

9to5strength - Nutrition Tables

Costa Coffee - Cakes

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
CARROT & WALNUT CAKE	576	6	78	45	26	5	0.7
RASPBERRY & BLACKCURRANT RIPPLE WHOLE CAKE	513	5	71	44	23	3	0.6
RASPBERRY AND ALMOND BAKE	465	8	36	24	31	11	0.3
BLUEBERRY MUFFIN	434	5	52	26	22	2	0.6
SALTED CARAMEL MUFFIN	427	5	59	31	19	3	0.5
RASPBERRY RAINBOW MUFFIN	425	4	58	32	19	2	0.4
CARAMEL CRISP	410	4	40	29	26	15	0.4
TRIPLE CHOCOLATE MUFFIN	405	8	47	25	20	4	0.3
CHOCOLATE TIFFIN	402	4	45	24	22	12	0.7
LEMON MUFFIN	399	6	55	28	17	3	0.4
MILLIONAIRE'S SHORTBREAD	396	4	41	23	24	13	0.4
BAKEWELL TART	389	4	57	32	16	7	0.1
BAKED VANILLA CHEESECAKE	384	4	44	33	21	13	0.2
CHOCOLATE BROWNIE	373	5	40	31	22	11	0.1
LEMON DRIZZLE LOAF	365	4	51	25	16	1	0.6
LEMON DRIZZLE WRAPPED SLICES	365	4	51	25	16	1	0.6
ETON MESS	354	3	53	48	14	9	0.6
CINNAMON BRIOCHE BUN	348	7	59	27	9	4	0.6
LEMON CURD TART	347	3	39	19	19	11	0.1
STICKY TOFFEE & PECAN COOKIE	334	4	50	26	13	5	0.4
GRANOLA SQUARE	329	6	39	23	16	6	0.2
BANANA AND PECAN LOAF	325	4	35	18	18	4	0.4
CHOCOLATE CHUNK COOKIE	306	4	40	24	14	8	0.3
PINK SWIRL MERINGUE	183	2	43	39	0	0	0.6
PORTUGUESE CUSTARD TART	169	3	23	13	7	4	0.2

Costa Coffee - Cold Sandwiches and Wraps

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
CHICKEN & BACON CAESAR WRAP	532	25	50	4	25	6	1.7
HAM & CHEESE SANDWICH	456	23	41	4	21	10	2.7
CHICKEN & BACON SANDWICH	454	25	36	3	23	4	1.7
ROAST CHICKEN SALAD SANDWICH	428	15	45	4	20	2	1.2
TOMATO & MOZZARELLA WRAP	400	13	44	5	18	7	1.1
TUNA & SWEETCORN SANDWICH	395	22	41	5	16	2	1.3
EGG MAYONNAISE SANDWICH	367	14	45	1	14	3	1.3

Costa Coffee - Impulse

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
FRUITED PANETTONE	377	8	56	26	13	8	0.5
GLUTEN FREE BELGIAN CHOCOLATE BROWNIE	309	5	25	22	21	11	0.3
GLUTEN FREE RASPBERRY & COCONUT SLICE*	287	2	34	21	15	8	0.2
MINI BAKEWELL TARTS	273	1	36	22	14	4	0.1
GLUTEN FREE VEGAN FRUITY FLAPJACK*	251	3	36	20	10	3	0.1
STEM GINGER BISCUITS	234	3	33	13	10	3	0.2
VANILLA SNACKWAFER	230	2	28	11	12	10	0.2
FRUIT & OAT BISCUITS	228	3	31	13	10	3	0.4
COCOA SNACKWAFER	223	3	28	11	11	9	0.2
ICE CREAM CONE GINGERBREAD	223	3	41	34	5	2	0.2
NATURAL MIXED NUTS	187	6	3	1	16	2	0.0
COSTA DARK CHOCOLATE BAR	178	2	10	8	14	9	0.0
COSTA MILK CHOCOLATE BAR	176	2	15	15	12	8	0.1
WALKING GINGERBREAD	176	3	33	19	4	1	0.1
MILK CHOCOLATE RAISINS	161	2	21	20	7	4	0.0
ITALIAN BISCOTTI	155	4	23	10	5	1	0.1
SWEET AND SALTY POPCORN	137	2	18	9	6	1	0.6
BAKED SALTED PRETZEL BITES	97	3	18	1	1	0	0.3
NATURALLY SWEET DRIED MANGO	96	1	21	14	0	0	0.0
VEGAN SUGAR FREE COLA BOTTLES	87	0	32	0	0	0	0.0
VEGAN SUGAR FREE GUMMY BEARS	87	0	32	0	0	0	0.0
MINI MUFFINS	76	1	9	5	4	1	0.1
ALL BUTTER MINI SCOTTISH SHORTBREADS	47	0	6	2	3	2	0.0

Costa Coffee - Salads

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
CHICKEN & BACON PASTA SALAD	625	22	68	7	28	4	1.9
MOZZARELLA & SUN DRIED TOMATO PASTA SALAD	529	18	68	8	20	5	1.7
HARISSA CHICKEN GRAIN SALAD	302	18	30	5	10	2	0.8
TUNA NICOISE SALAD	247	17	4	4	18	3	1.5
ROAST CHICKEN SALAD (GLUTEN FREE)	196	13	6	4	13	3	0.7

