

Tips to Customize Beverages at Starbucks® Stores



There are many ways to customize beverages at Starbucks, and customers can create a favorite hot, cold or blended drink that fits their unique taste preferences and dietary lifestyle. To help guide our customers' decisions, nutrition facts and ingredients for a majority of the beverages are available on starbucks.com, on the menu boards in Starbucks® stores and on the Starbucks® app.

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

Barista Customization Tips










- **Ask for Starbucks Blonde Espresso:** Try Starbucks Blonde Espresso in your espresso beverage instead of the traditional Starbucks Signature Espresso baristas use. 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 milk, coconut milk, almond milk and oat milk.
- **Ask for fewer pumps of syrup:** To lessen the sweetness of your flavored beverage, ask for fewer pumps of syrup, or select Vanilla sugar-free syrup.
 - **Tip:** Starbucks iced teas are made unsweetened as part of the standard recipe (starting at 0g sugar and 0 calories for black, green and passion teas). If you'd like to add sweetness to your beverage, let your barista know how many pumps of liquid cane sugar to add.
- **Try a sweetener substitute** such as SLENDA® or Stevia.
- **Adjust the whip:** For beverages that come with whipped cream, ask your barista for “less whip” or “no whip.”

Starbucks handcrafted beverages under 150 calories for a Tall (12-ounce) serving				
<p>Brewed Coffee</p> <p>5 calories – 0g sugar</p> 	<p>Caffè Americano (Hot or Iced)</p> <p>10 calories – 0g sugar</p>  <p>Pro Tip! Customize any espresso beverage with our smooth, subtly sweet Blonde Espresso.</p>	<p>Caffè Misto</p> <p>80 calories – 8g sugar</p> 	<p>Cappuccino</p> <p>100 calories – 9g sugar</p>  <p>Pro Tip! Try it with almond milk for 80 calories and 4g sugar.</p>	<p>Iced Caffè Latte</p> <p>100 calories – 9g sugar</p> 
<p>Unsweetened Iced Coffee</p> <p>0 calories – 0g sugar</p> 	<p>Unsweetened Iced Coffee with Milk</p> <p>25 calories – 2g sugar</p> 	<p>Nitro Cold Brew</p> <p>5 calories – 0g sugar</p> 	<p>Iced Brown Sugar Oatmilk Shaken Espresso</p> <p>90 calories – 10g sugar</p> 	<p>Iced Chocolate Almondmilk Shaken Espresso</p> <p>80 calories – 11g sugar</p> 




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Starbucks handcrafted beverages under 150 calories for a Tall (12-ounce) serving (cont.)







<p>Iced Toasted Vanilla Oatmilk Shaken Espresso</p> <p>100 calories – 8g sugar</p> 	<p>Vanilla Sweet Cream Cold Brew</p> <p>90 calories – 9g sugar</p> 	<p>Iced Espresso</p> <p>10 calories – 0g sugar</p> 	<p>Cold Brew</p> <p>5 calories – 0g sugar</p> 	<p>Cold Brew with Milk</p> <p>25 calories – 2g sugar</p> 
<p>Teavana Brewed Teas</p> <p>0 calories – 0g sugar</p> 	<p>Teavana Iced Black Tea</p> <p>0 calories – 0g sugar</p> 	<p>Strawberry Açai Starbucks Refreshers® Beverage</p> <p>80 calories – 16g sugar</p> 	<p>Mango Dragonfruit Starbucks Refreshers® Beverage</p> <p>70 calories – 15g sugar</p> 	

Frappuccino® Blended Beverages (Tall sized beverages)

<p>Espresso Frappuccino®</p> <p>Order the standard recipe for 140 calories.</p> 	<p>Coffee Frappuccino®</p> <p>Request Almondmilk for 150 calories.</p> 	<p>Chai Crème Frappuccino®</p> <p>Request nonfat milk and no whipped cream for 130 calories.</p> 
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Non-dairy beverages made with plant-based ingredients

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.

<p>Iced Brown Sugar Oatmilk Shaken Espresso</p> 	<p>Iced Chocolate Almondmilk Shaken Espresso</p> 	<p>Iced Toasted Vanilla Oatmilk Shaken Espresso</p> 	<p>Iced Honey Almondmilk Flat White</p> 	<p>Pink Drink</p> 	<p>Dragon Drink</p> 
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Non-dairy beverages made with plant-based ingredients (cont.)

Other beverages made without animal-derived ingredients include hot brewed coffee, iced coffee, cold brew, Caffè Americano and unflavored latte and espresso beverages when made with soymilk, almondmilk, coconutmilk or oatmilk.





Below are some barista customization tips on how to order non-dairy 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 dairy-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 Chips (**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.





Beverages that contain Vitamin C

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

<p>Honey Citrus Mint Tea</p> 	<p>Evolution Fresh® Organic Defense Up®</p> 	<p>Evolution Fresh® Orange</p> 	<p>Evolution Fresh® Organic Vital Berry</p> 
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Beverages with a 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.

<p>Evolution Fresh® Organic Defense Up®</p> 	<p>Evolution Fresh® Orange</p> 	<p>Evolution Fresh® Organic Super Fruit Greens</p> 	<p>Evolution Fresh® Organic Vital Berry</p> 
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