

Starbucks Nutrition Reference 2026 - Complete 216-Item Catalog

A full-catalog nutrition lookup built for the BrewGuide theme. It replaces the earlier small sample with every bundled menu item and every listed size or serving row.

216 Catalog items	380 Size / serving rows	6 Main sections	12 Oct 2026 Updated
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Source and scope

- This is an independent BrewGuide compilation, not a Starbucks-issued PDF. Starbucks U.S. currently publishes nutrition primarily on live item pages and in the app rather than as one current 216-item downloadable PDF.
- Calories shown here are tied to the theme catalog and its standard size/serving rows. Customizations can change calories and other nutrition values.
- Known catalog mismatches identified during this audit were corrected against current Starbucks pages, including Turkey Bacon, Ham & Swiss on Baguette, Potato, Cheddar & Chive Bakes, Ham & Swiss Croissant, and Petite Vanilla Bean Scone.
- Seasonal availability, recipes and serving details can change. The exact current Starbucks item page should override this dated snapshot when the number matters.

Official live menu: <https://www.starbucks.com/menu/product-nutrition>

Drinks

All listed sizes/servings for this BrewGuide catalog section.

#	Item	Subcategory	Size / serving	Calories
1	Iced Vanilla Protein Latte	Protein Beverages	Tall 12 fl oz	210 Cal
			Grande 16 fl oz	270 Cal
			Venti 20 fl oz	390 Cal
2	Iced Protein Matcha	Protein Beverages	Tall 12 fl oz	150 Cal
			Grande 16 fl oz	260 Cal
			Venti 20 fl oz	420 Cal
3	Iced Caramel Protein Latte	Protein Beverages	Tall 12 fl oz	220 Cal
			Grande 16 fl oz	280 Cal
			Venti 20 fl oz	400 Cal
4	Iced Caramel Protein Matcha	Protein Beverages	Tall 12 fl oz	160 Cal
			Grande 16 fl oz	270 Cal
			Venti 20 fl oz	420 Cal
5	Vanilla Protein Latte	Protein Beverages	Tall 12 fl oz	240 Cal
			Grande 16 fl oz	310 Cal
			Venti 20 fl oz	360 Cal
6	Protein Matcha	Protein Beverages	Tall 12 fl oz	220 Cal
			Grande 16 fl oz	300 Cal
			Venti 20 fl oz	370 Cal
7	Caramel Protein Latte	Protein Beverages	Tall 12 fl oz	250 Cal
			Grande 16 fl oz	320 Cal
			Venti 20 fl oz	380 Cal
8	Caramel Protein Matcha	Protein Beverages	Tall 12 fl oz	220 Cal
			Grande 16 fl oz	310 Cal
			Venti 20 fl oz	380 Cal
9	Blonde Roast - Sunsera	Hot Coffees	Short 8 fl oz	5 Cal
			Tall 12 fl oz	7 Cal
			Grande 16 fl oz	10 Cal
			Venti 20 fl oz	15 Cal

#	Item	Subcategory	Size / serving	Calories
10	Pike Place® Roast	Hot Coffees	Short 8 fl oz	5 Cal
			Tall 12 fl oz	7 Cal
			Grande 16 fl oz	10 Cal
			Venti 20 fl oz	15 Cal
11	Featured Dark Roast	Hot Coffees	Short 8 fl oz	5 Cal
			Tall 12 fl oz	7 Cal
			Grande 16 fl oz	10 Cal
			Venti 20 fl oz	15 Cal
12	Decaf Pike Place® Roast	Hot Coffees	Short 8 fl oz	5 Cal
			Tall 12 fl oz	7 Cal
			Grande 16 fl oz	10 Cal
			Venti 20 fl oz	15 Cal
13	Caffè Misto	Hot Coffees	Short 8 fl oz	50 Cal
			Tall 12 fl oz	80 Cal
			Grande 16 fl oz	110 Cal
			Venti 20 fl oz	130 Cal
14	Caffè Americano	Hot Coffees	Short 8 fl oz	5 Cal
			Tall 12 fl oz	10 Cal
			Grande 16 fl oz	15 Cal
			Venti 20 fl oz	20 Cal
15	Caffè Latte	Hot Coffees	Short 8 fl oz	100 Cal
			Tall 12 fl oz	150 Cal
			Grande 16 fl oz	190 Cal
			Venti 20 fl oz	250 Cal
16	Lavender Oatmilk Latte	Hot Coffees	Short 8 fl oz	110 Cal
			Tall 12 fl oz	180 Cal
			Grande 16 fl oz	260 Cal
			Venti 20 fl oz	320 Cal
17	Cinnamon Dolce Latte	Hot Coffees	Short 8 fl oz	190 Cal
			Tall 12 fl oz	270 Cal

