



Customizing Beverages at Starbucks® Stores

September 2019

With more than 170,000 ways to customize beverages at Starbucks® stores, customers can create a favorite drink that fits their lifestyle. To help guide our customers' decision making, nutrition facts and ingredients for a majority of the beverages served at Starbucks are available on starbucks.com, on the menu boards in Starbucks® stores and on the Starbucks® mobile app.

Below are barista tips on how to customize beverages at Starbucks, as well as a selection of drink recommendations to fit a variety of preferences.

Barista Customization Tips

- **Ask for Starbucks [Blonde Espresso](#):** Try asking for Starbucks Blonde Espresso in your espresso beverage instead of the traditional Starbucks Signature Espresso baristas use (it's no extra charge!). Starbucks Blonde Espresso is smooth and subtly sweet, making it perfect for unsweetened beverages like an Americano or Cappuccino – hot or iced.
- **Select your milk:** Customers can choose from whole, 2% milk or nonfat milk, or non-dairy alternatives such as soy, coconut and almond.
- **Ask for fewer pumps of syrup:** To lessen the sweetness of your flavored beverage, ask for fewer pumps of syrup, or select a sugar-free syrup, available in Vanilla or Cinnamon Dolce, or our Skinny Mocha Sauce.
- **Try a sweetener substitute** such as Sweet'N Low®, Equal®, SPLENDA® or Stevia Blend from Whole Earth.
- **Ask for "less whip" or "no whip"**
- **Make it "Skinny:"** Most handcrafted espresso and Frappuccino® blended beverages can be requested "skinny," which means the beverage is made with nonfat milk, no whipped cream and a sugar-free syrup if available.

Starbucks handcrafted beverages under 150 calories for a tall (12-ounce) serving

[Brewed Coffee](#)



5 calories
0 grams of sugar

[Caffe Americano \(Hot or Iced\)](#)



10 calories
0 grams of sugar

[Caffe Misto](#)



80 calories
8 grams of sugar

[Iced Skinny Mocha](#)



90 calories
7 grams of sugar

[Skinny Mocha](#)



130 calories
12 grams of sugar

Pro Tip! Customize any espresso beverage with our smooth, subtly sweet Blonde Espresso.

[Cappuccino](#)



90 calories
8 grams of sugar

[Iced Caffe Latte](#)



100 calories
9 grams of sugar

[Iced Coffee](#)



0 calories
0 grams of sugar

[Unsweetened Iced Coffee with Milk](#)



25 calories
2 grams of sugar

[Cold Foam Cappuccino](#)



40 calories
5 grams of sugar

Pro Tip! Try it with Almondmilk for 80 calories and 4 grams of sugar.

Pro Tip! Try it with Almondmilk for 50 calories and 3 grams of sugar.

Pro Tip! Add Cold Foam to any cold beverage to create layers of creamy texture and flavor without the cream.



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Nitro Cold Brew



5 calories
0 grams of sugar

Cold Brew



5 calories
0 grams of sugar

Cold Brew with Milk



25 calories
2 grams of sugar

Teavana™/mc Brewed Teas



0 calories
0 grams of sugar

Teavana™/mc Shaken Iced Black Tea



30 calories
8 grams of sugar

Strawberry Acai Starbucks Refreshers® beverage



80 calories
16 grams of sugar

Violet Drink



90 calories
15 grams of sugar

Frappuccino® Blended Beverages



Espresso Frappuccino®, order the standard recipe for 150 calories

Coffee Frappuccino®, request Almondmilk for 150 calories

Chai Crème Frappuccino®, request nonfat milk and hold the whip for 140 calories

Beverages that contain Vitamin C

Below are suggestions for drinks at Starbucks stores that contain Vitamin C.

Citrus Defender



Evolution Fresh® Organic Defense Up®



Evolution Fresh® Orange





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Daily dose of fruits or vegetables

Starbucks offers a variety of Evolution Fresh® cold-pressed (using high-pressure processing) juice to help contribute to your daily dose of fruits or vegetables, and to help you stay hydrated.

Organic Green Devotion



Organic Strawberry Lemonade



Organic Defense Up®



Orange



Organic Super Fruit Greens



Barista customization tips on how to order plant-based beverages

While Starbucks does not offer certified vegan beverages**, we have a variety of plant-based beverages on the menu including: hot brewed coffee, iced coffee, cold brew, caffe Americano, Pink Drink, Green Drink, Violet Drink, and unflavored latte and espresso beverages when made with soymilk, almondmilk, or coconutmilk.

Below are some tips on how to order plant-based beverages at Starbucks:

- Select a non-dairy milk: Order your beverage with soymilk, almondmilk, or coconutmilk
- Select a flavored syrup: The following syrups do not contain animal-derived ingredients : Vanilla, Caramel, Hazelnut
- Hold the following ingredients, which contain dairy: Whipped cream, java chips, protein powder, caramel sauce (Pro tip! Caramel sauce is different from caramel syrup)
- Avoid beverages made with: Pumpkin Spice Sauce, White Mocha Sauce, and Caramel Brulée Sauce
- Check the ingredients on Starbucks.com

** We cannot guarantee that any of our products are free from allergens (including dairy, eggs, soy, tree nuts, wheat and others) as we use shared equipment to store, prepare and serve them.