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

Bacon & Gruyère Egg Bites

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

300 calories – 19g 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



Bacon, Sausage & Egg Wrap

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

640 calories – 28g 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



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



Turkey Bacon, Cheddar & Egg White Sandwich

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

230 calories – 17g protein



Double-Smoked Bacon, Cheddar & Egg Sandwich

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.

500 calories – 21g protein



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Good sources of protein *(continued)*

Ham & Swiss on Baguette

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

480 calories – 24g protein



Eggs & Cheddar Protein Box

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

Bonus! Comes with a full serving of fruits.

470 calories – 23g protein



Cheese & Fruit Protein Box

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

Bonus! Comes with a full serving of fruits.

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.

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

520 calories – 20g protein



Chickpea Bites & Avocado Protein Box

A fully plant-based portable box delivers chickpea bites, snap peas, mini carrots, dried cranberry, sunflower seeds and nut mix, and avocado spread for a perfect on-the-go moment.

560 calories – 15g protein



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Vegetarian breakfast and lunch choices

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.

430 calories – 22g 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



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.

470 calories – 23g protein



Tomato and Mozzarella on Focaccia

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

350 calories – 15g protein



Chickpea Bites & Avocado Protein Box

A fully plant-based portable box delivers chickpea bites, snap peas, mini carrots, dried cranberry, sunflower seeds and nut mix, and avocado spread for a perfect on-the-go moment.

560 calories – 15g protein



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Delicious gluten-free snacks

Kind Bars

Blueberry 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.



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.



Hippeas – White Cheddar®

Crunchy, savory, organic chickpea-based snack puffs with white Cheddar flavor celebrate a new way or snacking—only 100 calories per bag.



Certified vegan* food

Cinnamon Raisin Bagel

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

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