

25 Starbucks Drinks Under 200 Calories

Grande size, standard recipe, US menu. Every number is Starbucks' published value, checked against starbucks.com on October 19, 2026. Sorted from lowest to highest calories.

#	Drink (Grande)	Calories	Sugar	Protein	Caffeine
1	Cold Brew	5	0 g	0 g	205 mg
2	Iced Coffee	5	0 g	0 g	185 mg
3	Nitro Cold Brew	5	0 g	0 g	280 mg
4	Caffè Americano	15	0 g	1 g	225 mg
5	Vanilla Sweet Cream Nitro Cold Brew	70	4 g	1 g	265 mg
6	Strawberry Açai Refresher	90	21 g	0 g	50 mg
7	Iced Chaider	90	20 g	0 g	30 mg
8	Iced Shaken Espresso	100	14 g	4 g	225 mg
9	Nondairy Vanilla Sweet Cream Cold Brew	100	13 g	1 g	185 mg
10	Vanilla Sweet Cream Cold Brew	110	14 g	1 g	185 mg
11	Iced Caffè Latte	130	11 g	8 g	150 mg
12	Mango Strawberry Refresher	130	28 g	0 g	50 mg
13	Pink Drink	140	25 g	0 g	50 mg
14	Cappuccino	140	12 g	9 g	150 mg
15	Iced London Fog Latte	140	25 g	4 g	40 mg
16	Strawberry Açai Lemonade Refresher	140	32 g	0 g	50 mg
17	Iced Brown Sugar Oatmilk Shaken Espresso	150	15 g	2 g	255 mg
18	Iced Horchata Shaken Espresso	150	16 g	2 g	255 mg
19	London Fog Latte	180	29 g	7 g	40 mg
20	Caffè Latte	190	18 g	13 g	150 mg
21	Iced Chai Latte	190	31 g	6 g	60 mg
22	Iced Matcha Latte	190	25 g	9 g	65 mg
23	Chai Latte	200	31 g	7 g	55 mg
24	Iced Sugar-Free Vanilla Protein Latte	200	9 g	29 g	150 mg
25	Iced Sugar-Free Caramel Protein Latte	200	9 g	29 g	150 mg

Keep any drink under 200 calories

• **Start from a light base:** brewed coffee, cold brew, Americano, shaken espresso or an iced tea.

- **Watch the pumps:** a pump of standard syrup is about 20 calories and 5 g of sugar in our dataset.
- **Choose the size on purpose:** a Tall Caffè Latte is 150 calories vs 190 for a Grande. Every size is listed at nutricalhub.com/starbucks/.
- **Skip the whipped cream** on drinks that include it.

Build your exact order

Change the size, milk and syrup pumps and see calories, sugar and caffeine update, with a label showing where each number comes from: **nutricalhub.com**. Every drink has its own page at **nutricalhub.com/starbucks/**.

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