#	Item	Subcategory	Size / serving	Calories
			Grande 16 fl oz	340 Cal
			Venti 20 fl oz	420 Cal
18	Blonde Vanilla Latte	Hot Coffees	Short 8 fl oz	130 Cal
			Tall 12 fl oz	200 Cal
			Grande 16 fl oz	250 Cal
			Venti 20 fl oz	320 Cal
19	Pistachio Latte	Hot Coffees	Short 8 fl oz	5 Cal
			Tall 12 fl oz	10 Cal
			Grande 16 fl oz	15 Cal
			Venti 20 fl oz	20 Cal
20	Cappuccino	Hot Coffees	Short 8 fl oz	70 Cal
			Tall 12 fl oz	100 Cal
			Grande 16 fl oz	140 Cal
			Venti 20 fl oz	200 Cal
21	Caffè Mocha	Hot Coffees	Short 8 fl oz	200 Cal
			Tall 12 fl oz	290 Cal
			Grande 16 fl oz	370 Cal
			Venti 20 fl oz	450 Cal
22	White Chocolate Mocha	Hot Coffees	Short 8 fl oz	200 Cal
			Tall 12 fl oz	290 Cal
			Grande 16 fl oz	390 Cal
			Venti 20 fl oz	480 Cal
23	Espresso Macchiato	Hot Coffees	Solo 0.8 fl oz	10 Cal
			Doppio 1.6 fl oz	15 Cal
			Triple 2.3 fl oz	20 Cal
			Quad 3.1 fl oz	25 Cal
24	Caramel Macchiato	Hot Coffees	Short 8 fl oz	120 Cal
			Tall 12 fl oz	190 Cal
			Grande 16 fl oz	250 Cal
			Venti 20 fl oz	310 Cal

#	Item	Subcategory	Size / serving	Calories
25	Flat White	Hot Coffees	Short 8 fl oz	110 Cal
			Tall 12 fl oz	170 Cal
			Grande 16 fl oz	220 Cal
			Venti 20 fl oz	290 Cal
26	Cortado	Hot Coffees	Short 8 fl oz	90 Cal
27	Brown Sugar Oatmilk Cortado	Hot Coffees	Short 8 fl oz	130 Cal
28	Espresso	Hot Coffees	Solo 0.8 fl oz	5 Cal
			Doppio 1.6 fl oz	10 Cal
			Triple 2.3 fl oz	15 Cal
			Quad 3.1 fl oz	25 Cal
29	Espresso Con Panna	Hot Coffees	Solo 0.8 fl oz	30 Cal
			Doppio 1.6 fl oz	35 Cal
			Triple 2.3 fl oz	40 Cal
			Quad 3.1 fl oz	50 Cal
30	Coffee Traveler - Veranda Blend®	Hot Coffees	12 8-fl-oz cups	5 Cal
31	Coffee Traveler - Pike Place® Roast	Hot Coffees	12 8-fl-oz cups	5 Cal
32	Coffee Traveler - Dark Roast	Hot Coffees	12 8-fl-oz cups	5 Cal
33	Cold Brew	Cold Coffees	Tall 12 fl oz	5 Cal
			Grande 16 fl oz	10 Cal
			Venti 20 fl oz	15 Cal
			Trenta 30 fl oz	20 Cal
34	Vanilla Sweet Cream Cold Brew	Cold Coffees	Tall 12 fl oz	90 Cal
			Grande 16 fl oz	110 Cal
			Venti 20 fl oz	200 Cal
			Trenta 30 fl oz	220 Cal
35	Salted Caramel Cream Cold Brew	Cold Coffees	Tall 12 fl oz	190 Cal
			Grande 16 fl oz	240 Cal
			Venti 20 fl oz	270 Cal
			Trenta 30 fl oz	300 Cal
36	Chocolate Cream Cold Brew	Cold Coffees	Tall 12 fl oz	190 Cal

