

9to5strength - Caffe Nero Nutrition Tables

Caffe Nero - Hot Coffees (Semi-Skimmed Milk)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Grande Hot Chocolate	524	16	56	52	26	16	4.5	0.4
Caramelatte	420	11	43	40	23	14	0.0	0.3
Regular Hot Chocolate	398	10	37	34	23	15	2.9	0.2
White Choc Mocha	397	11	37	30	23	14	0.0	0.5
Grande Mocha	363	10	30	26	23	14	2.0	0.2
Regular Mocha	305	7	22	19	21	13	1.6	0.1
Chai Latte	232	11	37	26	5	3	0.4	0.4
Grande Latte	135	10	14	12	5	3	0.0	0.3
Grande Cappuccino	107	8	11	9	4	2	0.0	0.2
Regular Latte	78	6	8	6	3	2	0.0	0.1
Regular Cappuccino	65	5	7	5	2	1	0.0	0.1

Caffe Nero - Hot Coffees (Skimmed Milk)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Grande Hot Chocolate	484	16	57	53	21	13	4.5	0.4
Caramelatte	388	11	43	40	19	12	0.0	0.3
Regular Hot Chocolate	374	10	37	34	20	13	2.9	0.2
White Choc Mocha	365	11	37	30	19	12	0.0	0.5
Grande Mocha	339	10	30	26	20	12	2.0	0.2
Regular Mocha	292	7	22	19	19	12	1.6	0.1
Chai Latte	195	11	37	26	1	0	0.4	0.4
Grande Latte	103	10	14	12	1	0	0.0	0.3
Grande Cappuccino	83	8	11	10	1	0	0.0	0.2
Regular Latte	62	6	8	7	1	0	0.0	0.1
Regular Cappuccino	52	5	7	5	1	0	0.0	0.1

Caffe Nero - Hot Coffees (Soya Milk)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Caramelatte	406	10	38	34	23	12	1.5	0.2
White Choc Mocha	384	10	32	25	23	12	1.5	0.4
Grande Hot Chocolate	325	14	48	44	7	2	6.2	0.3
Regular Hot Chocolate	250	10	37	34	5	1	4.8	0.2
Chai Latte	216	10	31	20	5	1	2.1	0.3
Grande Mocha	179	9	24	21	5	1	1.9	0.2
Regular Mocha	126	6	19	15	3	1	2.1	0.1
Grande Latte	122	9	9	7	5	1	1.5	0.2
Grande Cappuccino	97	7	8	6	4	1	1.1	0.1
Regular Latte	71	5	6	4	3	0	0.8	0.1
Regular Cappuccino	59	4	5	3	2	0	0.6	0.1

Caffe Nero - Hot Coffees (Coconut Milk)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Caramelatte	380	6	38	36	22	12	0.5	0.2
White Choc Mocha	368	6	32	27	24	13	0.5	0.2
Grande Hot Chocolate	295	8	49	45	6	2	5.0	0.3
Chai Latte	188	4	32	21	4	1	1.0	0.3

Regular Hot Chocolate	187	5	31	29	4	1	3.2	0.2
Grande Mocha	171	6	26	22	4	1	2.3	0.2
Regular Mocha	117	4	19	16	2	1	1.8	0.1
Grande Latte	97	5	10	8	4	1	0.5	0.2
Grande Cappuccino	88	4	9	7	3	0	0.5	0.2
Regular Latte	59	3	6	4	2	0	0.3	0.1
Regular Cappuccino	50	3	5	4	2	0	0.2	0.1

