

## 9to5strength - Costa Coffee (UK) Nutrition Tables

### Costa Coffee - Cakes

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Layered Carrot Cake	593	7	81	57	26	6	0.7
Victoria Sponge	537	4	72	50	25	6	0.5
Gingerbread Muffin	496	5	69	44	22	3	0
Raspberry And White Chocolate Muffin	495	6	64	40	23	4	0.6
Salted Caramel Muffin	483	5	73	50	19	4	0.6
Triple Layer Lemon Cake	468	4	66	48	21	4	0.4
Raspberry And Almond Bake	465	8	37	24	31	12	0.3
Chocolate Tiffin	457	5	48	27	27	14	0.3
Blueberry Muffin	455	5	56	29	23	2	0.6
Lemon Muffin	454	5	58	38	22	3	0.4
Chocolate and Coconut Loaf Cake	427	6	51	31	22	5	0.4
Triple Chocolate Muffin	422	4	56	39	19	6	0.5
Caramel Crisp	410	4	40	29	26	15	0.4
Millionaire Shortbread	404	3	38	25	26	13	0.5
Cherry Bakewell Tart	378	4	55	35	15	7	0.2
Cookie Milk Chocolate Chip	377	5	50	30	18	8	0.4
Chocolate Brownie	373	4	45	38	20	12	0.4
Cookie Triple Chocolate Chip	368	5	47	31	18	8	0.4
Lemon Tart	341	4	40	24	18	10	0.2
Peach Melba Loaf Cake	332	5	39	23	17	4	0.6
Easter Chocolate Crunch	330	4	41	30	17	9	0.3
Granola Square	329	6	39	23	16	6	0.2
Vegan Oaty Jam Bake	303	4	38	17	14	5	0.2
Milk Choc O Crunch	275	3	37	22	13	8	0.2
Maple & Pecan Brioche Swirl	267	6	41	18	9	3	0.5
Easter Choc O Crunch	238	3	32	23	11	6	0.2
Mini Mocha Brownie	160	2	19	12	9	6	0.2
Raspberry Flavoured Brioche Fingers	141	3	22	9	5	3	0.3

### Costa Coffee - Cold Sandwiches and Salads

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Feta and Tomato Pasta Salad	472	15	60	7	18	6	2.5
Sandwich Selection	436	20	43	4	20	4	2
BLT	405	17	48	5	15	4	2.3
Smoked Salmon & Soft Cheese	372	23	45	3	11	4	2.6
Roast Chicken Salad Sandwich (Gluten Free)	355	15	29	2	18	3	1.7
Roast Chicken Salad Sandwich	352	22	41	4	10	1	1.4
Free Range Egg	342	17	36	5	14	3	0.9
Roast Chicken Salad	223	15	5	5	16	3	0.8
Tuna Nicoise Salad	219	17	6	3	14	2	1.2

### Costa Coffee - Impulse

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Fruity Caramel Crispie Bites	536	6	62	45	29	17	0.3
All Butter Belgian Chocolate Cookie	428	4	52	32	22	14	0.5
Nutty Flapjack	425	7	45	28	23	9	0.1

Chocolate Brownie (Gluten Free)	418	6	34	32	28	15	0.4
Fruity Flapjack	380	5	54	34	16	9	0.2
Panettoncino Classico	374	8	52	30	15	9	0.4
Fruity Crumble	282	2	47	27	9	3	0.1
Stem Ginger Biscuits	248	3	34	13	11	5	0.2
Fruit & Oat Biscuits	224	3	32	14	9	3	0.4
Chilli And Lime Mix	204	8	20	2	10	2	1.7
Fruit And Nut Mix	204	6	13	11	14	2	0
Gingerbread Biscuit	162	3	30	13	3	1	0.3
Mini Bakewell Tarts (Gluten Free)	137	1	18	11	7	2	0.1
Dried Mango	120	1	28	23	0	0	0
Almond Biscotti	77	2	10	6	3	1	0.1
Mini Muffins (Choc. + Rasp. & White Choc.)	75	1	9	6	4	1	0.1
Mini Shortbread Bites	52	1	6	2	3	2	0
Milk Chocolate Gianduja	47	1	5	4	3	1	0

