



Customizing Beverages at Starbucks® Stores

May 2018

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

- **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®, 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

Cappuccino

Caffe Americano (Hot or Iced)



10 calories
0 grams of sugar

Iced Caffe Latte

Caffe Misto



80 calories
8 grams of sugar

Skinny Caffe Latte

Iced Skinny Mocha



90 calories
7 grams of sugar

Iced Coffee

Skinny Mocha



130 calories
12 grams of sugar

Unsweetened Iced Coffee with Milk



90 calories
8 grams of sugar

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

Nitro Cold Brew



100 calories
9 grams of sugar

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

Nariño 70 Cold Brew with Milk



150 calories
14 grams of sugar

Pro Tip! Try it with Coconutmilk for 110 calories and 9 grams of sugar.

Teavana™/mc Brewed Teas



0 calories
0 grams of sugar

Teavana™/mc Shaken Iced Black Tea



25 calories
2 grams of sugar

Teavana™/mc Shaken Peach Citrus White Tea Infusion





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5 calories
0 grams of sugar

25 calories
2 grams of sugar

0 calories
0 grams of sugar

30 calories
8 grams of sugar

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

[Cold Foam Cappuccino](#)



40 calories
5 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

Pro Tip! Add Cold Foam to any cold beverage to create layers of creamy texture and flavor without the cream.

Beverages that contain Vitamin C

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

[Citrus Defender](#)



[Evolution Fresh® Organic Defense Up®](#)



[Evolution Fresh® Orange](#)



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.

[Organic Green Devotion](#)



[Organic Strawberry Lemonade](#)



[Organic Defense Up®](#)



[Orange](#)



[Organic Super Fruit Greens](#)



Barista customization tips on how to order plant-based beverages

While Starbucks does not offer certified vegan beverages**, we have a variety of plant-based beverages on the menu including: hot brewed coffee, iced coffee, cold brew, caffe Americano, Pink Drink, Green Drink, Violet Drink, and unflavored latte and espresso beverages when made with soymilk, almondmilk, or coconutmilk.

Below are some 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



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- Hold the following ingredients, which contain dairy: Whipped cream, java chips, protein powder, caramel sauce (Pro tip! Caramel sauce is different from caramel syrup)
- Avoid beverages made with: Pumpkin Spice Sauce, White Mocha Sauce, and Caramel Brulée Sauce
- 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.*