



ADAM PERERA-MORRIS
PERSONAL TRAINING

NUTRITION SURVIVAL GUIDE TO
**COSTA
COFFEE**

CALORIES AND MACRONUTRIENTS

ADAMMORRISFITNESS.CO.UK

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

CAKES

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

COLD SANDWICHES AND SALADS

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

1-200 CAL

201-300 CAL

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501+ CAL

EASY BITES

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Fruity Caramel Crispie Bites	536	6	62	-	45	29	0.3
All Butter Belgian Chocolate Cookie	428	4	52	-	32	22	0.5
Nutty Flapjack	425	7	45	-	28	23	0.1
Chocolate Brownie (Gluten Free)	418	6	34	-	32	28	0.4
Fruity Flapjack	380	5	54	-	34	16	0.2
Panettoncino Classico	374	8	52	-	30	15	0.4
Fruity Crumble	282	2	47	-	27	9	0.1
Stem Ginger Biscuits	248	3	34	-	13	11	0.2
Fruit & Oat Biscuits	224	3	32	-	14	9	0.4
Chilli And Lime Mix	204	8	20	-	2	10	1.7
Fruit And Nut Mix	204	6	13	-	11	14	0
Gingerbread Biscuit	162	3	30	-	13	3	0.3
Mini Bakewell Tarts (Gluten Free)	137	1	18	-	11	7	0.1
Dried Mango	120	1	28	-	23	0	0
Almond Biscotti	77	2	10	-	6	3	0.1
Mini Muffins (Choc. + Rasp. & White Choc.)	75	1	9	-	6	4	0.1
Mini Shortbread Bites	52	1	6	-	2	3	0
Milk Chocolate Gianduja	47	1	5	-	4	3	0

HOT FOOD

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

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BREAKFAST

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Breakfast Bloomer	493	24	42	-	4	25	1.7
Sausage Bap	488	17	39	-	3	29	1.8
Bacon Roll	389	18	38	-	2	17	1.8
British Ham And Emmenthal Croissant	358	14	29	-	8	20	1.1
Brown Seeded Toast	350	13	61	-	2	7	1.2
Fruit Teacake (without butter)	311	8	56	-	25	5	0.5
Instant Oat Porridge Pot	294	13	49	-	17	4	0.2
Fruit Toast	288	8	59	-	22	3	0.8
White Toast (Without Butter)	251	9	47	-	1	3	0.9
Wholegrain Porridge - Gluten Free	231	9	30	-	9	8	0.2
Crumpets (without butter)	210	7	41	-	5	1	1.2
Raspberry Coconut and Seed Sprinkle	87	3	5	-	3	6	0
Maple Granola & Coconut Sprinkle	85	2	6	-	3	6	0.1
Organic 0% Fat Greek Style Yoghurt	67	10	7	-	7	0	0.2
Fruit Pot	45	1	11	-	11	0	0
Mixed Berry Compote	38	0	9	-	8	0	0

PASTRIES

Chocolate Twist	396	6	50	-	28	19	0.6
Almond Croissant	351	8	38	-	14	18	0.8
Pain Aux Raisins	292	5	40	-	22	12	0.5
Croissant	281	5	26	-	4	17	0.5
Pain Au Chocolat	266	5	29	-	10	15	0.6
Butter Croissant	211	4	20	-	3	12	0.6

EXTRAS

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

CORTADO

Cortado - Whole Milk Solo TA	108	5	8	-	7	6	0.2
Cortado - Whole Milk Solo IN	85	4	6	-	6	5	0.1
Cortado - Soya Drink Solo TA	69	5	5	-	4	3	0.1

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	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Cortado - Soya Drink Solo IN	55	4	4	-	3	2	0.1
Cortado - Coconut Milk Solo TA	55	3	6	-	5	2	0.1
Cortado - Coconut Milk Solo IN	43	2	4	-	4	2	0.1

Cortado - Soya Drink Solo IN
Cortado - Coconut Milk Solo TA
Cortado - Coconut Milk Solo IN