**Costa Coffee - Paninis, Toasties, Hot Wraps and Toasted Products**

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Mac and Cheese	598	23	49	6	34	18	2
Meatball Wrap	582	22	58	9	29	12	1.5
Quiche Lorraine	524	13	27	2	40	22	1.5
Italian Mozzarella, Tomato & Basil Panini	519	24	50	4	24	11	2.3
Red Leicester, Pepper & Onion Quiche	508	13	27	1	38	18	1.2
British Bacon & Brie Panini	499	25	58	12	18	9	2.2
Cumberland Sausage With Red Onion Toastie	493	25	48	7	22	11	2
Tuna Melt Panini	483	30	47	4	19	6	2
Meatball Pasta	466	17	56	10	19	6	1.5
Salami and Tomato Panini	449	20	56	5	15	5	2.1
Chipotle Chicken Toastie	449	25	51	7	15	8	1.9
Cheddar And Slow Roasted Tomato Toastie	443	21	44	11	19	10	1.9
Emmenthal And Mushroom Toastie	443	21	45	3	19	12	1.4
British Chicken Caesar Wrap (Gluten Free)	434	18	36	3	21	3	2.5
Roast Chicken Fajita Wrap	428	22	45	8	16	7	1.4
British Ham & Cheese Panini	427	27	49	4	14	7	2.5
Hoisin Duck Wrap	423	12	67	18	11	4	1.3
Goats' Cheese & Sweet Chilli Chutney Panini	420	16	65	18	9	5	1.4
British Chicken And Bacon Toastie	418	24	46	4	15	9	2.1
Chilli Sausage Roll	412	10	25	3	30	14	0.9
Halloumi & Roasted Pepper Focaccia	411	17	46	4	17	6	1.6
Wiltshire Ham & Mature Cheddar Toastie	409	25	43	4	15	9	1.6
Sausage Roll	400	10	24	1	29	14	0.9
Chicken Chorizo & roasted pepper rice box	327	14	38	7	13	4	1.3
British Ham & Cheese Toastie	307	15	42	6	8	4	1.7
Scrambled Egg & Mushroom Muffin	298	13	39	2	9	3	1

**Costa Coffee - Breakfast**

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Breakfast Bloomer	493	24	42	4	25	6	1.7
Sausage Bap	488	17	39	3	29	11	1.8
Bacon Roll	389	18	38	2	17	6	1.8

British Ham And Emmenthal Croissant	358	14	29	8	20	13	1.1
Brown Seeded Toast	350	13	61	2	7	2	1.2
Fruit Teacake (without butter)	311	8	56	25	5	2	0.5
Instant Oat Porridge Pot	294	13	49	17	4	1	0.2
Fruit Toast	288	8	59	22	3	1	0.8
White Toast (Without Butter)	251	9	47	1	3	0	0.9
Wholegrain Porridge - Gluten Free	231	9	30	9	8	4	0.2
Crumpets (without butter)	210	7	41	5	1	0	1.2
Raspberry Coconut and Seed Sprinkle	87	3	5	3	6	1	0
Maple Granola & Coconut Sprinkle	85	2	6	3	6	1	0.1
Organic 0% Fat Greek Style Yoghurt	67	10	7	7	0	0	0.2
Fruit Pot	45	1	11	11	0	0	0
Mixed Berry Compote	38	0	9	8	0	0	0

#### Costa Coffee - Pastries

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Chocolate Twist	396	6	50	28	19	12	0.6
Almond Croissant	351	8	38	14	18	8	0.8
Pain Aux Raisins	292	5	40	22	12	8	0.5
Croissant	281	5	26	4	17	11	0.5
Pain Au Chocolat	266	5	29	10	15	10	0.6
Butter Croissant	211	4	20	3	12	8	0.6

#### Costa Coffee - Extras

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Clotted Cream	234	1	1	1	26	16	0
Peanut Butter	92	4	2	1	7	1	0.2
Nutella Portion	81	1	9	8	5	2	0
Tiptree Strawberry Jam Portion	75	0	19	19	0	0	0
Tiptree Marmalade Portion	75	0	19	19	0	0	0
Tiptree Honey Portion	64	0	21	21	0	0	0
Lyles Maple Syrup Sachets	62	0	16	16	0	0	0.2
Salted Butter Portion	48	0	0	0	5	3	0.1
Sunflower Spread	43	0	0	0	5	1	0.1
Marmite Portion	20	3	2	0	0	0	0.8
HP Brown Sauce Sachet	12	0	3	2	0	0	0.1
Salt Sachets	0	0	0	0	0	0	0.8

#### Costa Coffee - Cortado

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Cortado - Whole Milk Solo TA	108	5	8	7	6	4	0.2
Cortado - Whole Milk Solo IN	85	4	6	6	5	3	0.1
Cortado - Soya Drink Solo TA	69	5	5	4	3	1	0.1
Cortado - Soya Drink Solo IN	55	4	4	3	2	0	0.1
Cortado - Coconut Milk Solo TA	55	3	6	5	2	1	0.1
Cortado - Coconut Milk Solo IN	43	2	4	4	2	1	0.1

#### Costa Coffee - Mocha Cortado

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
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Mocha Cortado - Whole Milk Solo TA	118	5	11	9	6	4	0.2
Mocha Cortado - Soya Drink Solo TA	85	5	8	7	3	1	0.2
Mocha Cortado - Coconut Milk Solo TA	84	3	11	9	3	1	0.2
Mocha Cortado - Whole Milk Solo IN	82	3	8	7	4	2	0.1
Mocha Cortado - Coconut Milk Solo IN	72	3	9	8	2	1	0.1
Mocha Cortado - Skimmed Milk Solo TA	71	5	11	9	1	0	0.2
Mocha Cortado - Soya Drink Solo IN	61	3	7	5	2	1	0.1
Mocha Cortado - Skimmed Milk Solo IN	53	4	8	7	1	0	0.1

