

9to5strength - Costa Coffee Nutrition Tables

Costa Coffee - Espresso & Ristretto

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
ESPRESSO CON PANNA - DOPPIO	139	1	2	1	14	9	0.1
ESPRESSO CON PANNA - SOLO	136	1	1	1	14	9	0.0
ESPRESSO – DOPPIO	6	0	1	0	0	0	0.0
RISTERETTO - DOPPIO	4	0	1	0	0	0	0.0
ESPRESSO – SOLO	3	0	0	0	0	0	0.0
RISTERETTO - SOLO	2	0	0	0	0	0	0.0

Costa Coffee - Macchiato

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
MACCHIATO – WHOLE	13	1	1	1	1	0	0.0
MACCHIATO – SEMI-SKIMMED	11	1	1	1	0	0	0.0
MACCHIATO – LACTO-FREE	10	1	1	1	0	0	0.0
MACCHIATO – SOYA	10	1	1	1	0	0	0.0
MACCHIATO – SKIMMED	9	1	1	1	0	0	0.0
MACCHIATO- COCONUT	9	1	1	1	0	0	0.0
MACCHIATO- ALMOND	8	1	1	1	0	0	0.0

Costa Coffee - Cortado

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
CORTADO – WHOLE (TA)	108	5	8	7	6	4	0.2
CORTADO – WHOLE (IN)	85	4	6	6	5	3	0.1
CORTADO – SEMI-SKIMMED (TA)	76	6	8	8	3	2	0.2
CORTADO – SOYA (TA)	69	5	5	4	3	1	0.1
CORTADO – LACTO-FREE (TA)	64	6	5	5	3	2	0.1
CORTADO – SEMI-SKIMMED (IN)	60	5	6	6	2	1	0.1
CORTADO – SOYA (IN)	55	4	4	3	2	0	0.1
CORTADO – COCONUT (TA)	55	3	6	5	2	1	0.1
CORTADO – SKIMMED (TA)	53	6	7	7	0	0	0.2
CORTADO – LACTO-FREE (IN)	51	5	4	4	2	1	0.1
CORTADO – COCONUT (IN)	43	2	4	4	2	1	0.1
CORTADO – SKIMMED (IN)	42	4	6	6	0	0	0.1
CORTADO – ALMOND (TA)	40	1	4	4	2	0	0.1
CORTADO – ALMOND (IN)	32	1	4	3	2	0	0.1

Costa Coffee - Mocha Cortado

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
MOCHA CORTADO – WHOLE (TA)	118	5	11	9	6	4	0.2
MOCHA CORTADO – SEMI-SKIMMED (TA)	90	6	11	10	3	2	0.2
MOCHA CORTADO – SOYA (TA)	85	5	8	7	3	1	0.2
MOCHA CORTADO – COCONUT (TA)	84	3	11	9	3	1	0.2
MOCHA CORTADO – WHOLE (IN)	82	3	8	7	4	2	0.1
MOCHA CORTADO – LACTO-FREE (TA)	80	6	8	7	3	2	0.1
MOCHA CORTADO – COCONUT (IN)	72	3	9	8	2	1	0.1
MOCHA CORTADO – SKIMMED (TA)	71	5	11	9	1	0	0.2
MOCHA CORTADO – SEMI-SKIMMED (IN)	65	4	9	7	2	1	0.1
MOCHA CORTADO – SOYA (IN)	61	3	7	5	2	1	0.1
MOCHA CORTADO – LACTO-FREE (IN)	59	4	7	5	2	1	0.1
MOCHA CORTADO – ALMOND (TA)	59	1	8	7	2	0	0.1
MOCHA CORTADO – SKIMMED (IN)	53	4	8	7	1	0	0.1
MOCHA CORTADO – ALMOND (IN)	46	1	7	5	2	0	0.1

