



Grab Something Good: Food and Snacks at Starbucks®

March 2020

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 on [starbucks.com](https://www.starbucks.com), on menu boards in stores and in the Starbucks® mobile app.

Good Sources of Protein

Sous Vide Egg Bites: Bacon & Gruyere



Cage-free eggs prepared using the French "sous vide" technique, with aged Gruyere and Monterey Jack cheese, topped with smoked bacon.

*310 calories
19 g protein*

Sous Vide Egg Bites: Ham, Cheddar & Peppers



Cage-free eggs prepared using the French "sous vide" technique, with cheddar, cottage and Monterey Jack cheese, onions, uncured ham and red and green bell peppers

*250 calories
17 g protein*

Sous Vide Egg Bites: Egg White & Red Pepper



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

*170 calories
13 g protein*

Bacon, Sausage & Egg Wrap



Double smoked bacon, sausage, cage-free scrambled eggs, cheddar cheese and sous vide potatoes wrapped in a flour tortilla

*650 calories
27 g protein*

Southwest Veggie Wrap



Sous vide potatoes, black beans, cage-free scrambled eggs, pico de gallo, cotija cheese, whipped cream cheese and jalapeño cream cheese wrapped in a salsa tortilla

*580 calories
24 g protein*

Spinach, Feta & Cage-Free Egg White Breakfast Wrap



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

*290 calories
19 g protein*



Grab Something Good: Food and Snacks at Starbucks®

Reduced-Fat Turkey Bacon, Cheddar & Cage-Free Egg White Breakfast Sandwich



Reduced-fat turkey bacon and cage-free egg whites paired with melted, reduced-fat white cheddar cheese on an organic wheat English muffin.

*210 calories
18 g protein*

Double-Smoked Bacon, Cheddar & Egg Sandwich



Bacon smoked for six hours over hickory wood chips, stacked with a fluffy egg patty, topped with a creamy melted slice of sharp Cheddar, double-smoked deliciously to fill you up—all on our signature croissant bun.

*510 calories
22 g protein*

Egg & Cheese Protein Box



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

*460 calories
23 g protein*

Bonus! Comes with a full serving of fruits and vegetables.

Cheese & Fruit Protein Box



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

*450 calories
20 g protein*

Bonus! Comes with a full serving of fruits and vegetables.

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
20 g protein*

Bonus! Comes with a full serving of fruits and vegetables.

Chipotle Chicken Wrap Protein Box



Chipotle seasoned chicken, veggie slaw, cucumber, cilantro, jalapeño cream cheese and avocado dressing in a chili tortilla wrap.

*630 calories
28 g protein*

Bonus! Comes with a full serving of fruits and vegetables.

Smoked Turkey Protein Box



Turkey with Swiss cheese, pickled peppers, tangy cream-cheese spread and lettuce on flatbread.

*570 calories
35 g protein*

Ham & Swiss Panini



Smoky-sweet ham and Swiss cheese layered between a sliced golden baguette with a Dijon butter spread.

*490 calories
25 g protein*



Grab Something Good: Food and Snacks at Starbucks®

March 2020

Bonus! Comes with a full serving of fruits and vegetables.

Vegetarian Breakfast and Lunch Choices

Southwest Veggie Wrap



Cage-free scrambled eggs, black beans, sous vide potatoes, cotija cheese, pico de gallo, and jalapeno cream cheese wrapped in a salsa tortilla

*580 calories
24 g protein*

Classic Oatmeal



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

*160 calories
5 g protein*

Cheese & Fruit Protein Box



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

*450 calories
20 g protein*

Spinach, Feta & Cage-Free Egg White Breakfast Wrap



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

*290 calories
19 g protein*

Hearty Blueberry Oatmeal



A blend of rolled and steel-cut oats with blueberries and agave syrup as optional toppings.

*220 calories
5 g 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
20 g protein*

Sous Vide Egg Bites: Egg White & Red Pepper



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

*170 calories
13 g protein*

Egg & Cheese Protein Box



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

*460 calories
23 g protein*

Tomato and Mozzarella Sandwich



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

*350 calories
15 g protein*



Grab Something Good: Food and Snacks at Starbucks®

March 2020

Delicious Gluten-Free Snacks

Kind Bars:

Blueberry Vanilla Cashew Bar and Salted Caramel & Dark Chocolate Nut Bar



Vanilla Cashew: A chewy blend of blueberries and cashews, combined with the sweet taste of vanilla.

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.

This Bar Saves Lives: Dark Chocolate & Peanut Butter and Madagascar Vanilla



Non-GMO, gluten free and delicious snack bars made with real ingredients. For every bar sold, a packet of life-saving food is given to a child in need.

Delicious Certified Vegan Food

Bagels: Sprouted Grain Bagel, Cinnamon Raisin Bagel, Everything Bagel & Plain Bagel



Sprouted Grain: Bagel dough made with sprouted wheat and rye, topped with brown and golden flax, oats and sunflower seeds.

Cinnamon Raisin: A New York-style boiled bagel with sweet cinnamon and raisins swirled into the dough.

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*