#### Costa Coffee - Caramel Cortado

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Caramel Cortado - Whole Milk Solo TA	132	5	16	15	6	4	0.2
Caramel Cortado - Whole Milk Solo IN	111	4	14	14	5	3	0.1
Caramel Cortado - Soya Drink Solo TA	98	5	13	12	3	1	0.1
Caramel Cortado - Coconut Milk Solo TA	85	2	14	13	2	1	0.1
Caramel Cortado - Soya Drink Solo IN	84	4	12	12	2	0	0.1
Caramel Cortado - Coconut Milk Solo IN	74	2	13	12	2	1	0.1

#### Costa Coffee - Babyccino

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Milk Babyccino – Whole Milk	59	3	4	4	4	2	0.1
Milk Babyccino - Soya Drink	38	3	2	2	2	0	0.1
Milk Babyccino - Coconut Milk	30	1	3	3	1	1	0.1

#### Costa Coffee - Mini Hot Chocolate

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Mini Hot Choc With Flake - Whole Milk	126	4	13	11	6	4	0.1
Mini Hot Choc With Marshmallow - Whole Milk	110	4	15	12	4	3	0.1
Mini Hot Choc With Flake - Soya Drink	104	4	11	10	5	2	0.1
Mini Hot Choc With Flake - Coconut Milk	96	2	12	10	4	2	0.1
Mini Hot Choc With Marshmallow - Soya Drink	89	4	13	10	2	1	0.1
Mini Hot Choc With Marshmallow - Coconut Milk	81	2	14	11	2	1	0.1

#### Costa Coffee - Flat Drinks

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Flat Mocha - Whole Milk - TA	274	12	30	25	11	7	0.5
Flat Mocha - Whole Milk - IN	249	10	29	23	10	6	0.4
Flat White - Whole Milk Primo TA	179	9	12	12	11	7	0.3
Flat White - Whole Milk Primo IN	153	8	11	10	9	6	0.2
Flat White - Soya Drink Primo TA	115	9	8	7	5	1	0.2
Flat White - Soya Drink Primo IN	98	8	7	6	4	1	0.2
Flat White - Coconut Milk Primo TA	91	4	9	9	4	2	0.2
Flat White - Coconut Milk Primo IN	78	4	8	8	3	2	0.2

#### Costa Coffee - Cappuccino

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Cappuccino - Whole Milk Primo TA	129	6	10	10	7	4	0.2
Cappuccino - Whole Milk Primo IN	109	5	9	8	6	4	0.2
Cappuccino - Soya Milk Primo TA	87	6	7	6	4	1	0.2

Cappuccino - Soya Milk Primo IN	75	5	6	6	3	1	0.1
Cappuccino - Coconut Milk Primo TA	71	3	8	8	3	1	0.2
Cappuccino - Coconut Milk Primo IN	62	3	7	7	2	1	0.1
Cappuccino - Whole Milk Medio	168	8	13	12	9	6	0.3
Cappuccino - Soya Milk Medio	113	8	9	8	5	1	0.2
Cappuccino - Coconut Milk Medio	92	4	10	10	4	2	0.2
Cappuccino - Whole Milk Massimo TA	223	11	17	16	13	8	0.3
Cappuccino - Whole Milk Massimo IN	210	10	16	15	12	7	0.3
Cappuccino - Soya Milk Massimo TA	149	11	12	10	6	1	0.3
Cappuccino - Soya Milk Massimo IN	141	10	11	10	6	1	0.3
Cappuccino - Coconut Milk Massimo TA	122	6	13	12	5	2	0.3
Cappuccino - Coconut Milk Massimo IN	115	5	13	12	5	2	0.3

### Costa Coffee - Caffe Latte

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Caffe Latte - Whole Milk Primo TA	149	8	11	10	9	5	0.2
Caffe Latte - Whole Milk Primo IN	132	7	9	9	8	5	0.2
Caffe Latte - Soya Milk Primo TA	97	8	7	6	4	1	0.2
Caffe Latte - Soya Milk Primo IN	85	7	6	5	4	1	0.2
Caffe Latte - Coconut Milk Primo TA	77	4	8	8	3	2	0.2
Caffe Latte - Coconut Milk Primo IN	68	3	7	7	3	1	0.2
Caffe Latte - Whole Milk Medio	207	10	15	14	12	8	0.3
Caffe Latte - Soya Milk Medio	134	10	9	8	6	1	0.3
Caffe Latte - Coconut Milk Medio	106	5	11	10	5	2	0.3
Caffe Latte - Whole Milk Massimo TA	283	14	20	19	17	10	0.4
Caffe Latte - Whole Milk Massimo IN	267	14	19	18	16	10	0.4
Caffe Latte - Soya Milk Massimo TA	183	14	12	11	8	1	0.4
Caffe Latte - Soya Milk Massimo IN	173	14	12	10	8	1	0.3
Caffe Latte - Coconut Milk Massimo TA	145	7	15	14	6	3	0.4
Caffe Latte - Coconut Milk Massimo IN	137	6	14	14	6	3	0.3

