

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 - Drinks Extras

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Whipped Cream	171	1	1	1	18	11	0.0	0.0
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
Salted Caramel & Pitcashio Frappe Creme	480	7	63	54	22	14	0.3	1.0
Raspbery & White Choc Frappe Creme	479	7	63	57	22	13	0.3	0.1
Triple Belgian Choc Frappe Creme	435	7	42	36	26	16	3.6	0.0
Strawberry Frappe Milkshake (Semi Skim)	245	8	43	40	4	2	0.1	0.2
Vanilla Frappe Milkshake (Semi Skim)	240	8	43	43	4	3	0.2	0.2
Strawberry Frappe Milkshake (Soya)	235	8	39	36	4	1	0.0	0.1
Vanilla Frappe Milkshake (Soya)	230	7	39	39	4	1	1.5	0.1
Raspberry & Peach Booster	220	1	53	45	0	0	0.0	0.0
Belgian Choc Frappe Milkshake (Semi Skim)	215	8	34	31	5	3	1.4	0.1
Alphonso Mango & Passionfruit Booster	196	1	47	39	0	0	0.0	0.0
Ultimate Espresso Tonic	95	0	23	22	0	0	0.0	0.0
Original Espresso & Tonic	52	0	11	11	0	0	0.0	0.0
Iced Cappuccino	24	2	3	3	1	0	0.1	0.0

Caffe Nero - Soups, Salads & 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 & Med Veg	226	11	31	2	6	1	2.1	1.7
Rustic Chicken & Rice Soup	190	10	17	2	8	3	3.0	1.9
Ciabatta Roll served 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
Crudite & Red Pepper Houmous	129	4	17	7	6	1	3.8	0.6
Vegetable & Supergreen Salad	120	3	12	10	5	1	6.0	2.4
Seasonal Fruit Salad	103	1	22	21	0	0	3.9	0.2
Mango & Lime	78	1	17	16	0	0	2.2	0.0

Caffe Nero - Pastries

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Maple Pecan Pastry	363	5	36	14	24	10	0.9	0.3
Almond Croissant	343	8	37	12	18	8	1.9	0.6
Cheese Twist	333	9	29	4	20	13	1.4	0.5
Pain Au Raisin	320	6	43	20	14	8	1.8	0.7
Pain Au Chocolat	282	5	30	8	15	10	2.0	0.7
Chocolate Twist	278	4	36	16	12	7	2.3	0.6
Apricot Croissant	260	6	34	8	11	6	1.7	0.5
Butter Croissant	215	4	23	3	12	8	1.3	0.6

Caffe Nero - Breakfast Pots

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
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
Coconut, Mango & P'Fruit Granola	219	8	28	18	8	2	3.2	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
Scrambled Egg & Mushroom & Spinach Pot	168	12	6	2	10	4	2.4	1.1
Seeds & Fruit Mix Topper	115	3	12	7	6	1	3.4	0.0
Honey	97	0	24	24	0	0	0.0	0.0
Fruit Mix Topper	80	0	19	17	0	0	1.1	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

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
Brie & Coffee Cured Bacon Panini	470	19	59	6	17	9	2.7	2.2
Classic BLT	411	19	49	6	17	4	6.1	1.9
Sausage, Egg & Bacon Ciabatta Roll	365	18	45	4	13	4	2.9	1.9
Bacon Ciabatta Roll	354	16	45	7	13	6	1.8	1.5
Sausage, Egg & Bacon Breakfast Pot	224	16	7	2	15	6	1.1	1.5

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
Italian Five Cheese Tostati Melt	450	20	44	3	21	12	3.5	1.7
Italian Cotto Ham & Cheese Tostati Melt	434	23	44	3	18	10	3.6	2.2
Mozzarella & Tomato Tostati Melt	418	18	46	2	19	9	5.3	1.4
Goat's Cheese & Beetroot Panini	414	18	60	12	10	4	5.1	1.6
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
Mushrrom & 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
Sundried Tomato & Pesto Tostati	313	7	36	3	15	4	3.8	1.0
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
Egg Sandwich	433	19	36	4	23	4	3.5	1.6
Falafel & Houmous Flatbread	416	11	63	6	13	1	6.6	1.0
Chicken Salad Sandwich	376	20	47	3	12	2	5.0	1.2
Smoked Salmon & Soft Cheese Sandwich	294	18	39	4	8	4	4.0	1.7

Caffe Nero - Cakes & Bakes

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Carrot Cake	516	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
Sicilian Lemon Drizzle Loaf Cake	372	5	52	28	16	2	1.0	0.5
Chocolate & Cherry Tart	353	5	44	28	18	7	2.4	0.1
Lemon Meringue Tart	346	4	59	41	11	5	0.9	0.2
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
Fruit Scone	287	6	43	13	10	1	1.1	1.2
Rich Fruit Teacake	286	6	43	13	10	1	1.1	1.1
Oat Bar	259	4	31	21	12	4	3.1	0.2
Salted Caramel Brownie	257	3	31	24	13	8	1.3	0.6
Chocolate Brownie	241	3	28	22	13	8	1.4	0.3
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
Banana & Walnut Loaf Cake	227	3	26	15	12	3	2.0	0.3

Caffe Nero - Cakes & Desserts

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Individual Cappuccino Cake	553	6	64	41	30	9	1.9	0.4
Espresso Chocolate Brownie	250	3	30	25	13	8	1.5	0.2
Lemon Posset Dolce	152	1	15	10	9	6	0.4	0.1
Chocolate & Orange Brownie Dolce	149	2	13	8	10	6	1.3	0.1
Salted Caramel & Hazelnut Dolce	137	2	13	8	8	3	1.6	0.1
Tiramisu Dolce	122	2	9	7	8	5	0.6	0.1
White Chocolate & Raspberry Dolce	115	1	12	8	7	4	0.5	0.1

Caffe Nero - Muffins

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Belgian Chocolate Filled Muffin	448	7	49	32	24	6	2.1	0.4
Sicilian Lemon Curd Filled Muffin	398	6	55	28	17	3	1.0	0.5
Cranberry, Seeds & Oat Muffin	387	7	48	24	18	2	8.0	0.2
Blueberry Filled Muffin	376	6	49	23	17	2	1.3	0.4

Caffe Nero - Cookies & Biscuits

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Caramel Waffles	332	3	52	30	12	7	1.2	0.5
Caramel Chocolate Cookie	330	4	52	32	13	7	2.0	0.5
Belgian Chocolate Cookie	314	4	50	27	12	6	1.7	0.6
Oat & Raisin Cookie	301	6	40	20	14	4	2.6	0.3
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	43	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