MOCHA CORTADO

Mocha Cortado - Whole Milk Solo TA	118	5	11	-	9	6	0.2
Mocha Cortado - Soya Drink Solo TA	85	5	8	-	7	3	0.2
Mocha Cortado - Coconut Milk Solo TA	84	3	11	-	9	3	0.2
Mocha Cortado - Whole Milk Solo IN	82	3	8	-	7	4	0.1
Mocha Cortado - Coconut Milk Solo IN	72	3	9	-	8	2	0.1
Mocha Cortado - Skimmed Milk Solo TA	71	5	11	-	9	1	0.2
Mocha Cortado - Soya Drink Solo IN	61	3	7	-	5	2	0.1
Mocha Cortado - Skimmed Milk Solo IN	53	4	8	-	7	1	0.1

Mocha Cortado - Whole Milk Solo TA
Mocha Cortado - Soya Drink Solo TA
Mocha Cortado - Coconut Milk Solo TA
Mocha Cortado - Whole Milk Solo IN
Mocha Cortado - Coconut Milk Solo IN
Mocha Cortado - Skimmed Milk Solo TA
Mocha Cortado - Soya Drink Solo IN
Mocha Cortado - Skimmed Milk Solo IN

CARAMEL CORTADO

Caramel Cortado - Whole Milk Solo TA	132	5	16	-	15	6	0.2
Caramel Cortado - Whole Milk Solo IN	111	4	14	-	14	5	0.1
Caramel Cortado - Soya Drink Solo TA	98	5	13	-	12	3	0.1
Caramel Cortado - Coconut Milk Solo TA	85	2	14	-	13	2	0.1
Caramel Cortado - Soya Drink Solo IN	84	4	12	-	12	2	0.1
Caramel Cortado - Coconut Milk Solo IN	74	2	13	-	12	2	0.1

Caramel Cortado - Whole Milk Solo TA
Caramel Cortado - Whole Milk Solo IN
Caramel Cortado - Soya Drink Solo TA
Caramel Cortado - Coconut Milk Solo TA
Caramel Cortado - Soya Drink Solo IN
Caramel Cortado - Coconut Milk Solo IN

BABYCCINO

Milk Babyccino - Whole Milk	59	3	4	-	4	4	0.1
Milk Babyccino - Soya Drink	38	3	2	-	2	2	0.1
Milk Babyccino - Coconut Milk	30	1	3	-	3	1	0.1

Milk Babyccino - Whole Milk
Milk Babyccino - Soya Drink
Milk Babyccino - Coconut Milk

MINI HOT CHOCOLATE

Mini Hot Choc With Flake - Whole Milk	126	4	13	-	11	6	0.1
Mini Hot Choc With Marshmallow - Whole Milk	110	4	15	-	12	4	0.1
Mini Hot Choc With Flake - Soya Drink	104	4	11	-	10	5	0.1
Mini Hot Choc With Flake - Coconut Milk	96	2	12	-	10	4	0.1
Mini Hot Choc With Marshmallow - Soya Drink	89	4	13	-	10	2	0.1
Mini Hot Choc With Marshmallow - Coconut Milk	81	2	14	-	11	2	0.1

Mini Hot Choc With Flake - Whole Milk
Mini Hot Choc With Marshmallow - Whole Milk
Mini Hot Choc With Flake - Soya Drink
Mini Hot Choc With Flake - Coconut Milk
Mini Hot Choc With Marshmallow - Soya Drink
Mini Hot Choc With Marshmallow - Coconut Milk

FLAT DRINKS

Flat Mocha - Whole Milk - TA	274	12	30	-	25	11	0.5
Flat Mocha - Whole Milk - IN	249	10	29	-	23	10	0.4
Flat White - Whole Milk Primo TA	179	9	12	-	12	11	0.3
Flat White - Whole Milk Primo IN	153	8	11	-	10	9	0.2
Flat White - Soya Drink Primo TA	115	9	8	-	7	5	0.2
Flat White - Soya Drink Primo IN	98	8	7	-	6	4	0.2
Flat White - Coconut Milk Primo TA	91	4	9	-	9	4	0.2
Flat White - Coconut Milk Primo IN	78	4	8	-	8	3	0.2