### Costa Coffee - Americano

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Americano - Whole Milk Massimo	38	2	3	3	2	1	0.1
Americano - Soya Milk Massimo	29	2	3	2	1	0	0.1
Americano - Coconut Milk Massimo	25	1	3	2	1	0	0.1
Americano - No Milk Massimo	12	1	2	1	0	0	0
Americano - Whole Milk Medio	28	2	2	2	1	1	0.1
Americano - Soya Milk Medio	21	2	2	1	1	0	0
Americano - Coconut Milk Medio	18	1	2	2	1	0	0
Americano - No Milk Medio	8	1	1	1	0	0	0
Americano - Whole Milk Primo	19	1	2	1	1	1	0
Americano - Soya Milk Primo	14	1	1	1	1	0	0
Americano - Coconut Milk Primo	13	1	2	1	1	0	0
Americano - No Milk Primo	6	0	1	0	0	0	0

### Costa Coffee - Hot Chocolate

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
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Hot Chocolate - Whole Milk Primo TA	257	10	28	23	11	7	0.4
Hot Chocolate - Whole Milk Primo IN	233	9	26	21	10	6	0.4
Hot Chocolate - Soya Milk Primo TA	198	10	24	18	6	2	0.3
Hot Chocolate - Coconut Milk Primo TA	190	6	27	21	5	3	0.3
Hot Chocolate - Soya Milk Primo IN	183	9	23	17	6	2	0.3
Hot Chocolate - Coconut Milk Primo IN	179	6	26	20	5	3	0.3
Hot Chocolate - Skimmed Milk Primo TA	173	10	28	22	2	1	0.4
Hot Chocolate - Skimmed Milk Primo IN	162	9	26	21	2	1	0.4
Hot Chocolate - Whole Milk Medio TA	377	14	41	33	16	10	0.6
Hot Chocolate - Whole Milk Medio IN	357	13	40	32	15	10	0.6
Hot Chocolate - Soya Milk Medio TA	291	14	35	26	9	3	0.5
Hot Chocolate - Soya Milk Medio IN	279	13	34	26	9	3	0.5
Hot Chocolate - Coconut Milk Medio IN	271	9	39	31	8	4	0.4
Hot Chocolate - Coconut Milk Medio TA	271	9	39	31	8	4	0.4
Hot Chocolate - Skimmed Milk Medio TA	256	15	41	33	3	2	0.6
Hot Chocolate - Skimmed Milk Medio IN	246	14	40	32	3	2	0.6
Hot Chocolate - Whole Milk Massimo TA	537	20	63	50	22	14	0.8
Hot Chocolate - Whole Milk Massimo IN	521	19	62	49	21	13	0.8
Hot Chocolate - Soya Milk Massimo TA	428	20	55	41	13	4	0.7
Hot Chocolate - Soya Milk Massimo IN	418	19	54	40	12	4	0.7
Hot Chocolate - Coconut Milk Massimo IN	415	13	61	47	11	6	0.6
Hot Chocolate - Skimmed Milk Massimo TA	383	20	62	49	5	3	0.8
Hot Chocolate - Skimmed Milk Massimo IN	375	19	61	48	5	3	0.8
Hot Chocolate - Coconut Milk Massimo TA	358	11	56	41	9	5	0.4

### Costa Coffee - Mocha

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Mocha - Whole Milk Primo TA	221	8	27	21	9	5	0.3
Mocha - Whole Milk Primo IN	202	7	26	20	8	5	0.3
Mocha - Soya Milk Primo TA	181	8	24	18	5	2	0.3
Mocha - Soya Milk Primo IN	168	7	23	17	5	2	0.3
Mocha - Coconut Milk Primo TA	165	5	24	19	5	2	0.2
Mocha - Coconut Milk Primo IN	156	5	23	18	4	2	0.2
Mocha - Whole Milk Medio TA	320	11	39	31	13	8	0.5
Mocha - Whole Milk Medio IN	314	11	39	30	12	8	0.5
Mocha - Soya Milk Medio TA	261	11	35	26	8	2	0.4
Mocha - Soya Milk Medio IN	257	11	34	25	7	2	0.4
Mocha - Coconut Milk Medio IN	233	8	35	27	6	3	0.3
Mocha - Coconut Milk Medio TA	233	8	35	27	6	3	0.3
Mocha - Whole Milk Massimo TA	469	16	60	46	17	11	0.7
Mocha - Whole Milk Massimo IN	455	15	59	45	17	10	0.7
Mocha - Soya Milk Massimo TA	392	16	54	39	11	4	0.7
Mocha - Soya Milk Massimo IN	383	15	54	39	11	4	0.7
Mocha - Coconut Milk Massimo TA	356	11	54	41	9	5	0.5
Mocha - Coconut Milk Massimo IN	350	11	53	40	9	5	0.5