Caffe Nero - Hot Coffees (Oat Milk)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Caramelatte	417	2	54	39	24	12	0.0	0.3
White Choc Mocha	405	3	47	30	25	13	0.0	0.3
Grande Hot Chocolate	340	4	68	49	8	2	4.4	0.3
Chai Latte	230	1	50	24	6	1	0.4	0.4
Regular Hot Chocolate	215	3	43	31	5	1	2.8	0.2
Grande Mocha	188	3	36	24	5	1	1.9	0.2
Grande Latte	134	2	25	11	6	1	0.0	0.2
Regular Mocha	131	3	25	17	3	1	1.6	0.1
Grande Cappuccino	106	1	19	9	4	0	0.0	0.2
Regular Latte	78	1	14	6	3	0	0.0	0.1
Regular Cappuccino	64	1	11	5	2	0	0.0	0.1

Caffe Nero - Hot Coffees (One Size)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Chocolate Milano	458	9	45	33	26	16	5.4	0.1
Flat White	95	5	7	6	5	3	0.0	0.1
Espresso Con Panna	56	1	2	0	5	3	0.0	0.0
Cortado	49	3	4	3	3	2	0.0	0.1
Grande Americano	23	1	3	0	0	0	0.0	0.0
Regular Americano	15	1	2	0	1	0	0.0	0.0
Macchiato	9	1	1	0	0	0	0.0	0.0
Espresso	7	1	1	0	0	0	0.0	0.0

Caffe Nero - Cold Coffees & Extras

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Espresso & Caramel Frappe Creme	615	8	82	72	28	18	0.3	0.4
Mocha Frappe Latte	261	7	48	29	4	3	1.6	0.2
Frappe Latte - Semi Skim Milk	230	7	41	37	4	2	0.3	0.3
Whipped Cream	171	1	1	1	18	11	0.0	0.0
Iced Latte	155	8	23	23	4	3	0.0	0.2
Vanilla Syrup	97	0	24	24	0	0	0.0	0.0
Marshmallows	20	0	5	3	0	0	0.0	0.0

Caffe Nero - Cold Drinks

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Raspberry & White Choc Frappe Creme	567	8	81	74	23	15	0.3	0.2
Triple Belgian Choc Frappe Creme	483	8	54	49	26	16	3.6	0.1
Vanilla Frappe Milkshake (Semi Skim)	274	8	51	51	4	2	0.2	0.2
Strawberry Frappe Milkshake (Semi Skim)	250	8	45	44	4	3	0.2	0.2
Belgian Choc Frappe Milkshake (Semi Skim)	248	8	42	40	5	3	1.4	0.2

Alphonso Mango & Passionfruit Booster	238	1	57	48	0	0	1.8	0.0
Vanilla Frappe Milkshake (Soya)	228	7	39	39	4	1	1.5	0.1
Strawberry Frappe Milkshake (Soya)	186	7	35	34	4	1	0.0	0.1
Raspberry & Blood Orange Booster	139	1	30	29	1	0	4.9	0.0
Crushed Raspberry Lemonade	96	0	23	23	0	0	1.0	0.0
Sicilian Lemonade	93	0	23	22	0	0	0.4	0.0
Black Tea & Peach	8	0	2	0	0	0	0.1	0.0
Green Tea & Lemon	7	0	1	0	0	0	0.0	0.0

Caffe Nero - Pastries

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Almond Croissant	350	8	35	11	20	13	2.4	0.5
Cheese Twist	333	9	29	4	20	13	1.4	0.5
Chocolate Twist	320	6	39	19	15	6	1.3	0.7
Pain Au Raisin	320	6	43	20	14	8	1.8	0.7
Maple Pecan Pastry	312	4	35	13	25	10	1.7	0.3
Pain Au Chocolat	270	5	28	7	15	9	1.1	0.7
Apricot Croissant	260	6	34	8	11	6	1.7	0.5
Butter Croissant	204	4	20	3	12	7	0.8	0.6

