



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](https://www.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. Customers can also try oatmilk at more than 4,700 stores in California, Illinois, Indiana, Iowa, Michigan, Minnesota, Missouri, and Wisconsin.
- **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.
- **Try a sweetener substitute** such as Sweet'N Low®, 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

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

Caffe Misto



80 calories
8 grams of sugar

Cappuccino



90 calories
8 grams of sugar

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

Iced Caffe Latte



100 calories
9 grams of sugar

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

Iced Coffee



0 calories
0 grams of sugar

Unsweetened Iced Coffee with Milk



25 calories
2 grams of sugar

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



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Almondmilk Honey Flat White with Starbucks Blonde Espresso



110 calories
14g of sugar

Iced Almondmilk Honey Flat White with Starbucks Blonde Espresso



80 calories
12g of sugar

Coconutmilk Latte with Starbucks Blonde Espresso



100 calories
9g of sugar

Iced Coconutmilk Latte with Starbucks Blonde Espresso



70 calories
6g of sugar

Cold Brew with Cinnamon Almondmilk Foam



30 calories
5g of sugar

Cold Brew with Dark Cocoa Almondmilk Foam



30 calories
3g 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

Iced Golden Ginger Drink



100 calories
14g of sugar

Iced Pineapple Matcha Drink



130 calories
19g of sugar

Iced Guava Passionfruit Drink



140 calories
25g 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



Customizing Beverages at Starbucks® Stores

Beverages that contain Vitamin C

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

Honey Citrus Mint Tea



Evolution Fresh® Organic Defense Up®



Evolution Fresh® Orange



Evolution Fresh® Organic Vital Berry



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.

Evolution Fresh® Organic Defense Up®



Evolution Fresh® Orange



Evolution Fresh® Organic Super Fruit Greens



Evolution Fresh® Organic Vital Berry





Customizing Beverages at Starbucks® Stores

Plant-based beverages

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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.

Almondmilk Honey Flat White with Starbucks Blonde Espresso



Iced Almondmilk Honey Flat White with Starbucks Blonde Espresso



Coconutmilk Latte with Starbucks Blonde Espresso



Iced Coconutmilk Latte with Starbucks Blonde Espresso



Cold Brew with Cinnamon Almondmilk Foam



Cold Brew with Dark Cocoa Almondmilk Foam



Iced Golden Ginger Drink



Iced Pineapple Matcha Drink



Iced Guava Passionfruit Drink



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, coconutmilk or, at select locations, oatmilk
- 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.