Flat Mocha - Whole Milk - TA
Flat Mocha - Whole Milk - IN
Flat White - Whole Milk Primo TA
Flat White - Whole Milk Primo IN
Flat White - Soya Drink Primo TA
Flat White - Soya Drink Primo IN
Flat White - Coconut Milk Primo TA
Flat White - Coconut Milk Primo IN

1-200 CAL

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CAPPUCCINO

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Cappuccino - Whole Milk Primo TA	129	6	10	-	10	7	0.2
Cappuccino - Whole Milk Primo IN	109	5	9	-	8	6	0.2
Cappuccino - Soya Milk Primo TA	87	6	7	-	6	4	0.2
Cappuccino - Soya Milk Primo IN	75	5	6	-	6	3	0.1
Cappuccino - Coconut Milk Primo TA	71	3	8	-	8	3	0.2
Cappuccino - Coconut Milk Primo IN	62	3	7	-	7	2	0.1
Cappuccino - Whole Milk Medio	168	8	13	-	12	9	0.3
Cappuccino - Soya Milk Medio	113	8	9	-	8	5	0.2
Cappuccino - Coconut Milk Medio	92	4	10	-	10	4	0.2
Cappuccino - Whole Milk Massimo TA	223	11	17	-	16	13	0.3
Cappuccino - Whole Milk Massimo IN	210	10	16	-	15	12	0.3
Cappuccino - Soya Milk Massimo TA	149	11	12	-	10	6	0.3
Cappuccino - Soya Milk Massimo IN	141	10	11	-	10	6	0.3
Cappuccino - Coconut Milk Massimo TA	122	6	13	-	12	5	0.3
Cappuccino - Coconut Milk Massimo IN	115	5	13	-	12	5	0.3

CAFFE LATTE

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

AMERICANO

Americano - Whole Milk Massimo	38	2	3	-	3	2	0.1
Americano - Soya Milk Massimo	29	2	3	-	2	1	0.1
Americano - Coconut Milk Massimo	25	1	3	-	2	1	0.1
Americano - No Milk Massimo	12	1	2	-	1	0	0
Americano - Whole Milk Medio	28	2	2	-	2	1	0.1
Americano - Soya Milk Medio	21	2	2	-	1	1	0
Americano - Coconut Milk Medio	18	1	2	-	2	1	0
Americano - No Milk Medio	8	1	1	-	1	0	0
Americano - Whole Milk Primo	19	1	2	-	1	1	0
Americano - Soya Milk Primo	14	1	1	-	1	1	0
Americano - Coconut Milk Primo	13	1	2	-	1	1	0
Americano - No Milk Primo	6	0	1	-	0	0	0