Costa Coffee - Mocha Cortado (Improved Recipe)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
MOCHA CORTADO – WHOLE (TA)	130	5	14	10	6	4	0.2
MOCHA CORTADO – SEMI-SKIMMED (TA)	104	5	15	11	3	2	0.2
MOCHA CORTADO – SOYA (TA)	99	5	12	8	3	1	0.2
MOCHA CORTADO – LACTO-FREE (TA)	95	5	12	8	3	2	0.2
MOCHA CORTADO – COCONUT (TA)	87	3	13	9	3	1	0.2
MOCHA CORTADO – SKIMMED (TA)	86	5	14	10	1	1	0.2
MOCHA CORTADO – WHOLE (IN)	80	3	9	6	4	2	0.1
MOCHA CORTADO – ALMOND (TA)	75	2	12	8	2	1	0.2
MOCHA CORTADO – SEMI-SKIMMED (IN)	64	3	9	6	2	1	0.1
MOCHA CORTADO – SOYA (IN)	61	3	7	5	2	1	0.1
MOCHA CORTADO – LACTO-FREE (IN)	58	3	7	5	2	1	0.1
MOCHA CORTADO – COCONUT (IN)	54	2	8	5	2	1	0.1
MOCHA CORTADO – SKIMMED (IN)	53	3	9	6	1	0	0.1
MOCHA CORTADO – ALMOND (IN)	47	1	7	5	1	0	0.1

Costa Coffee - Caramel Cortado

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
CARAMEL CORTADO – WHOLE (TA)	132	5	16	15	6	4	0.2
CARAMEL CORTADO – WHOLE (IN)	111	4	14	14	5	3	0.1
CARAMEL CORTADO – SEMI-SKIMMED (TA)	104	5	16	16	3	2	0.2
CARAMEL CORTADO – SOYA (TA)	98	5	13	12	3	1	0.1
CARAMEL CORTADO – LACTO-FREE (TA)	94	5	13	13	2	2	0.1
CARAMEL CORTADO – SEMI-SKIMMED (IN)	89	4	14	14	2	1	0.1
CARAMEL CORTADO – COCONUT (TA)	85	2	14	13	2	1	0.1
CARAMEL CORTADO – SKIMMED (TA)	84	5	15	15	0	0	0.2
CARAMEL CORTADO – SOYA (IN)	84	4	12	12	2	0	0.1
CARAMEL CORTADO – LACTO-FREE (IN)	81	4	12	12	2	1	0.1
CARAMEL CORTADO – COCONUT (IN)	74	2	13	12	2	1	0.1
CARAMEL CORTADO – SKIMMED (IN)	73	4	14	14	0	0	0.1
CARAMEL CORTADO – ALMOND (TA)	72	1	13	12	2	0	0.1
CARAMEL CORTADO – ALMOND (IN)	64	1	12	12	2	0	0.1

Costa Coffee - Americano, Flat Black & Filter

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
AMERICANO - MASSIMO	12	1	2	1	0	0	0.0
AMERICANO - MEDIO	8	1	1	1	0	0	0.0
AMERICANO - PRIMO	6	0	1	0	0	0	0.0
HOUSE FILTER COFFEE - MASSIMO	6	1	7	0	0	0	0.0
HOUSE FILTER COFFEE - MEDIO	4	0	1	0	0	0	0.0
FLAT BLACK	3	0	0	0	0	0	0.0
HOUSE FILTER COFFEE - PRIMO	3	0	1	0	0	0	0.0

Costa Coffee - Primo Latte

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
PRIMO LATTE – WHOLE (TA)	149	8	11	10	9	5	0.2
PRIMO LATTE – WHOLE (IN)	132	7	9	9	8	5	0.2
PRIMO LATTE – SEMI-SKIMMED (TA)	105	8	11	11	4	2	0.2
PRIMO LATTE – SOYA (TA)	97	8	7	6	4	1	0.2
PRIMO LATTE – SEMI-SKIMMED (IN)	93	7	10	9	3	2	0.2
PRIMO LATTE – LACTO-FREE (TA)	90	8	7	6	3	2	0.2
PRIMO LATTE – SOYA (IN)	85	7	6	5	4	1	0.2
PRIMO LATTE – LACTO-FREE (IN)	79	7	6	6	3	2	0.1
PRIMO LATTE – COCONUT (TA)	77	4	8	8	3	2	0.2
PRIMO LATTE – SKIMMED (TA)	75	8	10	10	1	0	0.2
PRIMO LATTE – COCONUT (IN)	68	3	7	7	3	1	0.2
PRIMO LATTE – SKIMMED (IN)	66	7	9	9	1	0	0.2
PRIMO LATTE – ALMOND (TA)	58	2	6	6	3	0	0.1
PRIMO LATTE – ALMOND (IN)	50	1	6	5	3	0	0.1

