	-	-	-	-	-	-	-	EGG, PEANUTS.
Starbucks Caramel Waffles	Y	N	1894	452	21	12	62	35	1,5	3	0,6	WHEAT, GLUTEN, SOYA, MILK.

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