Costa Coffee - Hot Paninis, Toasties & Wraps

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
BRITISH BACON & BRIE PANINI	530	25	58	12	21	10	1.8
MOZZARELLA & TOMATO PANINI	508	24	53	6	21	9	2.3
TUNA MELT PANINI	471	29	52	6	15	6	1.7
CHEDDAR AND SLOW ROASTED TOMATO TOASTIE	445	23	44	4	19	11	1.7
ROAST CHICKEN FAJITA WRAP	439	18	53	7	17	7	1.3
BRITISH HAM & CHEESE PANINI	438	25	52	4	14	7	2.0
EMMENTHAL AND MUSHROOM TOASTIE	436	23	45	3	18	11	1.5
BRITISH CHICKEN AND BACON TOASTIE	418	24	46	4	15	9	2.1
WILTSHIRE HAM & MATURE CHEDDAR TOASTIE	409	25	43	4	15	9	1.6
BRITISH HAM & CHEESE TOASTIE	307	15	42	6	8	4	1.7

Costa Coffee - Hot Meals & Snacks

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
MAC AND CHEESE	597	22	48	6	34	18	2.0
GOATS' CHEESE & GRILLED PEPPER FOCACCIA	491	17	54	6	22	7	1.6
SAUSAGE ROLL	400	10	24	1	29	14	0.9
RED THAI CURRY POT	285	5	40	7	11	6	1.5
TOMATO & BASIL SOUP	127	4	13	11	7	1	1.0

Costa Coffee - Breakfast

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
ULTIMATE BREAKFAST WRAP	495	18	59	7	20	7	1.6
SAUSAGE SOURDOUGH ROLL	488	17	39	3	29	11	1.8
CHEESE SCONE	391	18	34	2	20	12	1.8
BACON SOURDOUGH ROLL	389	18	38	2	17	6	1.8
BROWN SEEDED TOAST (WITHOUT BUTTER)	382	13	58	2	7	1	1.1
BRITISH HAM & EMMENTHAL CROISSANT	358	14	29	8	20	13	1.1
CHEESE TWIST	327	9	20	1	23	15	0.8
FRUIT TEACAKE (WITHOUT BUTTER)	311	8	56	25	6	2	0.5
FRUIT TOAST (WITHOUT BUTTER)	298	8	56	20	4	1	0.8
SCRAMBLED EGG & MUSHROOM MUFFIN	298	13	39	2	9	3	1.0
INSTANT OAT PORRIDGE POT	294	13	49	17	4	1	0.2
WHITE TOAST (WITHOUT BUTTER)	275	10	50	3	3	0	1.0
BERRY BIRCHER	259	12	31	16	9	4	0.2
KIDS FRUIT SNACK BOX	258	7	28	17	13	7	0.9
WHOLEGRAIN PORRIDGE - GLUTEN FREE	231	9	30	9	8	4	0.2
VEGGIE EGG POT	198	13	18	5	7	3	1.5
RASPBERRY COCONUT AND SEED SPRINKLE	87	3	5	3	6	1	0.0
MAPLE GRANOLA & COCONUT SPRINKLE	85	2	6	3	6	1	0.1
MANGO & LIME POT	75	1	16	15	0	0	0.0
ORGANIC 0% FAT GREEK STYLE YOGHURT	67	10	7	7	0	0	0.2
FRESH FRUIT SALAD	66	1	15	14	0	0	0.0
MIXED BERRY COMPOTE	38	0	9	8	0	0	0.0

Costa Coffee - Pastries

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
CUP CROISSANT WITH NUTELLA	323	6	31	13	19	9	0.5
PAIN AUX RAISINS (60728)	309	5	41	17	14	9	0.5
CHOCOLATE TWIST (60079)	305	6	43	14	12	8	0.8
CHOCOLATE TWIST (60727)	290	4	38	16	13	8	0.5
PAIN AUX RAISINS (60542)	274	5	37	15	12	7	0.7
CROISSANT (60725)	260	5	27	4	14	9	0.6
BUTTER CROISSANT (60081)	213	4	20	3	12	8	0.6

Costa Coffee - Stores of The Future

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
HAM & CHEDDAR CHEESE BAGUETTE	716	37	80	3	26	12	4.6
MOZZERELLA AND TOMATO BAGUETTE	670	25	112	3	12	5	3.6
TUNA & CUCUMBER BAGUETTE	566	25	79	3	16	1	2.7
NEW YORK CHEESECAKE	564	6	59	48	31	18	0.3
VEGAN SPICED CHICKPEA & MANGO WRAP	411	10	61	12	13	3	1.2
ALMOND CROISSANT	374	8	39	17	20	10	0.7
CHOCOLATE & HAZELNUT CROISSANT	372	6	40	14	20	11	0.8
BAKE OFF CHOCOLATE CHUNK COOKIE	305	4	40	24	14	8	0.3
HEDGEROW BERRY GRANOLA YOGURT	299	8	34	20	14	8	0.2
PLAIN BUTTER CROISSANT	267	6	27	5	15	10	0.7
GLAZED APPLE TART	195	2	30	12	7	3	0.2
HALF BAGUETTE	188	6	39	1	1	0	1.1
BAKED BEANS	158	9	26	9	0	0	1.2
POACHED EGGS	114	10	1	1	8	3	0.2
OPTIONAL HEDGEROW BERRY COMPOTE	76	1	17	12	0	0	0.0
POACHED EGG ADD-ON	57	5	0	0	4	1	0.1