Costa Coffee - Medio Latte

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
MEDIO LATTE – WHOLE (IN)	207	10	15	14	12	8	0.3
MEDIO LATTE – WHOLE (TA)	207	10	15	14	12	8	0.3
MEDIO LATTE – SEMI-SKIMMED (IN)	146	11	15	15	5	3	0.3
MEDIO LATTE – SEMI-SKIMMED (TA)	146	11	15	15	5	3	0.3
MEDIO LATTE – SOYA (IN)	134	10	9	8	6	1	0.3
MEDIO LATTE – SOYA (TA)	134	10	9	8	6	1	0.3
MEDIO LATTE – LACTO-FREE (IN)	125	11	9	9	5	3	0.2
MEDIO LATTE – LACTO-FREE (TA)	125	11	9	9	5	3	0.2
MEDIO LATTE – COCONUT (IN)	106	5	11	10	5	2	0.3
MEDIO LATTE – COCONUT (TA)	106	5	11	10	5	2	0.3
MEDIO LATTE – SKIMMED (IN)	103	11	14	14	1	0	0.3
MEDIO LATTE – SKIMMED (TA)	103	11	14	14	1	0	0.3
MEDIO LATTE – ALMOND (IN)	79	2	9	8	4	0	0.2
MEDIO LATTE – ALMOND (TA)	79	2	9	8	4	0	0.2

Costa Coffee - Massimo Latte

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
MASSIMO LATTE – WHOLE (TA)	283	14	20	19	17	10	0.4
MASSIMO LATTE – WHOLE (IN)	267	14	19	18	16	10	0.4
MASSIMO LATTE – SEMI-SKIMMED (TA)	199	15	21	20	7	5	0.5
MASSIMO LATTE – SEMI-SKIMMED (IN)	188	14	20	19	7	4	0.4
MASSIMO LATTE – SOYA (TA)	183	14	12	11	8	1	0.4
MASSIMO LATTE – SOYA (IN)	173	14	12	10	8	1	0.3
MASSIMO LATTE – LACTO-FREE (TA)	170	15	12	12	7	4	0.3
MASSIMO LATTE – LACTO-FREE (IN)	161	14	12	11	6	4	0.3
MASSIMO LATTE – COCONUT (TA)	145	7	15	15	6	3	0.4
MASSIMO LATTE – SKIMMED (TA)	141	15	19	19	1	0	0.4
MASSIMO LATTE – COCONUT (IN)	137	6	14	14	6	3	0.3
MASSIMO LATTE – SKIMMED (IN)	133	14	18	18	1	0	0.4
MASSIMO LATTE – ALMOND (TA)	108	3	12	11	5	0	0.3
MASSIMO LATTE – ALMOND (IN)	102	3	11	10	5	0	0.3

Costa Coffee - Primo Cappuccino

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
PRIMO CAPPUCCINO – WHOLE (TA)	129	6	10	10	7	4	0.2
PRIMO CAPPUCCINO – WHOLE (IN)	109	5	9	8	6	4	0.2
PRIMO CAPPUCCINO – SEMI-SKIMMED (TA)	94	7	11	10	3	2	0.2
PRIMO CAPPUCCINO – SOYA (TA)	87	6	7	6	4	1	0.2
PRIMO CAPPUCCINO – LACTO-FREE (TA)	82	7	7	7	3	2	0.1
PRIMO CAPPUCCINO – SEMI-SKIMMED (IN)	81	6	9	9	3	2	0.2
PRIMO CAPPUCCINO – SOYA (IN)	75	5	6	6	3	1	0.1
PRIMO CAPPUCCINO – COCONUT (TA)	71	3	8	8	3	1	0.2
PRIMO CAPPUCCINO – LACTO-FREE (IN)	71	6	6	6	3	2	0.1
PRIMO CAPPUCCINO – SKIMMED (TA)	70	6	10	10	1	0	0.2
PRIMO CAPPUCCINO – COCONUT (IN)	62	3	7	7	2	1	0.1
PRIMO CAPPUCCINO – SKIMMED (IN)	60	5	9	8	1	0	0.2
PRIMO CAPPUCCINO – ALMOND (TA)	56	1	7	6	2	0	0.1
PRIMO CAPPUCCINO – ALMOND (IN)	49	1	6	6	2	0	0.1