Caffe Nero - Breakfast Pots

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Honey Yoghurt	264	9	25	22	15	10	0.2	0.4
Raspberry Yoghurt	249	9	21	21	15	9	0.7	0.3
Porridge (Semi Skim)	234	11	33	10	7	3	3.6	0.2
Porridge (Soya)	232	12	29	5	8	1	4.8	0.3
Berry Compote w Yoghurt & Granola	211	9	30	22	6	3	2.7	0.2
Porridge (Skim)	210	11	34	10	4	1	3.6	0.2
Apple & Berry Bircher Muesli	203	9	27	15	6	3	3.4	0.2
Honey	97	0	24	24	0	0	0.0	0.0
Raspberry Conserve	72	0	17	17	0	0	1.0	0.0
Strawberry Conserve	72	0	18	18	0	0	0.0	0.0
Fruit Salad	71	1	16	16	0	0	1.5	0.0

Caffe Nero - Breakfast Sandwiches

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Butcher's Sausage Ciabatta Roll	475	17	45	4	25	9	3.4	2.1
Smoked Bacon Ciabatta Roll	395	20	40	3	16	7	3.0	2.3
Sausage, Egg & Bacon Ciabatta Roll	359	18	46	3	12	4	3.0	1.7

Caffe Nero - Panini, Tostati & Croissants

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Meatball & Mozzarella Panini	583	23	68	8	24	6	3.4	2.4
Tuna Melt Panini	504	26	58	2	18	6	3.8	2.3
Mozzarella & Tomato Panini	487	25	55	6	18	8	3.7	2.1
Brie & Onion Chutney Panini	452	17	60	7	16	9	2.7	1.6
Ham Hock & Cheddar Tostati Melt	446	22	49	3	17	10	3.7	1.8
Chorizo & Sweet Chilli Pepper Tostati	423	22	45	7	17	8	3.9	1.9
Chicken, Spicy Pork & Mozzarella Panini	421	26	53	7	10	4	4.0	1.8
Mozzarella & Tomato Tostati Melt	418	18	46	2	19	9	5.3	1.4

Chicken & Bacon Tostati Melt	412	24	40	1	17	9	3.6	1.9
Chicken & Pesto Panini	400	24	50	2	11	3	4.7	2.1
Mediterranean Goats Cheese Panini	398	17	56	9	11	4	4.6	1.8
Mushroom & Mascarpone Tostati Melt	395	14	47	2	18	7	3.8	1.3
Ham & Mozzarella Panini	394	25	47	5	11	5	8.3	2.3
Ham & Cheddar Croissant	336	14	23	3	21	12	1.0	1.6
Smoked Ham & Cheddar Tostati	213	12	28	2	6	3	2.1	1.3

Caffe Nero - Sandwiches, Wraps & Rolls

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Chicken & Pesto Flatbread	443	20	51	6	18	3	2.8	1.5
Bacon, Lettuce & Tomato Egg Sandwich	433	19	49	4	18	5	4.1	2.1
Falafel & Houmous Flatbread	433	19	36	4	23	4	3.5	1.6
Chicken Salad Sandwich	416	11	63	6	13	1	6.6	1.0
Smoked Salmon & Soft Cheese Sandwich	376	20	47	3	12	2	5.0	1.2
Ham & Egg Gluten-Free Roll	294	18	39	4	8	4	4.0	1.7
	283	12	28	2	12	1	5.9	1.1

Caffe Nero - Other Savoury

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Mushroom & Mascarpone Risotto	384	12	43	6	18	12	3.2	2.6
Orzo Pasta & Mediterranean Veg	226	11	31	2	6	1	2.1	1.7
Chicken & Rice Soup	190	10	17	2	8	3	3.0	1.9
Ciabatta Bread Roll with Soup	180	6	33	1	3	0	1.1	0.8
Tomato & Mascarpone Soup	163	2	13	10	11	3	2.7	1.9