### Costa Coffee - Chai Latte

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
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Chai Latte- Whole Milk Massimo	521	17	69	45	20	13	0.6
Chai Latte- Soya Milk Massimo	401	17	60	35	10	2	0.5
Chai Latte- Coconut Milk Massimo	356	8	63	39	7	4	0.5
Chai Latte- Whole Milk Medio	334	11	43	29	13	8	0.4
Chai Latte- Soya Milk Medio	254	11	37	22	6	1	0.3
Chai Latte- Coconut Milk Medio	224	5	39	25	5	2	0.3
Chai Latte- Whole Milk Primo	208	7	28	18	8	5	0.2
Chai Latte- Soya Milk Primo	160	7	24	14	4	1	0.2
Chai Latte- Coconut Milk Primo	142	3	25	16	3	1	0.2

#### Costa Coffee - Gingerbread/Caramel/Vanilla/Hazelnut Latte

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Flavoured Latte - Whole Milk Primo TA	177	7	19	18	8	5	0.2
Flavoured Latte - Whole Milk Primo IN	160	6	17	17	7	5	0.2
Flavoured Latte - Soya Milk Primo TA	127	7	15	14	4	1	0.2
Flavoured Latte - Soya Milk Primo IN	115	6	14	13	4	1	0.2
Flavoured Latte - Coconut Milk Primo TA	108	4	16	16	3	2	0.2
Flavoured Latte - Coconut Milk Primo IN	98	3	15	15	3	1	0.2
Flavoured Latte - Whole Milk Medio	249	10	27	26	12	7	0.3
Flavoured Latte - Soya Milk Medio	179	10	21	20	6	1	0.2
Flavoured Latte - Coconut Milk Medio	152	5	23	23	4	2	0.2
Flavoured Latte - Whole Milk Massimo TA	339	14	36	35	16	10	0.4
Flavoured Latte - Whole Milk Massimo IN	323	13	35	34	15	9	0.4
Flavoured Latte - Soya Milk Massimo TA	243	14	29	27	8	1	0.3
Flavoured Latte - Soya Milk Massimo IN	233	13	28	27	7	1	0.3
Flavoured Latte - Coconut Milk Massimo TA	207	7	31	30	6	3	0.3
Flavoured Latte - Coconut Milk Massimo IN	199	6	30	30	6	3	0.3

#### Costa Coffee - Caramel (Sugar Free Syrup) Latte

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Caramel (SFS) Latte - Whole Milk Primo TA	147	7	11	10	8	5	0.2
Caramel (SFS) Latte - Whole Milk Primo IN	131	6	10	9	7	5	0.2
Caramel (SFS) Latte - Soya Milk Primo TA	97	7	7	6	4	1	0.2
Caramel (SFS) Latte - Soya Milk Primo IN	86	6	7	5	4	1	0.2
Caramel (SFS) Latte - Coconut Milk Primo TA	79	4	9	7	3	2	0.2
Caramel (SFS) Latte - Coconut Milk Primo IN	69	3	8	6	3	1	0.2
Caramel (SFS) Latte - Whole Milk Medio	205	10	16	14	12	7	0.3
Caramel (SFS) Latte - Soya Milk Medio	135	10	10	8	6	1	0.2
Caramel (SFS) Latte - Coconut Milk Medio	109	5	12	10	4	2	0.2
Caramel (SFS) Latte - Whole Milk Massimo TA	280	14	21	19	16	10	0.4
Caramel (SFS) Latte - Whole Milk Massimo IN	264	13	20	18	15	9	0.4
Caramel (SFS) Latte - Soya Milk Massimo TA	184	14	14	11	8	1	0.3
Caramel (SFS) Latte - Soya Milk Massimo IN	174	13	13	10	7	1	0.3
Caramel (SFS) Latte - Coconut Milk Massimo TA	148	7	16	14	6	3	0.3
Caramel (SFS) Latte - Coconut Milk Massimo IN	140	6	16	13	6	3	0.3

#### Costa Coffee - Coconut & Vanilla Latte

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
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Coconut and Vanilla Latte Primo TA

128	4	14	10	6	4	0.3
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Coconut and Vanilla Latte Primo IN

111	4	12	9	5	4	0.2
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**Costa Coffee - Iced Coffees**

