Starbucks Nutrition Chart 2026

70 drinks | Grande (16 fl oz) | standard recipe with 2% milk unless noted

drinkcaloriecalculator.com
Updated October 24, 2026

Hot coffee and espresso

DRINK (GRANDE)	CAL	FAT	CARB	SUGAR	PROT	CAF MG
Pike Place Roast	**5**	0	0	0	1	315-390
Blonde Roast	**5**	0	0	0	1	315-390
Dark Roast	**5**	0	0	0	1	315-390
Caffè Americano	**15**	0	2	0	1	225
Espresso (doppio)	**10**	0	2	0	1	150
Espresso Macchiato (doppio)	**15**	0	2	0	1	150
Espresso Con Panna (doppio)	**35**	2.5	2	0	1	150
Caffè Misto	**110**	4	10	10	7	150
Cappuccino	**140**	5	14	12	9	150
Caffè Latte	**190**	7	19	18	13	150
Flat White	**220**	11	18	17	12	195
Caramel Macchiato	**250**	7	35	33	10	150
Blonde Vanilla Latte	**250**	6	37	35	12	170
Cinnamon Dolce Latte	**340**	14	43	40	12	150
White Chocolate Mocha	**390**	17	47	46	13	150
Caffè Mocha	**370**	15	43	35	14	175

Iced coffee and shaken espresso

DRINK (GRANDE)	CAL	FAT	CARB	SUGAR	PROT	CAF MG
Iced Caffè Americano	**15**	0	2	0	1	225
Iced Coffee	**5**	0	0	0	0	185
Iced Classic Shaken Espresso	**100**	2	17	14	4	225
Iced Brown Sugar Oat Shaken Esp	**150**	4.5	27	15	2	255
Iced Caffè Latte	**130**	4.5	13	11	8	150
Iced Blonde Vanilla Latte	**190**	4	30	28	7	170
Iced Caramel Macchiato	**250**	7	37	34	10	150
Iced Caffè Mocha	**350**	17	38	30	10	175
Iced White Chocolate Mocha	**390**	20	44	42	11	150

Cold brew

DRINK (GRANDE)	CAL	FAT	CARB	SUGAR	PROT	CAF MG
Cold Brew	**5**	0	0	0	0	205
Nitro Cold Brew	**5**	0	0	0	0	280
Vanilla Sweet Cream Cold Brew	**110**	5	14	14	1	185
Salted Caramel Cream Cold Brew	**240**	14	26	26	2	185

Fall 2026 seasonal drinks

DRINK (GRANDE)	CAL	FAT	CARB	SUGAR	PROT	CAF MG
Iced Chaider	**90**	0	21	20	0	30
Pumpkin Cream Cold Brew	**250**	12	31	31	3	185
Pecan Crunch Latte	**260**	6	39	37	11	170
Pumpkin Spice Chai	**260**	4.5	45	43	10	55
Iced Pumpkin Cream Shaken Esp.	**310**	14	44	37	4	255
Iced Banana Bread Chai	**350**	14	50	48	8	60
Iced Pumpkin Cream Matcha	**350**	17	41	39	10	55
Iced Pumpkin Spice Latte	**370**	16	47	45	11	150
Pumpkin Spice Latte	**390**	14	52	50	14	150
Iced Banana Bread Latte	**360**	15	49	47	9	170

Frappuccino blended drinks

DRINK (GRANDE)	CAL	FAT	CARB	SUGAR	PROT	CAF MG
Coffee Frappuccino	**230**	3	46	45	3	95
Matcha Crème Frappuccino	**320**	13	46	45	5	65
Mocha Frappuccino	**370**	15	54	51	5	100
Strawberry Crème Frappuccino	**370**	16	51	51	5	0
Caramel Frappuccino	**380**	16	55	54	4	90
Vanilla Bean Crème Frappuccino	**380**	16	53	52	5	0
Caramel Ribbon Crunch Frapp.	**470**	22	65	60	5	85
Mocha Cookie Crumble Frapp.	**480**	24	62	55	6	95

Refreshers and lemonade

DRINK (GRANDE)	CAL	FAT	CARB	SUGAR	PROT	CAF MG
Mango Dragonfruit Refresher	**90**	0	22	20	0	50
Strawberry Açaí Refresher	**90**	0	23	21	0	50
Lemonade	**120**	0	28	27	0	0
Dragon Drink	**140**	3	27	24	1	50
Pink Drink	**140**	2.5	28	25	0	50
Strawberry Açaí Lemonade	**140**	0	35	32	0	50
Blended Strawberry Lemonade	**190**	0	46	45	0	0

Tea, chai and matcha

DRINK (GRANDE)	CAL	FAT	CARB	SUGAR	PROT	CAF MG
Iced Black Tea	**0**	0	0	0	0	25-30
Iced Green Tea	**0**	0	0	0	0	25-30
Iced Passion Tango Tea	**5**	0	1	0	0	0
Iced Black Tea Lemonade	**50**	0	12	11	0	25-30
Iced Green Tea Lemonade	**50**	0	12	11	0	25-30
Iced Passion Tango Lemonade	**50**	0	13	11	0	0
London Fog Tea Latte	**180**	4	29	29	7	40
Chai Tea Latte	**200**	4.5	33	31	7	55
Iced Chai Tea Latte	**190**	3.5	32	31	6	60
Iced Matcha Latte	**190**	5	27	25	9	65
Matcha Latte	**220**	6	31	29	11	65

Protein lattes

DRINK (GRANDE)	CAL	FAT	CARB	SUGAR	PROT	CAF MG
Iced Vanilla Protein Latte	**270**	4	31	29	29	150
Iced Caramel Protein Latte	**280**	4	33	31	29	150
Vanilla Protein Latte	**310**	6	36	34	27	150

Hot chocolate and kids drinks

DRINK (GRANDE)	CAL	FAT	CARB	SUGAR	PROT	CAF MG
Chocolate Milk	**250**	9	35	31*	13*	20*
Hot Chocolate	**370**	16	43	37	14	25

* Our estimate; Starbucks hasn't published this value. Fat, carbs, sugar and protein are in grams; caffeine in mg. Caffeine ranges are as Starbucks lists them.
"Doppio" = double shot. Standard-recipe values match Starbucks' published U.S. nutrition (1,180 automated checks). Drinks are handmade, so your cup can vary a little.
Customize any drink, add food and see your exact total at drinkcaloriecalculator.com. Independent and unofficial. Not affiliated with Starbucks.
For general information only, not medical advice. Does not cover allergens.