Costa Coffee - Medio Cappuccino

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
MEDIO CAPPUCCINO – WHOLE (IN)	168	8	13	12	9	6	0.3
MEDIO CAPPUCCINO – WHOLE (TA)	168	8	13	12	9	6	0.3
MEDIO CAPPUCCINO – SEMI-SKIMMED (IN)	122	9	14	13	4	3	0.3
MEDIO CAPPUCCINO – SEMI-SKIMMED (TA)	122	9	14	13	4	3	0.3
MEDIO CAPPUCCINO – SOYA (IN)	113	8	9	8	5	1	0.2
MEDIO CAPPUCCINO – SOYA (TA)	113	8	9	8	5	1	0.2
MEDIO CAPPUCCINO – LACTO-FREE (IN)	106	9	9	8	4	2	0.2
MEDIO CAPPUCCINO – LACTO-FREE (TA)	106	9	9	8	4	2	0.2
MEDIO CAPPUCCINO – COCONUT (IN)	92	4	10	10	4	2	0.2
MEDIO CAPPUCCINO – COCONUT (TA)	92	4	10	10	4	2	0.2
MEDIO CAPPUCCINO – SKIMMED (IN)	90	9	13	12	1	0	0.3
MEDIO CAPPUCCINO – SKIMMED (TA)	90	9	13	12	1	0	0.3
MEDIO CAPPUCCINO – ALMOND (IN)	72	2	9	8	3	0	0.2
MEDIO CAPPUCCINO – ALMOND (TA)	72	2	9	8	3	0	0.2

Costa Coffee - Massimo Cappuccino

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
MASSIMO CAPPUCCINO – WHOLE (TA)	223	11	17	16	13	8	0.3
MASSIMO CAPPUCCINO – WHOLE (IN)	210	10	16	15	12	7	0.3
MASSIMO CAPPUCCINO – SEMI-SKIMMED (TA)	162	12	18	17	6	3	0.4
MASSIMO CAPPUCCINO – SEMI-SKIMMED (IN)	153	11	17	16	5	3	0.3
MASSIMO CAPPUCCINO – SOYA (TA)	149	11	12	10	6	1	0.3
MASSIMO CAPPUCCINO – SOYA (IN)	141	10	11	10	6	1	0.3
MASSIMO CAPPUCCINO – LACTO-FREE (TA)	140	12	12	11	5	3	0.2
MASSIMO CAPPUCCINO – LACTO-FREE (IN)	133	11	11	10	5	3	0.2
MASSIMO CAPPUCCINO – COCONUT (TA)	122	6	13	12	5	2	0.3
MASSIMO CAPPUCCINO – SKIMMED (TA)	119	11	17	16	1	0	0.3
MASSIMO CAPPUCCINO – COCONUT (IN)	115	5	13	12	5	2	0.3
MASSIMO CAPPUCCINO – SKIMMED (IN)	113	11	16	15	1	0	0.3
MASSIMO CAPPUCCINO – ALMOND (TA)	94	2	11	10	4	0	0.2
MASSIMO CAPPUCCINO – ALMOND (IN)	90	2	11	10	4	0	0.2