#	Item	Subcategory	Size / serving	Calories
			Grande 16 fl oz	250 Cal
			Venti 20 fl oz	300 Cal
			Trenta 30 fl oz	320 Cal
37	Nondairy Vanilla Sweet Cream Cold Brew	Cold Coffees	Tall 12 fl oz	80 Cal
			Grande 16 fl oz	120 Cal
			Venti 20 fl oz	170 Cal
			Trenta 30 fl oz	190 Cal
38	Nondairy Salted Caramel Cream Cold Brew	Cold Coffees	Tall 12 fl oz	130 Cal
			Grande 16 fl oz	150 Cal
			Venti 20 fl oz	180 Cal
			Trenta 30 fl oz	230 Cal
39	Cold Brew with Nondairy Vanilla Sweet Cream Cold Foam	Cold Coffees	Tall 12 fl oz	100 Cal
			Grande 16 fl oz	160 Cal
			Venti 20 fl oz	190 Cal
			Trenta 30 fl oz	220 Cal
40	Nondairy Chocolate Cream Cold Brew	Cold Coffees	Tall 12 fl oz	180 Cal
			Grande 16 fl oz	250 Cal
			Venti 20 fl oz	270 Cal
			Trenta 30 fl oz	290 Cal
41	Pistachio Cream Cold Brew	Cold Coffees	Tall 12 fl oz	210 Cal
			Grande 16 fl oz	250 Cal
			Venti 20 fl oz	280 Cal
			Trenta 30 fl oz	310 Cal
42	Nitro Cold Brew	Cold Coffees	Tall 12 fl oz	5 Cal
			Grande 16 fl oz	10 Cal
43	Vanilla Sweet Cream Nitro Cold Brew	Cold Coffees	Tall 12 fl oz	70 Cal
			Grande 16 fl oz	100 Cal
44	Iced Coffee	Cold Coffees	Tall 12 fl oz	10 Cal
			Grande 16 fl oz	15 Cal

#	Item	Subcategory	Size / serving	Calories
			Venti 20 fl oz	20 Cal
			Trenta 30 fl oz	25 Cal
45	Iced Coffee Clover Vertica	Cold Coffees	Tall 12 fl oz	10 Cal
			Grande 16 fl oz	15 Cal
			Venti 20 fl oz	20 Cal
			Trenta 30 fl oz	25 Cal
46	Iced Shaken Espresso	Cold Coffees	Tall 12 fl oz	70 Cal
			Grande 16 fl oz	100 Cal
			Venti 20 fl oz	160 Cal
47	Iced Brown Sugar Oatmilk Shaken Espresso	Cold Coffees	Tall 12 fl oz	100 Cal
			Grande 16 fl oz	150 Cal
			Venti 20 fl oz	220 Cal
48	Iced Hazelnut Oatmilk Shaken Espresso	Cold Coffees	Tall 12 fl oz	100 Cal
			Grande 16 fl oz	150 Cal
			Venti 20 fl oz	220 Cal
49	Iced Espresso	Cold Coffees	Solo 0.75 fl oz	5 Cal
			Doppio 1.5 fl oz	10 Cal
			Triple 2.25 fl oz	15 Cal
			Quad 3 fl oz	25 Cal
50	Iced Caffè Americano	Cold Coffees	Tall 12 fl oz	10 Cal
			Grande 16 fl oz	15 Cal
			Venti 20 fl oz	20 Cal
51	Iced Caffè Latte	Cold Coffees	Tall 12 fl oz	100 Cal
			Grande 16 fl oz	130 Cal
			Venti 24 fl oz	180 Cal
52	Iced Lavender Oatmilk Latte	Cold Coffees	Tall 12 fl oz	160 Cal
			Grande 16 fl oz	210 Cal
			Venti 24 fl oz	290 Cal
53	Iced Starbucks® Blonde Vanilla Latte	Cold Coffees	Tall 12 fl oz	140 Cal
			Grande 16 fl oz	190 Cal

