



Grab Something Good: Food and Snacks at Starbucks®

December 2018

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, on menu boards in stores and in the Starbucks® mobile app.

Good Sources of Protein for Breakfast

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*

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*

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*

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*

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: Chicken Chorizo & Tortilla



Cage-free eggs prepared using the French "sous vide" technique, with antibiotic-free chicken chorizo, chipotle salsa and corn tortilla strips made without wheat ingredients.

*230 calories
15 g protein*



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Good Sources of Protein for Lunch + 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

Cheese & Fruit Protein Box



Brie, Cheddar and Gouda with multigrain crackers and a full cup of fruit.
450 calories
20 g protein

Chicken & Quinoa Protein Bowl with Black Beans and Greens



Grilled chicken tossed with a medium-spiced chili vinaigrette and mixed with fresh greens, tomatoes, roasted corn, black beans, jicama, paprika and cotija.
420 calories
27 g protein

Chicken BLT Protein Box



Sliced chicken, roasted tomato, lettuce, bacon, mayonnaise and garlic-mustard aioli on flatbread. Paired with apple slices and carrots.
340 calories
20 g protein

Chicken Wrap Protein Box



Chicken, chili-lime slaw and peanut-coconut sauce in a chili tortilla burrito wrap.
460 calories
20 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

Smoked Turkey Protein Box



Turkey with Swiss cheese, pickled peppers, tangy cream-cheese spread and lettuce on flatbread.
360 calories
24 g protein

Lentils & Vegetable Protein Bowl with Brown Rice



Hearty lentils, nutty brown rice, roasted tomatoes and rich butternut squash with a lemon-tahini dressing.
650 calories
23 g protein

**Available year-round at select Starbucks stores in San Francisco, Los Angeles, San Diego, New York City, and Washington DC.*



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Vegetarian Breakfast and Lunch Choices

Cheese & Fruit Protein Box



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

*450 calories
20 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*

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*

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*

Hearty Blueberry Oatmeal



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

*220 calories
5 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*

Lentils & Vegetable Protein Bowl with Brown Rice



Hearty lentils, nutty brown rice, roasted tomatoes and rich butternut squash with a lemon-tahini dressing.

*650 calories
23 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

Tomato and Mozzarella Sandwich



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

*350 calories
15 g protein*



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20 g protein

Delicious Certified Vegan Food

Lentils & Vegetable Protein Bowl with Brown Rice*



Hearty lentils, nutty brown rice, roasted tomatoes and rich butternut squash with a lemon-tahini dressing.

**Available year-round at select Starbucks stores in San Francisco, Los Angeles, San Diego, New York City, and Washington DC. Certified by the American Vegetarian Association*

Bagels: Sprouted Grain Bagel, Cinnamon Raisin 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.

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

**Certified by the American Vegetarian Association*

Macadamia Oat Cookie



A certified vegan cookie made with macadamia nuts, almonds, coconut and dried cranberries, this is practically a cup of oatmeal in one delicious cookie!

**Available in most markets and certified by the American Vegetarian Association.*

Delicious Gluten-Free Snacks

That's It Bars: Apple & Mango and Apple & Blueberry



All natural fruit bar made with only two ingredients: apples and mangoes or apples and blueberries.

**Vegan and Gluten-Free*

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 pure butter to create a sweet treat that'll make you snack like a kid again.

Country Archer Beef Jerky and Hickory Turkey Jerky



Beef Jerky: Artisan jerky with layers of flavors including soy sauce, brown sugar, garlic and pineapple juice.

Peanut Butter Banana Bites



Dried bananas dipped in a peanut butter coating.

Hippie Snacks Coconut Clusters



Toasted organic coconut mixed with sunflower and pumpkin seeds.



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Hickory-Turkey Jerky: Small-batch, hickory-turkey jerky prepared with slices of real turkey breast and true smoke flavor.

RXBAR: Chocolate Sea Salt and Mixed Berry



Whole food protein bars made with simple ingredients: egg whites, fruits and nuts, and no gluten, soy, dairy or added sugar. Each bar contains 12 grams of protein in under 220 calories.

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.