



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 regionally at 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 SPLENDA® or Stevia.
- **Ask for "less whip" or "no whip"**

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.

[Unsweetened 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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[Honey Almondmilk Flat White](#)



110 calories
14g of sugar

[Iced Honey Almondmilk Flat White](#)



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
14grams of sugar

[Iced Pineapple Matcha Drink](#)



130 calories
19g of sugar

[Iced Guava Passionfruit Drink](#)



140 calories
25g of sugar

[Honey Almondmilk Cold Brew](#)



30 calories
5g 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

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.

[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 Guava Passionfruit Drink](#)



[Iced Pineapple Matcha Drink](#)



[Honey Almondmilk Cold Brew](#)



Other beverages made with plant-based ingredients include hot brewed coffee, iced coffee, cold brew, coffee 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.



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