#	Item	Subcategory	Size / serving	Calories
			Venti 24 fl oz	270 Cal
54	Iced Cinnamon Dolce Latte	Cold Coffees	Tall 12 fl oz	240 Cal
			Grande 16 fl oz	300 Cal
			Venti 24 fl oz	420 Cal
55	Iced Pistachio Latte	Cold Coffees	Tall 12 fl oz	190 Cal
			Grande 16 fl oz	260 Cal
			Venti 24 fl oz	370 Cal
56	Iced Caffè Mocha	Cold Coffees	Tall 12 fl oz	260 Cal
			Grande 16 fl oz	350 Cal
			Venti 24 fl oz	450 Cal
57	Iced White Chocolate Mocha	Cold Coffees	Tall 12 fl oz	290 Cal
			Grande 16 fl oz	390 Cal
			Venti 24 fl oz	520 Cal
58	Iced Caramel Macchiato	Cold Coffees	Tall 12 fl oz	180 Cal
			Grande 16 fl oz	250 Cal
			Venti 24 fl oz	350 Cal
59	Iced Flat White	Cold Coffees	Tall 12 fl oz	110 Cal
			Grande 16 fl oz	150 Cal
			Venti 24 fl oz	220 Cal
60	Strawberry Açai Lemonade Refresher	Starbucks Refreshers® Beverages	Tall 12 fl oz	110 Cal
			Grande 16 fl oz	140 Cal
			Venti 24 fl oz	210 Cal
			Trenta 30 fl oz	290 Cal
61	Mango Dragonfruit Lemonade Refresher	Starbucks Refreshers® Beverages	Tall 12 fl oz	110 Cal
			Grande 16 fl oz	140 Cal
			Venti 24 fl oz	210 Cal
			Trenta 30 fl oz	280 Cal
62	Blackberry Sage Lemonade Refresher	Starbucks Refreshers® Beverages	Tall 12 fl oz	120 Cal

#	Item	Subcategory	Size / serving	Calories
			Grande 16 fl oz	150 Cal
			Venti 24 fl oz	220 Cal
			Trenta 30 fl oz	300 Cal
63	Pink Drink	Starbucks Refreshers® Beverages	Tall 12 fl oz	110 Cal
			Grande 16 fl oz	140 Cal
			Venti 24 fl oz	200 Cal
			Trenta 30 fl oz	270 Cal
64	Dragon Drink®	Starbucks Refreshers® Beverages	Tall 12 fl oz	110 Cal
			Grande 16 fl oz	130 Cal
			Venti 24 fl oz	190 Cal
			Trenta 30 fl oz	270 Cal
65	Midnight Drink	Starbucks Refreshers® Beverages	Tall 12 fl oz	110 Cal
			Grande 16 fl oz	140 Cal
			Venti 24 fl oz	200 Cal
			Trenta 30 fl oz	280 Cal
66	Strawberry Açaí Refresher	Starbucks Refreshers® Beverages	Tall 12 fl oz	80 Cal
			Grande 16 fl oz	100 Cal
			Venti 24 fl oz	140 Cal
			Trenta 30 fl oz	190 Cal
67	Mango Dragonfruit Refresher	Starbucks Refreshers® Beverages	Tall 12 fl oz	70 Cal
			Grande 16 fl oz	90 Cal
			Venti 24 fl oz	130 Cal
			Trenta 30 fl oz	180 Cal
68	Blackberry Sage Refresher	Starbucks Refreshers® Beverages	Tall 12 fl oz	80 Cal
			Grande 16 fl oz	100 Cal
			Venti 24 fl oz	140 Cal
			Trenta 30 fl oz	200 Cal

