



STARBUCKS NUTRITION BREAKFAST MENU



more at cheatdaydesign.com/starbucks-menu



Impossible Breakfast Sandwich

420 Calories
22g Fat
36g Carbs
21g Protein



Bacon, Sausage, & Egg Wrap

640 Calories
33g Fat
58g Carbs
28g Protein



Spinach, Feta, & Egg White Wrap

290 Calories
8g Fat
34g Carbs
20g Protein



Bacon, Gouda, & Egg Sandwich

360 Calories
18g Fat
35g Carbs
19g Protein



Double Smoked Bacon, Cheddar, & Egg Sandwich

500 Calories
28g Fat
42g Carbs
22g Protein



Turkey Bacon & Egg White Sandwich

230 Calories
5g Fat
28g Carbs
17g Protein



Sausage, Cheddar, & Egg Sandwich

480 Calories
29g Fat
34g Carbs
18g Protein



Kale & Mushroom Egg Bites

230 Calories
14g Fat
11g Carbs
15g Protein



Bacon & Gruyère Egg Bites

300 Calories
20g Fat
9g Carbs
19g Protein



Egg White & Red Pepper Egg Bites

170 Calories
8g Fat
11g Carbs
12g Protein



Plain Bagel

280 Calories
1.5g Fat
56g Carbs
9g Protein



Everything Bagel

290 Calories
3g Fat
57g Carbs
10g Protein



Rolled & Steel Cut Oatmeal

410 Calories
12g Fat
67g Carbs
8g Protein



Berry Trio Parfait

240 Calories
3g Fat
39g Carbs
14g Protein



Strawberry Overnight Grains

300 Calories
16g Fat
35g Carbs
5g Protein

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