Costa Coffee - Flat White

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
FLAT WHITE – WHOLE (TA)	179	9	12	12	11	7	0.3
FLAT WHITE – WHOLE (IN)	153	8	11	10	9	6	0.2
FLAT WHITE – SEMI-SKIMMED (TA)	126	10	13	13	5	3	0.3
FLAT WHITE – SOYA (TA)	115	9	8	7	5	1	0.2
FLAT WHITE – SEMI-SKIMMED (IN)	107	8	11	11	4	2	0.3
FLAT WHITE – LACTO-FREE (TA)	107	10	8	7	4	3	0.2
FLAT WHITE – SOYA (IN)	98	8	7	6	4	1	0.2
FLAT WHITE – LACTO-FREE (IN)	92	8	7	6	4	2	0.2
FLAT WHITE – COCONUT (TA)	91	4	9	9	4	2	0.2
FLAT WHITE – SKIMMED (TA)	88	9	12	12	1	0	0.3
FLAT WHITE – COCONUT (IN)	78	4	8	8	3	2	0.2
FLAT WHITE – SKIMMED (IN)	76	8	10	10	1	0	0.2
FLAT WHITE – ALMOND (TA)	67	2	7	7	3	0	0.2
FLAT WHITE – ALMOND (IN)	57	1	6	6	3	0	0.1

Costa Coffee - Primo Mocha

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
PRIMO MOCHA – WHOLE (TA)	221	8	27	21	9	5	0.3
PRIMO MOCHA – WHOLE (IN)	202	7	26	20	8	5	0.3
PRIMO MOCHA – SEMI-SKIMMED (TA)	187	8	27	22	5	3	0.4
PRIMO MOCHA – SOYA (TA)	181	8	24	18	5	2	0.3
PRIMO MOCHA – LACTO-FREE (TA)	175	8	24	18	5	3	0.3
PRIMO MOCHA – SEMI-SKIMMED (IN)	174	7	26	20	4	3	0.3
PRIMO MOCHA – SOYA (IN)	168	7	23	17	5	2	0.3
PRIMO MOCHA – COCONUT (TA)	165	5	25	19	4	2	0.3
PRIMO MOCHA – LACTO-FREE (IN)	164	7	23	17	4	3	0.3
PRIMO MOCHA – SKIMMED (TA)	164	8	27	21	2	1	0.3
PRIMO MOCHA – COCONUT (IN)	155	4	24	18	4	2	0.3
PRIMO MOCHA – SKIMMED (IN)	154	7	26	20	2	1	0.3
PRIMO MOCHA – ALMOND (TA)	150	3	24	18	4	1	0.3
PRIMO MOCHA – ALMOND (IN)	143	3	23	17	4	1	0.3

Costa Coffee - Medio Mocha

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
MEDIO MOCHA – WHOLE (TA)	320	11	39	31	13	8	0.5
MEDIO MOCHA – WHOLE (IN)	314	11	39	30	12	8	0.5
MEDIO MOCHA – SEMI-SKIMMED (TA)	271	12	40	31	7	4	0.5
MEDIO MOCHA – SEMI-SKIMMED (IN)	267	12	39	31	7	4	0.5
MEDIO MOCHA – SOYA (TA)	261	11	35	26	8	2	0.4
MEDIO MOCHA – SOYA (IN)	257	11	34	25	7	2	0.4
MEDIO MOCHA – LACTO-FREE (TA)	254	12	35	26	7	4	0.4
MEDIO MOCHA – LACTO-FREE (IN)	250	12	34	26	7	4	0.4
MEDIO MOCHA – COCONUT (TA)	239	7	36	28	6	3	0.4
MEDIO MOCHA – SKIMMED (TA)	237	12	39	30	3	2	0.5
MEDIO MOCHA – COCONUT (IN)	236	7	36	27	6	3	0.4
MEDIO MOCHA – SKIMMED (IN)	234	11	38	30	3	2	0.5
MEDIO MOCHA – ALMOND (TA)	217	5	34	26	6	2	0.4
MEDIO MOCHA – ALMOND (IN)	215	5	34	25	6	2	0.4

