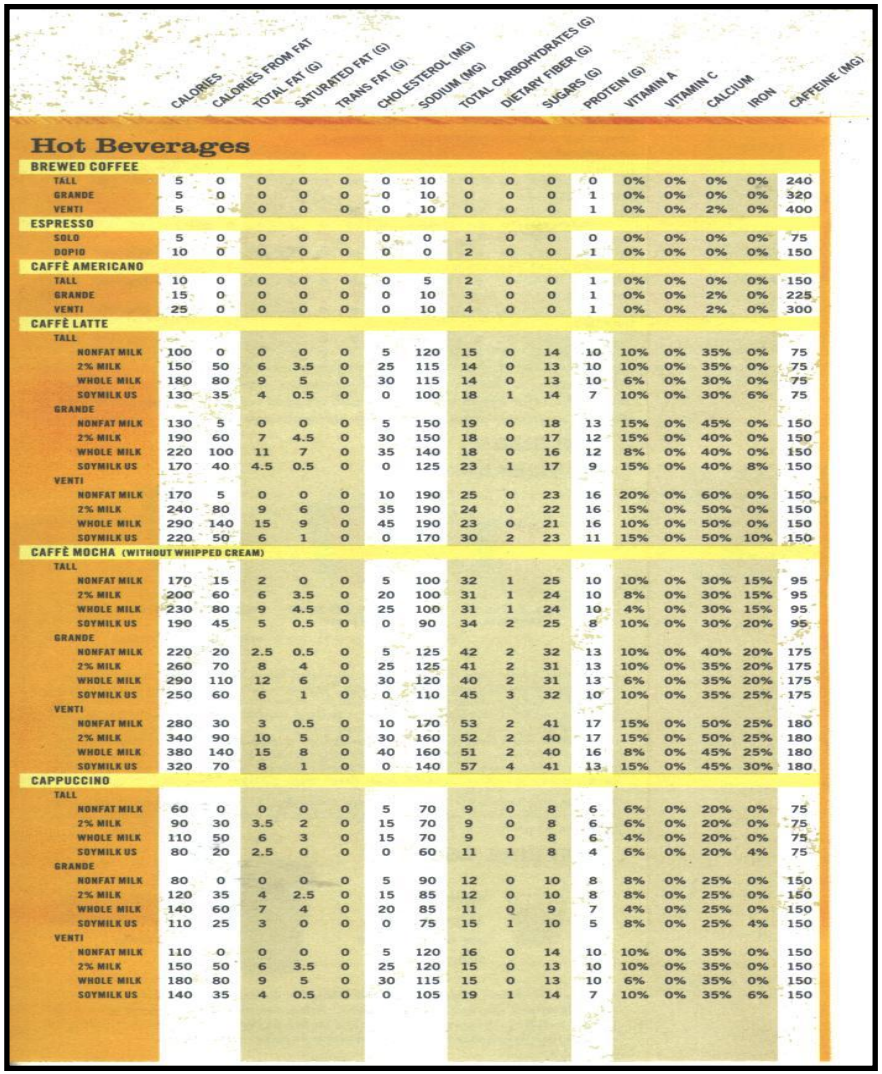
Pamphlets, posters, tray liners, etc. can be difficult to read and hard to find.

Support nutrition labeling on menus and menu boards in fast-food and chain restaurants.



