

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 soymilk, coconutmilk, almondmilk and oatmilk.
- **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.
 - **Tip:** Starbucks iced teas will now be 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 make your beverage sweeter, let your barista know how many pumps of liquid cane sugar to add, at no additional charge.
- **Try a sweetener substitute** such as SLENDA® or Stevia.
- **Ask 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>Caffe 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>Caffe Misto</p> <p>80 calories – 8g sugar</p> 	<p>Cappuccino</p> <p>90 calories – 8g sugar</p>  <p>Pro Tip! Try it with almondmilk for 80 calories and 4g sugar.</p>	<p>Iced Caffe Latte</p> <p>100 calories – 9g sugar</p>  <p>Pro Tip! Try it with almondmilk for only 50 calories and 3g 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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<p>Cold Brew</p> <p>5 calories – 0g sugar</p> 	<p>Cold Brew with Milk</p> <p>25 calories – 2g sugar</p> 	<p>Honey Almondmilk Cold Brew</p> <p>30 calories – 5g sugar</p> 	<p>Honey Almondmilk Flat White</p> <p>110 calories – 14g sugar</p> 	<p>Iced Honey Almondmilk Flat White</p> <p>80 calories – 12g sugar</p> 
<p>Teavana™/MC Brewed Teas</p> <p>0 calories – 0g sugar</p> 	<p>Teavana™/MC Shaken Iced Black Tea</p> <p>0 calories – 0g sugar</p> 	<p>Strawberry Acai Starbucks Refreshers® Beverage</p> <p>80 calories – 16g sugar</p> 	<p>Violet Drink</p> <p>90 calories – 14g sugar</p> 	<p>Iced Pineapple Matcha Drink</p> <p>130 calories – 19g sugar</p> 

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.



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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



Honey Almondmilk Cold Brew



Iced Brown Sugar Oatmilk Shaken Espresso



Iced Chocolate Almondmilk Shaken Espresso



Iced Pineapple Matcha Drink



Other beverages made with plant-based ingredients include hot brewed coffee, iced coffee, cold brew, Caffè Americano, Pink Drink, Dragon Drink, Violet Drink, and unflavored latte and espresso beverages when made with soymilk, almondmilk, coconutmilk or oatmilk.

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 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.

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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

