Customizing Beverages at Starbucks® Stores

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®, SPLENDI® 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

<table>
<thead>
<tr>
<th>Brewed Coffee</th>
<th>Caffe Americano (Hot or Iced)</th>
<th>Caffe Misto</th>
<th>Iced Skinny Mocha</th>
<th>Skinny Mocha</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>5 calories</strong></td>
<td><strong>10 calories</strong></td>
<td><strong>80 calories</strong></td>
<td><strong>90 calories</strong></td>
<td><strong>130 calories</strong></td>
</tr>
<tr>
<td><strong>0 grams of sugar</strong></td>
<td><strong>0 grams of sugar</strong></td>
<td><strong>8 grams of sugar</strong></td>
<td><strong>7 grams of sugar</strong></td>
<td><strong>12 grams of sugar</strong></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Cappuccino</th>
<th>Iced Caffe Latte</th>
<th>Iced Coffee</th>
<th>Unsweetened Iced Coffee with Milk</th>
<th>Cold Foam Cappuccino</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>90 calories</strong></td>
<td><strong>100 calories</strong></td>
<td><strong>0 calories</strong></td>
<td><strong>25 calories</strong></td>
<td><strong>40 calories</strong></td>
</tr>
<tr>
<td><strong>8 grams of sugar</strong></td>
<td><strong>9 grams of sugar</strong></td>
<td><strong>0 grams of sugar</strong></td>
<td><strong>2 grams of sugar</strong></td>
<td><strong>5 grams of sugar</strong></td>
</tr>
</tbody>
</table>

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

**Pro Tip!** Try it with Almondmilk for only 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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<table>
<thead>
<tr>
<th>Nitro Cold Brew</th>
<th>Cold Brew</th>
<th>Cold Brew with Milk</th>
<th>Teavana™/opc Brewed Teas</th>
<th>Teavana™/opc Shaken Iced Black Tea</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1.png" alt="Image" /></td>
<td><img src="image2.png" alt="Image" /></td>
<td><img src="image3.png" alt="Image" /></td>
<td><img src="image4.png" alt="Image" /></td>
<td><img src="image5.png" alt="Image" /></td>
</tr>
<tr>
<td>5 calories</td>
<td>5 calories</td>
<td>25 calories</td>
<td>0 calories</td>
<td>30 calories</td>
</tr>
<tr>
<td>0 grams of sugar</td>
<td>0 grams of sugar</td>
<td>2 grams of sugar</td>
<td>0 grams of sugar</td>
<td>8 grams of sugar</td>
</tr>
</tbody>
</table>

**Strawberry Acai Starbucks Refreshers® beverage**

- ![Image](image6.png)
- 80 calories
- 16 grams of sugar

**Violet Drink**

- ![Image](image7.png)
- 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**
- ![Image](image8.png)

- **Evolution Fresh® Organic Defense Up®**
- ![Image](image9.png)

- **Evolution Fresh® Orange**
- ![Image](image10.png)
Customizing Beverages at Starbucks® Stores

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.

|------------------------|-----------------------------|---------------------|--------|---------------------------|

Plant-based beverages

While Starbucks does not offer certified vegan beverages**, we have a variety of beverages on the menu made with non-dairy milks as the standard recipe.

<table>
<thead>
<tr>
<th>Almondmilk Honey Flat White with Starbucks Blonde Espresso</th>
<th>Iced Almondmilk Honey Flat White with Starbucks Blonde Espresso</th>
<th>Coconutmilk Latte with Starbucks Blonde Espresso</th>
<th>Iced Coconutmilk Latte with Starbucks Blonde Espresso</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Iced Golden Ginger Drink</th>
<th>Iced Pineapple Matcha Drink</th>
</tr>
</thead>
</table>

Other plant-based beverages on the menu include hot brewed coffee, iced coffee, cold brew, caffe Americano, Pink Drink, Dragon Drink, Violet Drink, and unflavored latte and espresso beverages when made with soymilk, almondmilk, or coconutmilk.

Below are some barista customization 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: Pumpkin Spice Sauce, White Mocha Sauce, Caramel Sauce, Caramel Brulée Sauce, Whipped cream, java chip
  - (Pro tip! Caramel sauce is different from caramel syrup)
- 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.