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HOT CHOCOLATE

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Hot Chocolate - Whole Milk Primo TA	257	10	28	-	23	11	0.4
Hot Chocolate - Whole Milk Primo IN	233	9	26	-	21	10	0.4
Hot Chocolate - Soya Milk Primo TA	198	10	24	-	18	6	0.3
Hot Chocolate - Coconut Milk Primo TA	190	6	27	-	21	5	0.3
Hot Chocolate - Soya Milk Primo IN	183	9	23	-	17	6	0.3
Hot Chocolate - Coconut Milk Primo IN	179	6	26	-	20	5	0.3
Hot Chocolate - Skimmed Milk Primo TA	173	10	28	-	22	2	0.4
Hot Chocolate - Skimmed Milk Primo IN	162	9	26	-	21	2	0.4
Hot Chocolate - Whole Milk Medio TA	377	14	41	-	33	16	0.6
Hot Chocolate - Whole Milk Medio IN	357	13	40	-	32	15	0.6
Hot Chocolate - Soya Milk Medio TA	291	14	35	-	26	9	0.5
Hot Chocolate - Soya Milk Medio IN	279	13	34	-	26	9	0.5
Hot Chocolate - Coconut Milk Medio IN	271	9	39	-	31	8	0.4
Hot Chocolate - Coconut Milk Medio TA	271	9	39	-	31	8	0.4
Hot Chocolate - Skimmed Milk Medio TA	256	15	41	-	33	3	0.6
Hot Chocolate - Skimmed Milk Medio IN	246	14	40	-	32	3	0.6
Hot Chocolate - Whole Milk Massimo TA	537	20	63	-	50	22	0.8
Hot Chocolate - Whole Milk Massimo IN	521	19	62	-	49	21	0.8
Hot Chocolate - Soya Milk Massimo TA	428	20	55	-	41	13	0.7
Hot Chocolate - Soya Milk Massimo IN	418	19	54	-	40	12	0.7
Hot Chocolate - Coconut Milk Massimo IN	415	13	61	-	47	11	0.6
Hot Chocolate - Skimmed Milk Massimo TA	383	20	62	-	49	5	0.8
Hot Chocolate - Skimmed Milk Massimo IN	375	19	61	-	48	5	0.8
Hot Chocolate - Coconut Milk Massimo TA	358	11	56	-	41	9	0.4

MOCHA

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

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CHAI LATTE

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Chai Latte- Whole Milk Massimo	521	17	69	-	45	20	0.6
Chai Latte- Soya Milk Massimo	401	17	60	-	35	10	0.5
Chai Latte- Coconut Milk Massimo	356	8	63	-	39	7	0.5
Chai Latte- Whole Milk Medio	334	11	43	-	29	13	0.4
Chai Latte- Soya Milk Medio	254	11	37	-	22	6	0.3
Chai Latte- Coconut Milk Medio	224	5	39	-	25	5	0.3
Chai Latte- Whole Milk Primo	208	7	28	-	18	8	0.2
Chai Latte- Soya Milk Primo	160	7	24	-	14	4	0.2
Chai Latte- Coconut Milk Primo	142	3	25	-	16	3	0.2

FLAVOURED LATTE

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

CARAMEL (SUGAR FREE SYRUP) LATTE

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

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

COCONUT & VANILLA LATTE

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Coconut and Vanilla Latte Primo TA	128	4	14	-	10	6	0.3
Coconut and Vanilla Latte Primo IN	111	4	12	-	9	5	0.2

ICED COFFEES

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

ICED CHAI LATTE

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

ICED CHOCOLATE

Iced Chocolate - Whole Milk Massimo Both	351	9	51	-	46	12	0.2
Iced Chocolate - Soya Milk Massimo Both	302	9	48	-	43	7	0.2
Iced Chocolate - Skimmed Milk Massimo Both	275	9	51	-	46	4	0.2
Iced Chocolate - Whole Milk Medio Both	271	7	39	-	35	9	0.2
Iced Chocolate - Soya Milk Medio Both	232	7	36	-	32	6	0.1
Iced Chocolate - Skimmed Milk Medio Both	210	7	39	-	35	3	0.2
Iced Chocolate - Whole Milk Primo Both	194	5	27	-	24	7	0.1
Iced Chocolate - Soya Milk Primo Both	163	5	25	-	22	4	0.1
Iced Chocolate - Skimmed Milk Primo Both	147	6	27	-	24	2	0.1

ICED CORTADO

Iced Cortado - Whole Milk	75	3	8	-	8	3	0.1
Iced Cortado - Soya Drink	56	3	7	-	7	2	0.1
Iced Cortado - Skimmed Milk	46	3	8	-	8	0	0.1

Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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1-200 CAL

ICED SUGAR FREE SYRUP LATTE (ANY FLAVOUR)