Hot Beverages

	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)	VITAMIN A	VITAMIN C	CALCIUM	IRON	CAFFEINE (MG)
BREWED COFFEE																
TALL	5	0	0	0	0	0	10	0	0	0	0	0%	0%	0%	0%	240
GRANDE	5	0	0	0	0	0	10	0	0	0	1	0%	0%	0%	0%	320
VENTI	5	0	0	0	0	0	10	0	0	0	1	0%	0%	2%	0%	400
ESPRESSO																
SOLO	5	0	0	0	0	0	0	1	0	0	0	0%	0%	0%	0%	75
DOPIO	10	0	0	0	0	0	0	2	0	0	1	0%	0%	0%	0%	150
CAFFÈ AMERICANO																
TALL	10	0	0	0	0	0	5	2	0	0	1	0%	0%	0%	0%	150
GRANDE	15	0	0	0	0	0	10	3	0	0	1	0%	0%	2%	0%	225
VENTI	25	0	0	0	0	0	10	4	0	0	1	0%	0%	2%	0%	300
CAFFÈ LATTE																
TALL																
NONFAT MILK	100	0	0	0	0	5	120	15	0	14	10	10%	0%	35%	0%	75
2% MILK	150	50	6	3.5	0	25	115	14	0	13	10	10%	0%	35%	0%	75
WHOLE MILK	180	80	9	5	0	30	115	14	0	13	10	6%	0%	30%	0%	75
SOYMILK US	130	35	4	0.5	0	0	100	18	1	14	7	10%	0%	30%	6%	75
GRANDE																
NONFAT MILK	130	5	0	0	0	5	150	19	0	18	13	15%	0%	45%	0%	150
2% MILK	190	60	7	4.5	0	30	150	18	0	17	12	15%	0%	40%	0%	150
WHOLE MILK	220	100	11	7	0	35	140	18	0	16	12	8%	0%	40%	0%	150
SOYMILK US	170	40	4.5	0.5	0	0	125	23	1	17	9	15%	0%	40%	8%	150
VENTI																
NONFAT MILK	170	5	0	0	0	10	190	25	0	23	16	20%	0%	60%	0%	150
2% MILK	240	80	9	6	0	35	190	24	0	22	16	15%	0%	50%	0%	150
WHOLE MILK	290	140	15	9	0	45	190	23	0	21	16	10%	0%	50%	0%	150
SOYMILK US	220	50	6	1	0	0	170	30	2	23	11	15%	0%	50%	10%	150
CAFFÈ MOCHA (WITHOUT WHIPPED CREAM)																
TALL																
NONFAT MILK	170	15	2	0	0	5	100	32	1	25	10	10%	0%	30%	15%	95
2% MILK	200	60	6	3.5	0	20	100	31	1	24	10	8%	0%	30%	15%	95
WHOLE MILK	230	80	9	4.5	0	25	100	31	1	24	10	4%	0%	30%	15%	95
SOYMILK US	190	45	5	0.5	0	0	90	34	2	25	8	10%	0%	30%	20%	95
GRANDE																
NONFAT MILK	220	20	2.5	0.5	0	5	125	42	2	32	13	10%	0%	40%	20%	175
2% MILK	260	70	8	4	0	25	125	41	2	31	13	10%	0%	35%	20%	175
WHOLE MILK	290	110	12	6	0	30	120	40	2	31	13	6%	0%	35%	20%	175
SOYMILK US	250	60	6	1	0	0	110	45	3	32	10	10%	0%	35%	25%	175
VENTI																
NONFAT MILK	280	30	3	0.5	0	10	170	53	2	41	17	15%	0%	50%	25%	180
2% MILK	340	90	10	5	0	30	160	52	2	40	17	15%	0%	50%	25%	180
WHOLE MILK	380	140	15	8	0	40	160	51	2	40	16	8%	0%	45%	25%	180
SOYMILK US	320	70	8	1	0	0	140	57	4	41	13	15%	0%	45%	30%	180
CAPPUCCINO																
TALL																
NONFAT MILK	60	0	0	0	0	5	70	9	0	8	6	6%	0%	20%	0%	75
2% MILK	90	30	3.5	2	0	15	70	9	0	8	6	6%	0%	20%	0%	75
WHOLE MILK	110	50	6	3	0	15	70	9	0	8	6	4%	0%	20%	0%	75
SOYMILK US	80	20	2.5	0	0	0	60	11	1	8	4	6%	0%	20%	4%	75
GRANDE																
NONFAT MILK	80	0	0	0	0	5	90	12	0	10	8	8%	0%	25%	0%	150
2% MILK	120	35	4	2.5	0	15	85	12	0	10	8	8%	0%	25%	0%	150
WHOLE MILK	140	60	7	4	0	20	85	11	0	9	7	4%	0%	25%	0%	150
SOYMILK US	110	25	3	0	0	0	75	15	1	10	5	8%	0%	25%	4%	150
VENTI																
NONFAT MILK	110	0	0	0	0	5	120	16	0	14	10	10%	0%	35%	0%	150
2% MILK	150	50	6	3.5	0	25	120	15	0	13	10	10%	0%	35%	0%	150
WHOLE MILK	180	80	9	5	0	30	115	15	0	13	10	6%	0%	35%	0%	150
SOYMILK US	140	35	4	0.5	0	0	105	19	1	14	7	10%	0%	35%	6%	150

Current Starbucks Pamphlet

Espresso

Espresso
SOLO 1.40 — 5 cal.
DOPPIO 1.70 — 10 cal.

Caffè Americano
TALL 1.80 — 10 cal.
GRANDE 2.10 — 15 cal.
VENTE 2.45 — 25 cal.

Cappuccino
TALL 2.45 — 120 cal.
GRANDE 3.00 — 150 cal.
VENTE 3.30 — 210 cal.

CUSTOMIZE

MILK — SOY OR ORGANIC ADD 50
ESPRESSO — EXTRA SHOT ADD 50
SYRUP — CINNAMON • RASPBERRY • ALMOND VANILLA or HAZELNUT (available sugar-free) CARAMEL • TOFFEE NUT • PEPPERMINT ADD 50
20 cal. regular, 0 cal. sugar-free

Caffè Latte
TALL 2.45 — 200 cal.
GRANDE 3.00 — 260 cal.
VENTE 3.30 — 340 cal.

Caffè Mocha
TALL 2.70 — 310 cal.
GRANDE 3.30 — 400 cal.
VENTE 3.60 — 490 cal.

Caramel Macchiato
TALL 2.80 — 240 cal.
GRANDE 3.40 — 310 cal.
VENTE 3.70 — 380 cal.

White Chocolate Mocha
TALL 3.15 — 340 cal.
GRANDE 3.70 — 450 cal.
VENTE 4.00 — 580 cal.

Vanilla Latte
TALL 2.70 — 240 cal.
GRANDE 3.30 — 320 cal.
VENTE 3.60 — 400 cal.

Pumpkin Spice Latte
TALL 3.15 — 360 cal.
GRANDE 3.70 — 480 cal.
VENTE 4.00 — 580 cal.

Holiday Favorites

Gingerbread Latte
TALL 3.15 — 330 cal.
GRANDE 3.70 — 430 cal.
VENTE 4.00 — 520 cal.

Eggnog Latte
TALL 3.15 — 430 cal.
GRANDE 3.70 — 510 cal.
VENTE 4.00 — 630 cal.

Peppermint Mocha
TALL 3.15 — 370 cal.
GRANDE 3.70 — 470 cal.
VENTE 4.00 — 560 cal.

Peppermint Hot Chocolate
TALL 2.70 — 400 cal.
GRANDE 2.95 — 510 cal.
VENTE 3.00 — 650 cal.

CALORIES BASED ON BEVERAGES WITH WHOLE MILK.
SEE NUTRITION BROCHURE FOR CALORIES WITH SOY OR NONFAT MILK.

Model Menu Board

For more information visit www.menulabeling.org