Costa Coffee - Massimo Mocha

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
MASSIMO MOCHA – WHOLE (TA)	469	16	60	46	17	11	0.7
MASSIMO MOCHA – WHOLE (IN)	455	15	59	45	17	10	0.7
MASSIMO MOCHA – SEMI-SKIMMED (TA)	405	17	61	46	10	6	0.8
MASSIMO MOCHA – SEMI-SKIMMED (IN)	395	16	60	46	10	6	0.7
MASSIMO MOCHA – SOYA (TA)	392	16	54	39	11	4	0.7
MASSIMO MOCHA – SOYA (IN)	383	15	54	39	11	4	0.7
MASSIMO MOCHA – LACTO-FREE (TA)	382	17	54	40	10	6	0.6
MASSIMO MOCHA – LACTO-FREE (IN)	374	16	54	40	9	6	0.6
MASSIMO MOCHA – COCONUT (TA)	363	10	56	42	9	5	0.7
MASSIMO MOCHA – SKIMMED (TA)	360	16	60	45	5	3	0.7
MASSIMO MOCHA – COCONUT (IN)	356	10	55	41	9	5	0.7
MASSIMO MOCHA – SKIMMED (IN)	353	16	59	45	5	3	0.7
MASSIMO MOCHA – ALMOND (TA)	334	7	54	39	9	3	0.6
MASSIMO MOCHA – ALMOND (IN)	329	7	53	39	8	3	0.6

Costa Coffee - Primo Mocha (Improved Recipe)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
PRIMO MOCHA – WHOLE (TA)	170	7	19	14	7	5	0.3
PRIMO MOCHA – WHOLE (IN)	142	6	16	12	6	4	0.2
PRIMO MOCHA – SEMI-SKIMMED (TA)	138	7	20	14	4	2	0.3
PRIMO MOCHA – SOYA (TA)	132	7	17	11	4	1	0.2
PRIMO MOCHA – LACTO-FREE (TA)	127	7	17	11	3	2	0.2
PRIMO MOCHA – COCONUT (TA)	118	4	18	12	3	2	0.2
PRIMO MOCHA – SEMI-SKIMMED (IN)	116	6	17	12	3	2	0.2
PRIMO MOCHA – SKIMMED (TA)	116	7	19	14	1	1	0.3
PRIMO MOCHA – SOYA (IN)	111	6	14	9	3	1	0.2
PRIMO MOCHA – LACTO-FREE (IN)	107	6	14	10	3	2	0.2
PRIMO MOCHA – ALMOND (TA)	104	2	16	11	3	1	0.2
PRIMO MOCHA – COCONUT (IN)	100	3	15	10	3	1	0.2
PRIMO MOCHA – SKIMMED (IN)	98	6	16	12	1	1	0.2
PRIMO MOCHA – ALMOND (IN)	88	2	14	9	3	1	0.2

Costa Coffee - Medio Mocha (Improved Recipe)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
MEDIO MOCHA – WHOLE (TA)	249	10	29	21	10	6	0.4
MEDIO MOCHA – WHOLE (IN)	239	9	28	20	10	6	0.4
MEDIO MOCHA – SEMI-SKIMMED (TA)	204	10	30	21	5	3	0.4
MEDIO MOCHA – SEMI-SKIMMED (IN)	196	10	28	20	5	3	0.4
MEDIO MOCHA – SOYA (TA)	195	10	25	16	6	2	0.3
MEDIO MOCHA – LACTO-FREE (TA)	188	10	25	17	5	3	0.3
MEDIO MOCHA – SOYA (IN)	188	9	24	16	6	1	0.3
MEDIO MOCHA – LACTO-FREE (IN)	181	10	24	16	5	3	0.3
MEDIO MOCHA – COCONUT (TA)	175	6	26	18	5	2	0.3
MEDIO MOCHA – SKIMMED (TA)	173	10	29	20	2	1	0.4
MEDIO MOCHA – COCONUT (IN)	169	5	25	17	5	2	0.3
MEDIO MOCHA – SKIMMED (IN)	166	9	28	20	2	1	0.4
MEDIO MOCHA – ALMOND (TA)	155	3	25	16	4	1	0.3
MEDIO MOCHA – ALMOND (IN)	149	3	24	16	4	1	0.3