Iced (SFS) Latte - Whole Milk Massimo Both	204	10	16	-	13	11	0.3
Iced (SFS) Latte - Whole Milk Medio Both	161	8	13	-	11	9	0.2
Iced (SFS) Latte - Soya Milk Massimo Both	141	10	12	-	9	6	0.2
Iced (SFS) Latte - Whole Milk Primo Both	122	6	10	-	8	7	0.2
Iced (SFS) Latte - Soya Milk Medio Both	111	8	9	-	7	5	0.2
Iced (SFS) Latte - Skimmed Milk Massimo Both	107	10	16	-	13	1	0.3
Iced (SFS) Latte - Soya Milk Primo Both	85	6	7	-	5	3	0.2
Iced (SFS) Latte - Skimmed Milk Medio Both	84	8	12	-	10	1	0.2
Iced (SFS) Latte - Skimmed Milk Primo Both	65	6	9	-	8	1	0.2

201-300 CAL

301-400 CAL

ICED LATTE (ALL FLAVOURS)

Iced Latte - Whole Milk Massimo Both	261	10	30	-	29	11	0.3
Iced Latte - Whole Milk Medio Both	204	8	23	-	23	9	0.2
Iced Latte - Soya Milk Massimo Both	199	10	26	-	25	6	0.2
Iced Latte - Skimmed Milk Massimo Both	164	10	30	-	29	1	0.3
Iced Latte - Soya Milk Medio Both	154	8	20	-	19	5	0.2
Iced Latte - Whole Milk Primo Both	151	6	17	-	16	7	0.2
Iced Latte - Skimmed Milk Medio Both	127	8	23	-	22	1	0.2
Iced Latte - Soya Milk Primo Both	114	6	14	-	13	3	0.2
Iced Latte - Skimmed Milk Primo Both	93	6	16	-	16	1	0.2

401-500 CAL

501+ CAL

ICED MOCHA

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

1-200 CAL

ICED RISTRETTO

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Iced Ristretto- Doppio	38	0	9	-	9	0	0
Iced Ristretto- Solo	19	0	5	-	4	0	0

201-300 CAL

PEACH/LEMON ICED TEA

Flavoured Iced Tea-Massimo	175	0	43	-	42	0	0
Flavoured Iced Tea-Medio	131	0	32	-	32	0	0
Flavoured Iced Tea-Primo	88	0	22	-	21	0	0

301-400 CAL

CARAMEL LATTE FROSTINO

Caramel Latte Frostino - Whole Milk Massimo	311	5	60	-	58	6	0.2
Caramel Latte Frostino - Soya Milk Massimo	282	5	58	-	55	3	0.1
Caramel Latte Frostino - Coconut Milk Massimo	271	3	59	-	56	3	0.1
Caramel Latte Frostino - Whole Milk Medio	246	4	46	-	44	5	0.1
Caramel Latte Frostino - Soya Milk Medio	221	4	45	-	42	3	0.1
Caramel Latte Frostino - Coconut Milk Medio	211	2	45	-	43	2	0.1
Caramel Latte Frostino - Whole Milk Primo	187	4	34	-	32	4	0.1
Caramel Latte Frostino - Soya Milk Primo	164	4	32	-	30	2	0.1
Caramel Latte Frostino - Coconut Milk Primo	155	2	32	-	31	2	0.1

401-500 CAL

501+ CAL

FROSTINO ICED BLENDED COFFEE

Coffee Frostino - Whole Milk Massimo	191	5	32	-	31	5	0.1
Coffee Frostino - Soya Milk Massimo	162	5	30	-	29	3	0.1
Coffee Frostino - Whole Milk Medio	153	4	2	-	24	4	0.1
Coffee Frostino - Coconut Milk Massimo	151	2	31	-	30	2	0.1
Coffee Frostino - Soya Milk Medio	128	4	23	-	22	2	0.1
Coffee Frostino - Coconut Milk Medio	118	2	24	-	23	2	0.1
Coffee Frostino - Whole Milk Primo	117	3	18	-	17	4	0.1
Coffee Frostino - Soya Milk Primo	95	3	16	-	15	2	0.1
Coffee Frostino - Coconut Milk Primo	86	2	16	-	16	1	0.1