Caffe Nero - Cakes & Bakes

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Carrot Cake	531	6	65	42	25	6	3.7	0.7
Blackburrant & Earl Grey Cake	502	5	60	43	28	15	1.0	0.9
Sicilian Lemon Meringue Cake	498	5	67	46	23	4	1.0	0.6
Cappuccino Cake	447	4	61	50	20	4	0.9	0.4
Belgian Chocolate Fudge Cake	420	6	54	36	20	9	1.2	0.4
Caramel Shortbread	377	4	43	31	21	13	1.1	0.3
Pannettone Mini Classic	374	8	52	30	15	9	1.2	0.4
Belgian Chocolate Brownie	331	4	38	30	18	9	1.8	0.3
Salted Caramel Cheesecake	304	7	40	22	13	8	1.0	0.7
Rich Fruit Teacake	302	8	55	25	5	1	2.8	0.4
Raspberry & Pistachio Slice	298	4	33	18	14	4	1.7	0.1
Fruit Scone	287	6	43	13	10	1	1.1	1.2
Chocolate Brownie	278	6	27	20	15	7	5.7	0.1
Sicilian Lemon Drizzle Loaf Cake	275	3	36	24	13	4	1.0	0.3
Oat Bar	259	4	31	21	12	4	3.1	0.2
Apple & Blackcurrant Crumble Bar	237	2	38	21	8	3	1.5	0.7
Clotted Cream	234	1	1	1	25	16	0.0	0.0
Chocolate & Vanilla Marble Loaf	229	3	31	19	9	1	2.3	0.3
Banana & Walnut Loaf Cake	227	3	26	15	12	3	2.0	0.3

Caffe Nero - Muffins

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Belgian Chocolate Filled Muffin	488	7	57	37	25	6	3.0	0.5
Raspberry & Almond Filled Muffin	453	7	55	30	22	2	2.2	0.4
Salted Caramel & Apple Filled Muffin	433	5	58	28	20	4	1.4	0.5
Blueberry Filled Muffin	418	5	57	29	18	2	2.3	0.3
Sicilian Lemon Curd Filled Muffin	415	6	60	33	17	3	1.3	0.4
Black Cherry Filled Muffin	400	4	57	32	19	2	1.6	0.3

Caffe Nero - Cookies & Biscuits

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Milk Chocolate Chunk Cookie	344	4	42	26	17	10	1.5	0.4
Tripe Chocolate Cookies	336	4	44	31	16	9	1.3	0.3
Caramel Waffles	332	3	52	30	12	7	1.2	0.5
Oat & Raisin Cookie	332	4	52	35	11	6	2.5	0.4
Gingerbread Man	289	4	57	19	5	2	2.4	0.2
Shortbread	264	3	31	11	14	9	0.3	0.3
Stem Ginger Biscuits	264	3	42	23	8	3	1.0	0.4
Animal Bites	21	0	3	1	1	1	0.0	0.0

Caffe Nero - Confectionery

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Willies Cacao Milk Chocolate Bar	146	2	12	9	10	6	0.0	0.1
Willies Cacao Dark Chocolate Bar	139	2	11	8	9	6	0.0	0.1
Chocolate Coated Coffee Beans	133	2	12	11	8	5	2.1	0.1
Chocolate Coin	109	1	13	13	6	4	0.5	0.1
Mango Chunks	88	0	20	18	0	0	1.3	0.0
Chocolate Rice Cakes	81	1	11	5	3	2	0.3	0.0
Bear Yo Yo's	54	0	13	8	0	0	1.6	0.0

Caffe Nero - Savoury Snacks

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Totally Nuts	317	9	6	2	28	3	2.8	0.0
Fruit & Nuts	236	5	18	17	16	2	2.8	0.0
Lightly Salted Kettle Chips	205	2	21	0	12	1	2.6	0.4
Cheddar & Onion Kettle Chips	202	3	20	1	12	1	2.5	0.4
Sea Salt & Vinegar Kettle Chips	201	2	21	1	11	1	2.4	0.8
Sweet & Salty Popcorn	114	2	15	4	4	0	2.4	0.1
Sea Salt Popcorn	87	2	11	0	3	0	2.5	0.1