Costa Coffee - Massimo Mocha (Improved Recipe)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
MASSIMO MOCHA – WHOLE (TA)	304	12	33	24	13	8	0.5
MASSIMO MOCHA – WHOLE (IN)	287	12	32	23	13	8	0.5
MASSIMO MOCHA – SEMI-SKIMMED (TA)	245	13	34	25	7	4	0.5
MASSIMO MOCHA – SOYA (TA)	233	12	28	18	8	2	0.4
MASSIMO MOCHA – SEMI-SKIMMED (IN)	231	12	32	24	7	4	0.5
MASSIMO MOCHA – LACTO-FREE (TA)	224	13	28	19	6	4	0.4
MASSIMO MOCHA – SOYA (IN)	219	12	27	17	7	2	0.4
MASSIMO MOCHA – LACTO-FREE (IN)	211	12	27	18	6	4	0.4
MASSIMO MOCHA – COCONUT (TA)	206	7	30	21	6	3	0.4
MASSIMO MOCHA – SKIMMED (TA)	203	1	33	2	2	1	0.5
MASSIMO MOCHA – COCONUT (IN)	194	7	28	20	6	3	0.4
MASSIMO MOCHA – SKIMMED (IN)	191	12	31	23	2	1	0.5
MASSIMO MOCHA – ALMOND (TA)	179	4	28	18	5	1	0.4
MASSIMO MOCHA – ALMOND (IN)	169	4	26	17	5	1	0.3

Costa Coffee - Flat Mocha

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
FLAT MOCHA – WHOLE (TA)	274	12	30	25	11	7	0.5
FLAT MOCHA – WHOLE (IN)	249	10	29	23	10	6	0.4
FLAT MOCHA – SEMI-SKIMMED (TA)	226	11	31	25	6	4	0.5
FLAT MOCHA – SOYA (TA)	218	11	26	20	7	2	0.4
FLAT MOCHA – LACTO-FREE (TA)	210	12	26	21	6	4	0.3
FLAT MOCHA – SEMI-SKIMMED (IN)	208	10	29	24	5	3	0.4
FLAT MOCHA – SOYA (IN)	202	10	25	19	6	2	0.3
FLAT MOCHA – LACTO-FREE (IN)	195	10	25	19	5	3	0.3
FLAT MOCHA – COCONUT (TA)	194	6	28	22	6	3	0.4
FLAT MOCHA – SKIMMED (TA)	192	11	31	25	2	1	0.4
FLAT MOCHA – COCONUT (IN)	181	6	26	21	5	3	0.3
FLAT MOCHA – SKIMMED (IN)	179	10	29	23	2	1	0.4
FLAT MOCHA – ALMOND (TA)	170	4	26	20	5	1	0.3
FLAT MOCHA – ALMOND (IN)	161	3	25	19	5	1	0.3

Costa Coffee - Flat White (Improved Recipe)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
FLAT WHITE – SKIMMED (TA)	255	10	29	21	11	7	0.4
FLAT WHITE – SKIMMED (IN)	219	9	25	18	9	6	0.3
FLAT WHITE – WHOLE (TA)	206	10	29	21	6	3	0.4
FLAT WHITE – SOYA (TA)	196	10	24	16	6	2	0.3
FLAT WHITE – LACTO-FREE (TA)	189	10	24	16	5	3	0.3
FLAT WHITE – WHOLE (IN)	177	9	25	18	5	3	0.4
FLAT WHITE – COCONUT (TA)	174	6	26	18	5	3	0.3
FLAT WHITE – SEMI-SKIMMED (TA)	171	10	29	21	2	1	0.4
FLAT WHITE – SOYA (IN)	168	9	21	14	5	1	0.3
FLAT WHITE – LACTO-FREE (IN)	162	9	21	14	4	3	0.3
FLAT WHITE – ALMOND (TA)	152	3	24	16	4	1	0.3
FLAT WHITE – COCONUT (IN)	149	5	22	16	4	2	0.3
FLAT WHITE – SEMI-SKIMMED (IN)	147	9	25	18	2	1	0.3
FLAT WHITE – ALMOND (IN)	131	3	21	14	4	1	0.3