#	Item	Subcategory	Size / serving	Calories
69	Pistachio Frappuccino® Blended Beverage	Frappuccino® Blended Beverages	Standard	380 Cal
70	Peppermint Mocha Frappuccino® Blended Beverage	Frappuccino® Blended Beverages	Standard	430 Cal
71	Peppermint White Chocolate Mocha Frappuccino® Blended Beverage	Frappuccino® Blended Beverages	Standard	440 Cal
72	Mocha Cookie Crumble Frappuccino® Blended Beverage	Frappuccino® Blended Beverages	Standard	480 Cal
73	Caramel Ribbon Crunch Frappuccino® Blended Beverage	Frappuccino® Blended Beverages	Standard	470 Cal
74	Espresso Frappuccino® Blended Beverage	Frappuccino® Blended Beverages	Standard	210 Cal
75	Coffee Frappuccino® Blended Beverage	Frappuccino® Blended Beverages	Standard	230 Cal
76	Caffè Vanilla Frappuccino® Blended Beverage	Frappuccino® Blended Beverages	Standard	410 Cal
77	Caramel Frappuccino® Blended Beverage	Frappuccino® Blended Beverages	Standard	380 Cal
78	Mocha Frappuccino® Blended Beverage	Frappuccino® Blended Beverages	Standard	370 Cal
79	Java Chip Frappuccino® Blended Beverage	Frappuccino® Blended Beverages	Standard	440 Cal
80	White Chocolate Mocha Frappuccino® Blended Beverage	Frappuccino® Blended Beverages	Standard	370 Cal
81	Pistachio Crème Frappuccino® Blended Beverage	Frappuccino® Blended Beverages	Standard	360 Cal
82	Caramel Brulée Crème Frappuccino® Blended Beverage	Frappuccino® Blended Beverages	Standard	380 Cal
83	Peppermint Mocha Crème Frappuccino® Blended Beverage	Frappuccino® Blended Beverages	Standard	390 Cal
84	Peppermint White Chocolate Crème Frappuccino® Blended Beverage	Frappuccino® Blended Beverages	Standard	400 Cal
85	Chocolate Cookie Crumble Crème Frappuccino	Frappuccino® Blended Beverages	Standard	460 Cal
86	Caramel Ribbon Crunch Crème Frappuccino® Blended Beverage	Frappuccino® Blended Beverages	Standard	420 Cal
87	Strawberry Crème Frappuccino® Blended Beverage	Frappuccino® Blended Beverages	Standard	370 Cal