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Iced Cappuccino - Whole Milk Massimo Both	152	5	23	23	5	3	0.1
Iced Cappuccino - Soya Milk Massimo Both	128	5	22	21	3	0	0.1
Iced Cappuccino - Whole Milk Medio Both	121	4	18	17	4	2	0.1
Iced Cappuccino - Skimmed Milk Massimo Both	115	5	23	23	1	0	0.1
Iced Cappuccino - Soya Milk Medio Both	100	4	17	16	2	0	0.1
Iced Cappuccino - Skimmed Milk Medio Both	89	4	18	17	1	0	0.1
Iced Cappuccino - Whole Milk Primo Both	86	3	12	12	3	2	0.1
Iced Americano - Massimo Both	75	1	18	17	0	0	0
Iced Cappuccino - Soya Milk Primo Both	71	3	11	11	2	0	0.1
Iced Cappuccino - Skimmed Milk Primo Both	62	3	12	12	0	0	0.1
Iced Americano - Medio Both	57	0	13	13	0	0	0
Iced Americano - Primo Both	40	0	9	9	0	0	0

**Costa Coffee - Iced Chai Latte**

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Iced Chai Latte - Whole Milk Massimo Both	426	8	78	55	9	6	0.2
Iced Chai Latte - Soya Milk Massimo Both	377	8	75	51	5	1	0.2
Iced Chai Latte - Skimmed Milk Massimo Both	350	8	78	55	1	0	0.2
Iced Chai Latte - Whole Milk Medio Both	328	6	59	42	7	5	0.2
Iced Chai Latte - Soya Milk Medio Both	288	6	57	39	4	1	0.1
Iced Chai Latte - Skimmed Milk Medio Both	267	7	59	42	1	0	0.2
Iced Chai Latte - Whole Milk Primo Both	232	5	40	29	6	4	0.1
Iced Chai Latte - Soya Milk Primo Both	201	5	38	27	3	0	0.1
Iced Chai Latte - Skimmed Milk Primo Both	184	5	40	29	0	0	0.1

**Costa Coffee - Iced Chocolate**

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Iced Chocolate - Whole Milk Massimo Both	351	9	51	46	12	8	0.2
Iced Chocolate - Soya Milk Massimo Both	302	9	48	43	7	3	0.2
Iced Chocolate - Skimmed Milk Massimo Both	275	9	51	46	4	2	0.2
Iced Chocolate - Whole Milk Medio Both	271	7	39	35	9	6	0.2
Iced Chocolate - Soya Milk Medio Both	232	7	36	32	6	2	0.1
Iced Chocolate - Skimmed Milk Medio Both	210	7	39	35	3	2	0.2
Iced Chocolate - Whole Milk Primo Both	194	5	27	24	7	5	0.1
Iced Chocolate - Soya Milk Primo Both	163	5	25	22	4	1	0.1
Iced Chocolate - Skimmed Milk Primo Both	147	6	27	24	2	1	0.1

**Costa Coffee - Iced Cortado**

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Iced Cortado - Whole Milk	75	3	8	8	3	2	0.1
Iced Cortado - Soya Drink	56	3	7	7	2	0	0.1
Iced Cortado - Skimmed Milk	46	3	8	8	0	0	0.1



**Costa Coffee - Iced Sugar Free Syrup Latte (Any Flavour)**

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Iced (SFS) Latte - Whole Milk Massimo Both	204	10	16	13	11	7	0.3
Iced (SFS) Latte - Whole Milk Medio Both	161	8	13	11	9	6	0.2
Iced (SFS) Latte - Soya Milk Massimo Both	141	10	12	9	6	1	0.2
Iced (SFS) Latte - Whole Milk Primo Both	122	6	10	8	7	4	0.2
Iced (SFS) Latte - Soya Milk Medio Both	111	8	9	7	5	1	0.2
Iced (SFS) Latte - Skimmed Milk Massimo Both	107	10	16	13	1	0	0.3
Iced (SFS) Latte - Soya Milk Primo Both	85	6	7	5	3	1	0.2
Iced (SFS) Latte - Skimmed Milk Medio Both	84	8	12	10	1	0	0.2
Iced (SFS) Latte - Skimmed Milk Primo Both	65	6	9	8	1	0	0.2

**Costa Coffee - Iced Latte (All Flavours)**

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Iced Latte - Whole Milk Massimo Both	261	10	30	29	11	7	0.3
Iced Latte - Whole Milk Medio Both	204	8	23	23	9	6	0.2
Iced Latte - Soya Milk Massimo Both	199	10	26	25	6	1	0.2
Iced Latte - Skimmed Milk Massimo Both	164	10	30	29	1	0	0.3
Iced Latte - Soya Milk Medio Both	154	8	20	19	5	1	0.2
Iced Latte - Whole Milk Primo Both	151	6	17	16	7	4	0.2
Iced Latte - Skimmed Milk Medio Both	127	8	23	22	1	0	0.2
Iced Latte - Soya Milk Primo Both	114	6	14	13	3	1	0.2
Iced Latte - Skimmed Milk Primo Both	93	6	16	16	1	0	0.2

