















Grab something good: Food and snacks at Starbucks® Stores



Starbucks offers a diverse menu of high-quality food for breakfast, lunch and snacking. Our food menu is designed to reflect a range of choices from wholesome to indulgent, which allows customers to make nutritional choices that are right for them. To help guide our customers' decision making, the nutritional facts and ingredients for the majority of food and beverages served at Starbucks are available via their product label on starbucks.com, on menu boards in stores and in the Starbucks® app.

Good sources of protein			
<p>Bacon & Gruyère Egg Bites</p> <p>Cage-free eggs prepared using the French "sous vide" technique, with aged Gruyère and Monterey Jack cheese, topped with smoked bacon.</p> <p>300 calories – 19g protein</p> 	<p>Egg White & Roasted Red Pepper Egg Bites</p> <p>Cage-free eggs whites prepared using the French "sous vide" technique, with creamy Monterey Jack cheese, spinach and fire-roasted red peppers.</p> <p>170 calories – 12g protein</p> 	<p>Kale & Mushroom Egg Bites</p> <p>Delicious chopped kale and portabella mushrooms delicately folded into cage-free eggs with Monterey Jack and cooked using the French "sous vide" technique resulting in a velvety texture bursting with flavor.</p> <p>230 calories – 15g protein</p> 	<p>Potato, Cheddar and Chive Bakes</p> <p>A savory combination of cage-free eggs, diced potatoes, cheddar cheese, spinach and a touch of chives, baked until golden brown.</p> <p>210 calories – 12g protein</p> 
<p>Bacon, Sausage & Egg Wrap</p> <p>Double smoked bacon, sausage, cage-free scrambled eggs, cheddar cheese and sous vide potatoes wrapped in a flour tortilla.</p> <p>640 calories – 28g protein</p> 	<p>Spinach, Feta & Egg White Wrap</p> <p>A wheat wrap filled with cage-free egg whites, spinach, feta cheese and sun-dried tomatoes.</p> <p>290 calories – 20g protein</p> 	<p>Impossible™ Breakfast Sandwich</p> <p>A savory Impossible™ plant-based sausage patty, a cage-free fried egg and aged cheddar cheese on an artisanal sesame ciabatta bread.</p> <p>420 calories – 21g of protein</p> 	<p>Bacon-Style Turkey, Cheddar & Egg White Sandwich</p> <p>Sizzling turkey bacon and cage-free egg whites paired with creamy, melted, reduced-fat white cheddar cheese on an organic wheat English muffin.</p> <p>230 calories – 17g protein</p> 



Good sources of protein (continued)			
<p>Double-Smoked Bacon, Cheddar & Egg Sandwich</p> <p>Bacon smoked for six hours over hickory wood chips, stacked with a cage-free fried egg, topped with a melted slice of sharp Cheddar cheese—all on our signature croissant bun.</p> <p>500 calories – 21g protein</p> 	<p>Chicken, Maple Butter & Egg Sandwich</p> <p>Breaded white-meat chicken, fluffy eggs and a maple-butter spread on a toasted oat-biscuit roll—a satisfyingly savory sandwich with a hint of sweetness.</p> <p>450 calories – 17g protein</p> 	<p>Ham & Swiss on Baguette</p> <p>Smoky-sweet ham and Swiss cheese layered between a sliced golden baguette with a Dijon butter spread.</p> <p>500 calories – 25g protein</p> 	<p>Eggs & Cheddar Protein Box</p> <p>Two cage-free eggs and a full cup of fruit with multigrain muesli bread and honey peanut-butter spread.</p> <p>Bonus! Comes with a full serving of fruits.</p> <p>460 calories – 22g protein</p> 
<p>Cheese & Fruit Protein Box</p> <p>Brie, Cheddar and Gouda with multigrain crackers and a full cup of fruit.</p> <p>Bonus! Comes with a full serving of fruits.</p> <p>470 calories – 20g protein</p> 	<p>PB&J Protein Box</p> <p>A classic PB&J with string cheese, chocolate-covered raisins and Greek-yogurt ranch dip for the full cup of fruits and veggies.</p> <p>Bonus! Comes with a full serving of fruits and vegetables.</p> <p>520 calories – 20g protein</p> 		

Vegetarian breakfast and lunch choices

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Impossible™ Breakfast Sandwich

A savory Impossible™ plant-based sausage patty, a cage-free fried egg and aged cheddar cheese on an artisanal sesame ciabatta bread.

420 calories – 21g of protein



Spinach, Feta & Egg White Wrap

A wheat wrap filled with cage-free egg whites, spinach, feta cheese and sun-dried tomatoes.

290 calories – 20g protein



Egg White & Roasted Red Pepper Egg Bites

Cage-free eggs whites prepared using the French "sous vide" technique, with creamy Monterey Jack cheese, spinach and fire-roasted red peppers.

170 calories – 12g protein



Kale & Mushroom Egg Bites

Delicious chopped kale and portabella mushrooms delicately folded into cage-free eggs with Monterey Jack and cooked using the French "sous vide" technique resulting in a velvety texture bursting with flavor.

230 calories – 15g protein



Potato, Cheddar and Chive Bakes

A savory combination of cage-free eggs, diced potatoes, cheddar cheese, spinach and a touch of chives, baked until golden brown.

210 calories – 12g protein



Rolled & Steel-Cut Oatmeal

A blend of rolled and steel-cut oats with dried fruit, a nut medley and brown sugar as optional toppings.

160 calories – 5g protein



Cheese & Fruit Protein Box

Brie, Cheddar and Gouda with multigrain crackers and a full cup of fruit.

470 calories – 20g protein



PB&J Protein Box

A classic PB&J with string cheese, chocolate-covered raisins and Greek-yogurt ranch dip for the full cup of fruits and veggies.

520 calories – 20g protein



Eggs & Cheddar Protein Box

Two cage-free eggs and a full cup of fruit with multigrain muesli bread and honey peanut-butter spread.

460 calories – 22g protein



Tomato and Mozzarella on Focaccia

Roasted tomatoes, mozzarella, spinach and basil pesto on toasted focaccia.

360 calories – 15g protein



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Delicious gluten-free snacks

Kind Bars

Salted Caramel & Dark Chocolate: A satisfying blend of peanuts and dark chocolate coating bound together in honey.



Gluten-Free Marshmallow Dream Bar

This crispy, chewy marshmallow bar is made of ooey gooey soft marshmallows, crispy rice and butter to create a sweet treat that'll make you snack like a kid again.



Perfect Bar® – Peanut Butter

One bite and you'll taste why this recipe is indeed "perfect." Made with ground organic peanut butter and honey, and packed with organic superfoods, this bar is gluten-free, soy-free and truly tasty.



Certified vegan* food

Everything Bagel

Our signature New York-style bagel topped with onion, garlic, salt, poppy and sesame seeds.



Plain Bagel

A classic soft, chewy and thick New York-style bagel.



*Certified by the American Vegetarian Association