

GET CHRISTMAS BLEND AND ALL OUR HOLIDAY EXCLUSIVES EARLY THIS YEAR. [Shop Starbucks »](#)

Explore Our Menu

Bakery

	Calories	Fat (g)	Carb. (g)	Fiber (g)	Protein	Sodium
Chonga Bagel	300	5	50	3	12	530
8-Grain Roll	380	6	70	7	10	480
Almond Croissant	380	23	38	2	9	380
Apple Fritter	460	23	56	2	7	420
Banana Nut Bread	420	22	52	2	6	320
Blueberry Muffin with Yogurt and Honey	380	16	53	1	6	260
Blueberry Scone	420	17	61	2	5	510
Butter Croissant	240	12	28	1	5	330
Butterfly Cookie	300	17	34	1	3	120
Cheese Danish	320	16	36	1	8	390
Chewy Chocolate Cookie	170	5	30	2	2	110
Chocolate Chip Cookie	310	15	42	2	4	260
Chocolate Chunk Muffin	440	21	60	2	7	350
Chocolate Croissant	330	18	38	1	6	320
Chocolate Marble Loaf Cake	490	24	64	2	6	110
Cinnamon Morning Bun	390	15	58	2	7	420
Cinnamon Raisin Bagel	270	1	58	3	9	370
Classic Coffee Cake	390	16	57	1	5	400
Cranberry Orange Scone	420	15	64	1	6	430
Devil's Food Doughnut	430	23	53	2	5	380

	Calories	Fat (g)	Carb. (g)	Fiber (g)	Protein	Sodium
Double Chocolate Brownie	410	24	46	3	6	75
Double Chocolate Chunk Brownie	380	23	41	2	4	170
Everyone's Favorite - Bantam Bagel (2 Pack)	100	5	12	0	3	0
Everything Bagel with Cheese	290	3.5	53	2	11	500
Frappuccino® Cookie Straw	90	3	14	0	1	30
French Toast - Bantam Bagels	100	5	13	0	3	0
Gluten-Free Marshmallow Dream Bar	240	5	45	0	2	260
Holiday Ugly Sweater Cookie	200	9	27	1	3	40
Ice Cream Cone Sugar Cookie	250	14	29	1	3	90
Iced Lemon Pound Cake	470	20	68	1	6	310
Michigan Cherry Oat Bar	310	10	47	2	3	240
Multigrain Bagel	350	4	64	8	17	520
Oatmeal Cookie	290	12	40	3	5	190
Old-Fashioned Glazed Doughnut	480	27	56	1	5	410
Pecan Tart	330	18	39	1	4	210
Petite Vanilla Bean Scone	120	4.5	18	0	2	95
Plain Bagel	280	1.5	56	2	9	620
Pumpkin Bread	410	15	63	2	6	500
Pumpkin Cheesecake Bar	310	17	39	1	4	310
Pumpkin Cheesecake Bar Multipack	310	17	39	1	4	310
Raspberry Swirl Pound Cake	450	18	65	2	6	300
Reduced-Fat Cinnamon Swirl Coffee Cake	370	9	67	2	5	280
S'mores Bar	330	17	44	1	2	170
S'mores Bar Multipack	330	17	44	1	2	170
The Classic - Bantam Bagel (2 Pack)	100	10	11	0	3	0
Toffeedoodle	300	13	44	1	3	200
Vermont Maple Walnut Muffin	390	21	45	2	6	350

	Calories	Fat (g)	Carb. (g)	Fiber (g)	Protein	Sodium
Volpi™ Pepperoni & Tomato Savory Foldover	270	14	27	2	10	520

Starbucks Petites

	Calories	Fat (g)	Carb. (g)	Fiber (g)	Protein	Sodium
Birthday Cake Pop	170	9	23	0	1	110
Chocolate Cake Pop	140	7	21	1	2	75
Chocolate Chip Cookie Dough Cake Pop	180	9	23	0	2	80
Salted Caramel Cake Pop	180	9	25	0	2	120

Bistro Boxes

	Calories	Fat (g)	Carb. (g)	Fiber (g)	Protein	Sodium
Cheese & Fruit Bistro Box	470	28	38	6	14	470
PB&J on Wheat Bistro Box	450	23	48	4	14	560
Protein Bistro Box	370	19	37	5	13	460
Southwest-Style Steak Wrap	450	19	52	6	13	830
Thai-Style Peanut Chicken Wrap	450	20	51	4	11	510

Hot Breakfast

	Calories	Fat (g)	Carb. (g)	Fiber (g)	Protein	Sodium
Bacon, Gouda & Egg Breakfast Sandwich	350	18	30	0	15	820
Classic Whole-Grain Oatmeal	160	2.5	28	4	5	125
Double-Smoked Bacon, Cheddar & Egg Sandwich	490	27	40	1	21	910
Egg & Cheddar Breakfast Sandwich	280	13	27	2	14	460

	Calories	Fat (g)	Carb. (g)	Fiber (g)	Protein	Sodium
Hearty Blueberry Oatmeal	220	2.5	43	5	5	125
Reduced-Fat Turkey Bacon & Cage Free Egg White Breakfast Sandwich	230	6	28	2	16	560
Sausage, Cheddar & Egg Breakfast Sandwich	500	28	41	1	15	920
Slow-Roasted Ham, Swiss & Egg Breakfast Sandwich	450	23	42	1	24	780
Spicy Chorizo, Monterey Jack & Egg Breakfast Sandwich	500	30	35	3	26	860
Spinach, Feta & Cage Free Egg White Breakfast Wrap	290	10	33	6	19	830

Sandwiches, Paninis & Salads

	Calories	Fat (g)	Carb. (g)	Fiber (g)	Protein	Sodium
Ancho Chipotle Chicken Panini	500	19	57	4	26	1030
BBQ Beef Brisket on Sourdough	510	22	54	3	23	1210
Chicken Artichoke on Ancient Grain Flatbread	510	27	37	5	24	1120
Chicken BLT Salad Sandwich	470	25	35	3	21	890
Egg Salad Sandwich	480	27	42	7	16	860
Ham & Swiss Panini	380	11	46	2	19	1080
Hearty Veggie & Brown Rice Salad Bowl	430	22	50	8	10	640
Holiday Turkey & Stuffing Panini	460	10	65	3	27	1440
Italian-Style Ham & Spicy Salami	480	20	49	3	22	1100
Old-Fashioned Grilled Cheese	580	29	57	5	23	1110
Roasted Tomato & Mozzarella Panini	420	18	47	3	11	620
Turkey & Havarti Sandwich	460	21	31	2	29	940
Turkey Pesto Panini	520	21	46	2	29	1180
Zesty Chicken & Black Bean Salad Bowl	360	15	38	8	14	840

Ice Cream

We didn't find anything in Ice Cream

We would love to hear your suggestions at [MyStarbucksIdea.com](https://www.starbucks.com/myidea).

Yogurt and Fruit

	Calories	Fat (g)	Carb. (g)	Fiber (g)	Protein	Sodium
Evolution Fresh™ Greek Yogurt Parfait, Inspired by Dannon® - Dark Sweet Cherry	280	7	39	3	14	70
Evolution Fresh™ Greek Yogurt Parfait, Inspired by Dannon® - Strawberry	240	3	39	3	15	115
Fresh Blueberries and Honey Greek Yogurt Parfait	240	2.5	42	2	14	100
Seasonal Harvest Fruit Blend	90	0	24	4	1	0