#	Item	Subcategory	Size / serving	Calories
88	Chai Crème Frappuccino	Frappuccino® Blended Beverages	Standard	340 Cal
89	Double Chocolate Chip Crème Frappuccino® Blended Beverage	Frappuccino® Blended Beverages	Standard	410 Cal
90	Matcha Crème Frappuccino® Blended Beverage	Frappuccino® Blended Beverages	Standard	320 Cal
91	Vanilla Bean Crème Frappuccino® Blended Crème	Frappuccino® Blended Beverages	Standard	380 Cal
92	Iced Black Tea	Iced Tea	Standard	0 Cal
93	Iced Black Tea Lemonade	Iced Tea	Standard	50 Cal
94	Iced Royal English Breakfast Latte	Iced Tea	Standard	110 Cal
95	Iced London Fog Latte	Iced Tea	Standard	140 Cal
96	Iced Gingerbread Oatmilk Chai	Iced Tea	Standard	370 Cal
97	Iced Chai Latte	Iced Tea	Standard	240 Cal
98	Iced Peach Green Tea	Iced Tea	Standard	60 Cal
99	Iced Peach Green Tea Lemonade	Iced Tea	Standard	80 Cal
100	Iced Matcha Latte	Iced Tea	Standard	190 Cal
101	Iced Green Tea	Iced Tea	Standard	0 Cal
102	Iced Green Tea Lemonade	Iced Tea	Standard	50 Cal
103	Iced Matcha Lemonade	Iced Tea	Standard	120 Cal
104	Iced Passion Tango® Tea	Iced Tea	Standard	0 Cal
105	Iced Passion Tango® Tea Lemonade	Iced Tea	Standard	50 Cal
106	Gingerbread Oatmilk Chai	Hot Teas	Standard	310 Cal
107	Chai Latte	Hot Teas	Standard	240 Cal
108	Chai Tea	Hot Teas	Standard	0 Cal
109	Earl Grey Tea	Hot Teas	Standard	0 Cal
110	London Fog Latte	Hot Teas	Standard	180 Cal
111	Royal English Breakfast Tea	Hot Teas	Standard	0 Cal
112	Royal English Breakfast Latte	Hot Teas	Standard	190 Cal
113	Chamomile Mint Blossom Tea	Hot Teas	Standard	5 Cal
114	Emperor's Clouds & Mist® Tea	Hot Teas	Standard	0 Cal
115	Matcha Latte	Hot Teas	Standard	220 Cal

#	Item	Subcategory	Size / serving	Calories
116	Honey Citrus Mint Tea	Hot Teas	Standard	130 Cal
117	Mint Majesty® Tea	Hot Teas	Standard	0 Cal
118	Tropical Citrus Iced Energy	Iced Energy	Standard	5 Cal
119	Melon Burst Iced Energy	Iced Energy	Standard	10 Cal
120	Frozen Tropical Citrus Iced Energy with Strawberry Puree	Iced Energy	Standard	180 Cal
121	Peppermint Hot Chocolate	Hot Chocolate, Milk & Juices	Standard	440 Cal
122	Peppermint White Hot Chocolate	Hot Chocolate, Milk & Juices	Standard	480 Cal
123	Hot Chocolate	Hot Chocolate, Milk & Juices	Standard	370 Cal
124	White Hot Chocolate	Hot Chocolate, Milk & Juices	Standard	400 Cal
125	Caramel Apple Spice	Hot Chocolate, Milk & Juices	Standard	380 Cal
126	Steamed Apple Juice	Hot Chocolate, Milk & Juices	Standard	230 Cal
127	Pistachio Crème	Hot Chocolate, Milk & Juices	Standard	330 Cal
128	Caramel Brulée Crème	Hot Chocolate, Milk & Juices	Standard	420 Cal
129	Cold Milk	Hot Chocolate, Milk & Juices	Standard	260 Cal
130	Steamed Milk	Hot Chocolate, Milk & Juices	Standard	200 Cal
131	Vanilla Crème	Hot Chocolate, Milk & Juices	Standard	350 Cal
132	Spindrift® Lemon Sparkling Water	Bottled Beverages	Standard	3 Cal
133	Spindrift® Raspberry Lime Sparkling Water	Bottled Beverages	Standard	9 Cal
134	Ethos® Bottled Water	Bottled Beverages	Standard	0 Cal
135	Koia® Cacao Bean Protein Shake	Bottled Beverages	Standard	190 Cal
136	Koia® Vanilla Bean Protein Shake	Bottled Beverages	Standard	190 Cal
137	Horizon Organic® Lowfat Chocolate Milk	Bottled Beverages	Standard	150 Cal
138	Evolution Fresh® Pure Orange	Bottled Beverages	Standard	170 Cal
139	Evolution Fresh® Organic Defense Up®	Bottled Beverages	Standard	170 Cal
140	Evolution Fresh® Organic Super Fruit Greens	Bottled Beverages	Standard	180 Cal
141	Tree Top® Organic Apple Juice	Bottled Beverages	Standard	120 Cal
142	Olipop® Classic Root Beer	Bottled Beverages	Standard	40 Cal
143	Olipop® Classic Grape	Bottled Beverages	Standard	50 Cal
144	Starbucks Tripleshot™ Energy Rich Vanilla	Bottled Beverages	Standard	100 Cal