Costa Coffee - Primo Salted Caramel Latte

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
PRIMO SC LATTE – WHOLE (TA)	241	7	33	28	9	6	0.2
PRIMO SC LATTE – WHOLE (IN)	238	7	33	28	9	6	0.2
PRIMO SC LATTE – SEMI-SKIMMED (TA)	203	8	34	28	5	3	0.2
PRIMO SC LATTE – SEMI-SKIMMED (IN)	200	7	33	28	5	3	0.2
PRIMO SC LATTE – SOYA (TA)	196	7	30	24	5	2	0.2
PRIMO SC LATTE – SOYA (IN)	193	7	29	24	5	2	0.2
PRIMO SC LATTE – LACTO-FREE (TA)	190	8	30	25	5	3	0.2
PRIMO SC LATTE – LACTO-FREE (IN)	187	7	29	24	5	3	0.2
PRIMO SC LATTE – COCONUT (TA)	178	4	31	26	4	2	0.2
PRIMO SC LATTE – SKIMMED (TA)	177	7	33	28	2	1	0.2
PRIMO SC LATTE – COCONUT (IN)	175	4	31	26	4	2	0.2
PRIMO SC LATTE – SKIMMED (IN)	174	7	33	28	2	1	0.2
PRIMO SC LATTE – ALMOND (TA)	161	2	30	24	4	1	0.2
PRIMO SC LATTE – ALMOND (IN)	158	2	29	24	4	1	0.1

Costa Coffee - Medio Salted Caramel Latte

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
MEDIO SC LATTE – WHOLE (IN)	352	10	49	41	13	9	0.3
MEDIO SC LATTE – WHOLE (TA)	352	10	49	41	13	9	0.3
MEDIO SC LATTE – SEMI-SKIMMED (IN)	296	11	49	41	7	5	0.3
MEDIO SC LATTE – SEMI-SKIMMED (TA)	296	11	49	41	7	5	0.3
MEDIO SC LATTE – SOYA (IN)	285	10	44	35	8	2	0.3
MEDIO SC LATTE – SOYA (TA)	285	10	44	35	8	2	0.3
MEDIO SC LATTE – LACTO-FREE (IN)	277	11	44	36	7	4	0.2
MEDIO SC LATTE – LACTO-FREE (TA)	277	11	44	36	7	4	0.2
MEDIO SC LATTE – COCONUT (IN)	260	5	45	38	6	4	0.3
MEDIO SC LATTE – COCONUT (TA)	260	5	45	38	6	4	0.3
MEDIO SC LATTE – SKIMMED (IN)	257	11	48	41	3	2	0.3
MEDIO SC LATTE – SKIMMED (TA)	257	11	48	41	3	2	0.3
MEDIO SC LATTE – ALMOND (IN)	235	3	43	35	6	2	0.2
MEDIO SC LATTE – ALMOND (TA)	235	3	43	35	6	2	0.2

Costa Coffee - Massimo Salted Caramel Latte

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
MASSIMO SC LATTE – WHOLE (TA)	479	14	65	55	19	12	0.5
MASSIMO SC LATTE – WHOLE (IN)	462	14	64	54	18	11	0.4
MASSIMO SC LATTE – SEMI-SKIMMED (TA)	401	15	66	56	10	6	0.5
MASSIMO SC LATTE – SEMI-SKIMMED (IN)	389	14	65	54	10	6	0.5
MASSIMO SC LATTE – SOYA (TA)	385	14	58	47	11	3	0.4
MASSIMO SC LATTE – SOYA (IN)	375	14	57	46	10	3	0.4
MASSIMO SC LATTE – LACTO-FREE (TA)	374	15	58	48	9	6	0.3
MASSIMO SC LATTE – LACTO-FREE (IN)	364	14	57	47	9	6	0.3
MASSIMO SC LATTE – COCONUT (TA)	350	7	60	50	9	5	0.4
MASSIMO SC LATTE – SKIMMED (TA)	346	15	65	54	4	2	0.5
MASSIMO SC LATTE – COCONUT (IN)	342	7	60	49	8	5	0.4
MASSIMO SC LATTE – SKIMMED (IN)	338	14	64	53	4	2	0.4
MASSIMO SC LATTE – ALMOND (TA)	315	4	58	47	8	2	0.3
MASSIMO SC LATTE – ALMOND (IN)	309	3	57	46	8	2	0.3