









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](https://www.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 Gruyère and Monterey Jack cheese, topped with smoked bacon.	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.	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.	Potato, Cheddar and Chive Bakes A savory combination of cage-free eggs, diced potatoes, cheddar cheese, spinach and a touch of chives, baked until golden brown.
300 calories – 19g protein	170 calories – 12g protein	230 calories – 15g protein	210 calories – 12g protein
			
Bacon, Sausage & Egg Wrap Double smoked bacon, sausage, cage-free scrambled eggs, cheddar cheese and sousvide potatoes wrapped in a flour tortilla.	Spinach, Feta & Egg White Wrap A wheat wrap filled with cage-free egg whites, spinach, feta cheese and sun-dried tomatoes.	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.	Bacon-Style Turkey, 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.
640 calories – 28g protein	290 calories – 20g protein	420 calories – 21g of protein	230 calories – 17g protein
			

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Good sources of protein (continued)			
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.	Chicken, Maple Butter & Egg Sandwich Breaded white-meat chicken, fluffy eggs and a maple-butter spread on a toasted oat-biscuit roll—a satisfyingly savory sandwich with a hint of sweetness.	Egg, Pesto & Mozzarella Sandwich Fluffy cage-free egg frittata with kale and basil pesto and mozzarella on a toasted cheddar & onion bun.	Bacon, Gouda & Egg Sandwich Sizzling applewood-smoked bacon, Parmesan cage-free egg frittata and melted Gouda on an artisan roll.
500 calories – 21g protein	450 calories – 17g protein	390 calories – 21g protein	360 calories – 19g protein
			
Ham & Swiss on Baguette Smoky-sweet ham and Swiss cheese layered between a sliced golden baguette with a Dijon butter spread.	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.	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.	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.
500 calories – 25g protein	460 calories – 22g protein	470 calories – 20g protein	520 calories – 20g protein
			

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Vegetarian breakfast and lunch choices

Impossible™ Breakfast Sandwich <p>A savory Impossible™ plant-based sausage patty, a cage-free fried egg and aged cheddar cheese on an artisanal sesame ciabatta bread.</p> <p>420 calories – 21g of protein</p> 	Spinach, Feta & Egg White Wrap <p>A wheat wrap filled with cage-free egg whites, spinach, feta cheese and sun-dried tomatoes.</p> <p>290 calories – 20g protein</p> 	Egg White & Roasted Red Pepper Egg Bites <p>Cage-free eggs whites prepared using the French "sous vide" technique, with creamy Monterey Jack cheese, spinach and fire-roasted red peppers.</p> <p>170 calories – 12g protein</p> 	Kale & Mushroom Egg Bites <p>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.</p> <p>230 calories – 15g protein</p> 
Egg, Pesto & Mozzarella Sandwich <p>Fluffy cage-free egg frittata with kale and basil pesto and mozzarella on a toasted cheddar & onion bun.</p> <p>390 calories – 21g protein</p> 	Potato, Cheddar and Chive Bakes <p>A savory combination of cage-free eggs, diced potatoes, cheddar cheese, spinach and a touch of chives, baked until golden brown.</p> <p>210 calories – 12g protein</p> 	Rolled & Steel-Cut Oatmeal <p>A blend of rolled and steel-cut oats with dried fruit, a nut medley and brown sugar as optional toppings.</p> <p>160 calories – 5g protein</p> 	Cheese & Fruit Protein Box <p>Brie, Cheddar and Gouda with multigrain crackers and a full cup of fruit.</p> <p>470 calories – 20g protein</p> 
PB&J Protein Box <p>A classic PB&J with string cheese, chocolate-covered raisins and Greek-yogurt ranch dip for the full cup of fruits and veggies.</p> <p>520 calories – 20g protein</p> 	Eggs & Cheddar Protein Box <p>Two cage-free eggs and a full cup of fruit with multigrain muesli bread and honey peanut-butter spread.</p> <p>460 calories – 22g protein</p> 	Tomato and Mozzarella on Focaccia <p>Roasted tomatoes, mozzarella, spinach and basil pesto on toasted focaccia.</p> <p>360 calories – 15g protein</p> 	

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Delicious gluten-free snacks

Kind Bars

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.



Certified vegan* food

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