Breakfast

All listed sizes/servings for this BrewGuide catalog section.

#	Item	Subcategory	Size / serving	Calories
145	Egg, Pesto & Mozzarella Sandwich	Breakfast	Standard	390 Cal
146	Bacon, Gouda & Egg Sandwich	Breakfast	Standard	360 Cal
147	Double-Smoked Bacon, Cheddar & Egg Sandwich	Breakfast	Standard	500 Cal
148	Sausage, Cheddar & Egg Sandwich	Breakfast	Standard	480 Cal
149	Turkey Bacon, Cheddar & Egg White Sandwich	Breakfast	Standard	260 Cal
150	Impossible™ Breakfast Sandwich	Breakfast	Standard	420 Cal
151	Bacon & Gruyère Egg Bites	Breakfast	Standard	300 Cal
152	Italian Sausage Egg Bites	Breakfast	Standard	240 Cal
153	Egg White & Roasted Red Pepper Egg Bites	Breakfast	Standard	170 Cal
154	Potato, Cheddar & Chive Bakes	Breakfast	Standard	240 Cal
155	Bacon, Sausage & Egg Wrap	Breakfast	Standard	640 Cal
156	Spinach, Feta & Egg White Wrap	Breakfast	Standard	290 Cal
157	Ellenos Strawberry Shortcake Greek Yogurt	Breakfast	Standard	310 Cal
158	Ellenos® Muesli Yogurt - No Added Sugar	Breakfast	Standard	280 Cal
159	Rolled & Steel-Cut Oatmeal	Breakfast	Standard	160 Cal
160	Truffle, Mushroom & Brie Egg Bites	Breakfast	Standard	200 Cal

Lunch

All listed sizes/servings for this BrewGuide catalog section.

#	Item	Subcategory	Size / serving	Calories
161	Crispy Grilled Cheese on Sourdough	Lunch	Standard	520 Cal
162	Ham & Swiss on Baguette	Lunch	Standard	510 Cal
163	Tomato & Mozzarella on Focaccia	Lunch	Standard	360 Cal
164	Avocado Spread	Lunch	Standard	90 Cal
165	Turkey, Provolone & Pesto on Ciabatta	Lunch	Standard	520 Cal
166	Spicy Falafel Pocket	Lunch	Standard	230 Cal
167	Eggs & Cheddar Protein Box	Lunch	Standard	460 Cal

#	Item	Subcategory	Size / serving	Calories
168	Cheese & Fruit Protein Box	Lunch	Standard	470 Cal
169	Eggs & Gouda Protein Box	Lunch	Standard	530 Cal
170	Cheese Trio Protein Box	Lunch	Standard	520 Cal
171	Cheddar & Uncured Salami Protein Box	Lunch	Standard	470 Cal

Bakery

All listed sizes/servings for this BrewGuide catalog section.