**Costa Coffee - Iced Mocha**

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Iced Mocha Cortado – Whole Milk	102	3	14	13	4	2	0.1
Iced Mocha Cortado – Soya Milk	86	3	13	11	2	1	0.1
Iced Mocha Cortado – Skimmed Milk	77	3	14	13	1	1	0.1
Iced Mocha Latte - Whole Milk Massimo Both	399	11	55	49	15	9	0.3
Iced Mocha Latte - Soya Milk Massimo Both	336	11	51	45	9	3	0.3
Iced Mocha Latte - Whole Milk Medio Both	307	9	42	38	11	7	0.2
Iced Mocha Latte - Skimmed Milk Massimo Both	302	12	55	49	4	2	0.3
Iced Mocha Latte - Soya Milk Medio Both	258	9	38	34	7	2	0.2
Iced Mocha Latte - Skimmed Milk Medio Both	231	9	42	37	3	2	0.2
Iced Mocha Latte - Whole Milk Primo Both	220	7	29	26	8	5	0.2
Iced Mocha Latte - Soya Milk Primo Both	183	7	26	23	5	2	0.2
Iced Mocha Latte - Skimmed Milk Primo Both	162	7	29	26	2	1	0.2
Iced Mocha - Whole Milk Massimo Both	347	9	52	46	11	7	0.2
Iced Mocha - Soya Milk Massimo Both	303	9	49	43	7	3	0.2
Iced Mocha - Skimmed Milk Massimo Both	279	9	51	46	4	2	0.2
Iced Mocha - Whole Milk Medio Both	269	7	39	35	9	6	0.2
Iced Mocha - Soya Milk Medio Both	233	7	37	32	6	2	0.2
Iced Mocha - Skimmed Milk Medio Both	213	7	39	35	3	2	0.2
Iced Mocha - Whole Milk Primo Both	190	5	27	24	7	4	0.1
Iced Mocha - Soya Milk Primo Both	163	5	25	22	4	1	0.1
Iced Mocha - Skimmed Milk Primo Both	148	5	27	24	2	1	0.1

**Costa Coffee - Iced Ristretto**

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Iced Ristretto- Doppio	38	0	9	9	0	0	0
Iced Ristretto- Solo	19	0	5	4	0	0	0

**Costa Coffee - Peach/Lemon Iced Tea**

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Flavoured Iced Tea-Massimo	175	0	43	42	0	0	0
Flavoured Iced Tea-Medio	131	0	32	32	0	0	0
Flavoured Iced Tea-Primo	88	0	22	21	0	0	0

**Costa Coffee - Caramel Latte Frostino**

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Caramel Latte Frostino – Whole Milk Massimo	311	5	60	58	6	4	0.2
Caramel Latte Frostino – Soya Milk Massimo	282	5	58	55	3	1	0.1
Caramel Latte Frostino – Coconut Milk Massimo	271	3	59	56	3	1	0.1
Caramel Latte Frostino – Whole Milk Medio	246	4	46	44	5	3	0.1
Caramel Latte Frostino – Soya Milk Medio	221	4	45	42	3	1	0.1
Caramel Latte Frostino – Coconut Milk Medio	211	2	45	43	2	1	0.1
Caramel Latte Frostino – Whole Milk Primo	187	4	34	32	4	3	0.1
Caramel Latte Frostino – Soya Milk Primo	164	4	32	30	2	1	0.1
Caramel Latte Frostino – Coconut Milk Primo	155	2	32	31	2	1	0.1

**Costa Coffee - Coffee Frostino**

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Coffee Frostino – Whole Milk Massimo	191	5	32	31	5	3	0.1
Coffee Frostino – Soya Milk Massimo	162	5	30	29	3	0	0.1
Coffee Frostino – Whole Milk Medio	153	4	2	24	4	3	0.1
Coffee Frostino – Coconut Milk Massimo	151	2	31	30	2	1	0.1
Coffee Frostino – Soya Milk Medio	128	4	23	22	2	0	0.1
Coffee Frostino – Coconut Milk Medio	118	2	24	23	2	1	0.1
Coffee Frostino – Whole Milk Primo	117	3	18	17	4	2	0.1
Coffee Frostino – Soya Milk Primo	95	3	16	15	2	0	0.1
Coffee Frostino – Coconut Milk Primo	86	2	16	16	1	1	0.1

**Costa Coffee - Belgian Choc/Strawb & Cream/Caramel Fudge Creamy Frostino**

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Flavoured Creamy Frostino – Whole Milk Medio	452	7	62	58	19	12	0.2
Flavoured Creamy Frostino – Soya Milk Medio	412	7	59	54	16	9	0.1
Flavoured Creamy Frostino – Coconut Milk Medio	397	4	60	56	15	9	0.1
Flavoured Creamy Frostino – Whole Milk Primo	349	6	44	41	17	11	0.1
Flavoured Creamy Frostino – Soya Milk Primo	319	6	41	38	14	8	0.1
Flavoured Creamy Frostino – Coconut Milk Primo	307	3	42	39	14	8	0.1
Mint Choc Creamy Frostino – Whole Milk Medio	538	7	78	61	22	14	0.2
Mint Choc Creamy Frostino – Soya Milk Medio	498	7	75	58	19	10	0.2
Mint Choc Creamy Frostino – Coconut Milk Medio	483	4	76	59	18	11	0.2