#	Item	Subcategory	Size / serving	Calories
172	Vanilla Bean Custard Danish	Croissants & Danishes	Standard	230 Cal
173	Turkey Sage Danish	Croissants & Danishes	Standard	270 Cal
174	Baked Apple Croissant	Croissants & Danishes	Standard	230 Cal
175	Ham & Swiss Croissant	Croissants & Danishes	Standard	330 Cal
176	Butter Croissant	Croissants & Danishes	Standard	250 Cal
177	Chocolate Croissant	Croissants & Danishes	Standard	300 Cal
178	Cheese Danish	Croissants & Danishes	Standard	290 Cal
179	Sugar Plum Cheese Danish	Croissants & Danishes	Standard	330 Cal
180	Banana, Walnut & Pecan Loaf	Loaves & Cakes	Standard	380 Cal
181	Iced Lemon Loaf	Loaves & Cakes	Standard	410 Cal
182	Pumpkin & Pepita Loaf	Loaves & Cakes	Standard	360 Cal
183	Cinnamon Coffee Cake	Loaves & Cakes	Standard	380 Cal
184	Dark Toffee Bundt	Loaves & Cakes	Standard	330 Cal
185	Blueberry Streusel Muffin	Muffins, Scones & Doughnuts	Standard	370 Cal
186	Petite Vanilla Bean Scone	Muffins, Scones & Doughnuts	Standard	140 Cal
187	Blueberry Scone	Muffins, Scones & Doughnuts	Standard	410 Cal
188	Glazed Doughnut	Muffins, Scones & Doughnuts	Standard	440 Cal
189	Plain Bagel	Bagels	Standard	250 Cal
190	Everything Bagel	Bagels	Standard	270 Cal

Treats

All listed sizes/servings for this BrewGuide catalog section.

#	Item	Subcategory	Size / serving	Calories
191	Valentine Cake Pop	Treats	Standard	160 Cal
192	Birthday Cake Pop	Treats	Standard	160 Cal
193	Chocolate Cake Pop	Treats	Standard	150 Cal
194	Cookies & Cream Cake Pop	Treats	Standard	140 Cal
195	Snowman Cake Pop	Treats	Standard	170 Cal
196	Chocolate Chip Cookie	Treats	Standard	370 Cal
197	Double Chocolate Brownie	Treats	Standard	480 Cal
198	Cranberry Bliss® Bar	Treats	Standard	290 Cal
199	Cranberry Bliss® Bar Tray	Treats	Standard	290 Cal
200	Penguin Cookie	Treats	Standard	300 Cal

Snacks

All listed sizes/servings for this BrewGuide catalog section.

#	Item	Subcategory	Size / serving	Calories
201	Perfect Bar® - Dark Chocolate Chip Peanut Butter	Snacks	Standard	330 Cal
202	Perfect Bar® Peanut Butter	Snacks	Standard	340 Cal
203	KIND® Salted Caramel & Dark Chocolate Nut Bar	Snacks	Standard	200 Cal
204	That's It® - Apple + Mango Bar	Snacks	Standard	100 Cal
205	That's It® - Apple + Blueberry Bar	Snacks	Standard	100 Cal
206	Siete Sea Salt Kettle Cooked Potato Chips	Snacks	Standard	210 Cal
207	Siete Lime Grain Free Tortilla Chips	Snacks	Standard	130 Cal
208	Starbucks Butter Popcorn	Snacks	Standard	150 Cal
209	Perfectly Salted Chips	Snacks	Standard	280 Cal
210	Country Archer - Hickory Smoked Turkey Jerkey	Snacks	Standard	70 Cal
211	Madeleines	Snacks	Standard	220 Cal
212	Vanilla Biscotti with Almonds	Snacks	Standard	200 Cal
213	Marshmallow Dream Bar	Snacks	Standard	230 Cal
214	SkinnyDipped Dark Chocolate Cocoa Almonds	Snacks	Standard	170 Cal

#	Item	Subcategory	Size / serving	Calories
215	SkinnyDipped Lemon Bliss Almonds	Snacks	Standard	170 Cal
216	Peter Rabbit™ Organics Strawberry Banana	Snacks	Standard	80 Cal

Important nutrition note

Starbucks states that nutrition information is calculated from standard recipes and exact values may vary when products are customized. For current ingredients, macros, caffeine and other nutrition fields not reproduced in this compact full-catalog table, use the exact live Starbucks product page or app.