Mint Choc Creamy Frostino – Whole Milk Primo	390	5	54	43	17	11	0.1
Mint Choc Creamy Frostino – Soya Milk Primo	360	5	52	40	14	8	0.1
Mint Choc Creamy Frostino – Coconut Milk Primo	349	3	52	41	14	9	0.1

#### Costa Coffee - Fruit Coolers

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Red Summer Berries Fruit Cooler – Massimo Both	312	1	74	68	0	0	0
Red Summer Berries Fruit Cooler – Medio Both	248	1	59	54	0	0	0
Red Summer Berries Fruit Cooler – Primo Both	187	1	44	41	0	0	0
Mango & Passionfruit Fruit Cooler – Massimo Both	295	1	72	70	1	0	0
Mango & Passionfruit Fruit Cooler – Medio Both	234	1	57	56	1	0	0
Mango & Passionfruit Fruit Cooler – Primo Both	177	1	43	42	0	0	0
Pineapple & Coconut Fruit Cooler – Massimo Both	258	1	57	54	3	3	0
Pineapple & Coconut Fruit Cooler – Medio Both	205	1	45	43	2	2	0
Pineapple & Coconut Fruit Cooler – Primo Both	155	1	34	32	2	2	0

#### Costa Coffee - Cold Brew

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Cold Brew - Whole Pure White With Caramel	37	2	3	2	2	1	0.1
Cold Brew – Whole Pure White With Vanilla	36	2	3	2	2	1	0.1
Cold Brew - Whole Pure White	34	2	2	2	2	1	0.1
Cold Brew – Soya Pure White With Caramel	25	2	2	1	1	0	0
Cold Brew – Soya Pure White With Vanilla	24	2	2	1	1	0	0
Cold Brew – Soya Pure White	22	2	2	1	1	0	0
Cold Brew - Skimmed Pure White With Caramel	20	2	3	2	0	0	0.1
Cold Brew – Skimmed Pure White	19	2	3	2	0	0	0.1
Cold Brew – Skimmed Pure White	17	2	2	2	0	0	0.1
Cold Brew – Pure Black With Caramel	4	0	1	0	0	0	0
Cold Brew – Pure Black With Vanilla	3	0	1	0	0	0	0
Cold Brew – Pure Black	1	0	0	0	0	0	0

#### Costa Coffee - Drinks Extras

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Hot Chocolate Powder	198	4	35	24	4	2	0.3
Pineapple And Coconut Water Base	148	0	36	34	0	0	0
Vanilla Powder	141	3	24	17	3	2	0.1
Coconut and Vanilla Powder	109	1	12	6	7	6	0
Whole Milk	98	6	7	7	6	3	0.2
Lindt Choc Powder	97	2	15	12	2	2	0.1
Cherry Sauce	82	0	20	20	0	0	0
Whipping Cream (And Sugar)	80	1	1	1	8	5	0
Soya Drink	66	5	4	4	3	1	0.1
Marshmallows	51	1	12	9	0	0	0
Skimmed Milk	51	5	7	7	0	0	0.2
Chocolate Flake	44	1	5	5	3	2	0
Caramel Crunch	37	0	6	6	1	1	0.1
Raspberry Flavoured Sauce	37	0	8	7	1	0	0
Belgian Dark Chocolate Sauce	34	0	8	8	0	0	0

<b>White Chocolate Sauce</b>	34	0	9	9	0	0	0
<b>Flavoured Syrup</b>	33	0	8	8	0	0	0
<b>Alpro Coconut Milk</b>	33	2	3	3	1	1	0.1
<b>Lemon Slices</b>	32	0	3	3	2	1	0
<b>Chocolate Honeycomb</b>	29	0	4	4	1	1	0
<b>Toasted Coconut Flakes</b>	25	0	6	0	0	0	0.4
<b>Mini Gingerbread Man</b>	17	0	3	1	1	0	0
<b>White Granulated Sugar Sticks</b>	16	0	4	4	0	0	0
<b>Demerara Sugar Sticks</b>	16	0	4	4	0	0	0
<b>Honeycomb Syrup</b>	15	0	4	3	0	0	0
<b>Buttermint sauce</b>	15	0	4	4	0	0	0
<b>Salted Caramel Fudge Sprinkle</b>	10	0	2	2	0	0	0
<b>Magic Cocoa Dust</b>	8	0	2	2	0	0	0
<b>Chai Latte Powder</b>	8	0	2	2	0	0	0