FROSTINO ICED BLENDED CREAMS

Flavoured Creamy Frostino - Whole Milk Medio	452	7	62	-	58	19	0.2
Flavoured Creamy Frostino - Soya Milk Medio	412	7	59	-	54	16	0.1
Flavoured Creamy Frostino - Coconut Milk Medio	397	4	60	-	56	15	0.1
Flavoured Creamy Frostino - Whole Milk Primo	349	6	44	-	41	17	0.1
Flavoured Creamy Frostino - Soya Milk Primo	319	6	41	-	38	14	0.1
Flavoured Creamy Frostino - Coconut Milk Primo	307	3	42	-	39	14	0.1
Mint Choc Creamy Frostino - Whole Milk Medio	538	7	78	-	61	22	0.2
Mint Choc Creamy Frostino - Soya Milk Medio	498	7	75	-	58	19	0.2
Mint Choc Creamy Frostino - Coconut Milk Medio	483	4	76	-	59	18	0.2
Mint Choc Creamy Frostino - Whole Milk Primo	390	5	54	-	43	17	0.1
Mint Choc Creamy Frostino - Soya Milk Primo	360	5	52	-	40	14	0.1
Mint Choc Creamy Frostino - Coconut Milk Primo	349	3	52	-	41	14	0.1

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

FRUIT COOLERS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Red Summer Berries Fruit Cooler - Massimo Both	312	1	74	-	68	0	0
Red Summer Berries Fruit Cooler - Medio Both	248	1	59	-	54	0	0
Red Summer Berries Fruit Cooler - Primo Both	187	1	44	-	41	0	0
Mango & Passionfruit Fruit Cooler - Massimo Both	295	1	72	-	70	1	0
Mango & Passionfruit Fruit Cooler - Medio Both	234	1	57	-	56	1	0
Mango & Passionfruit Fruit Cooler - Primo Both	177	1	43	-	42	0	0
Pineapple & Coconut Fruit Cooler - Massimo Both	258	1	57	-	54	3	0
Pineapple & Coconut Fruit Cooler - Medio Both	205	1	45	-	43	2	0
Pineapple & Coconut Fruit Cooler - Primo Both	155	1	34	-	32	2	0

COLD BREW

Cold Brew - Whole Pure White With Caramel	37	2	3	-	2	2	0.1
Cold Brew - Whole Pure White With Vanilla	36	2	3	-	2	2	0.1
Cold Brew - Whole Pure White	34	2	2	-	2	2	0.1
Cold Brew - Soya Pure White With Caramel	25	2	2	-	1	1	0
Cold Brew - Soya Pure White With Vanilla	24	2	2	-	1	1	0
Cold Brew - Soya Pure White	22	2	2	-	1	1	0
Cold Brew - Skimmed Pure White With Caramel	20	2	3	-	2	0	0.1
Cold Brew - Skimmed Pure White	19	2	3	-	2	0	0.1
Cold Brew - Skimmed Pure White	17	2	2	-	2	0	0.1
Cold Brew - Pure Black With Caramel	4	0	1	-	0	0	0
Cold Brew - Pure Black With Vanilla	3	0	1	-	0	0	0
Cold Brew - Pure Black	1	0	0	-	0	0	0

DRINK EXTRAS

Hot Chocolate Powder	198	4	35	-	24	4	0.3
Pineapple And Coconut Water Base	148	0	36	-	34	0	0
Vanilla Powder	141	3	24	-	17	3	0.1
Coconut and Vanilla Powder	109	1	12	-	6	7	0
Whole Milk	98	6	7	-	7	6	0.2
Lindt Choc Powder	97	2	15	-	12	2	0.1
Cherry Sauce	82	0	20	-	20	0	0
Whipping Cream (And Sugar)	80	1	1	-	1	8	0
Soya Drink	66	5	4	-	4	3	0.1
Marshmallows	51	1	12	-	9	0	0
Skimmed Milk	51	5	7	-	7	0	0.2
Chocolate Flake	44	1	5	-	5	3	0
Caramel Crunch	37	0	6	-	6	1	0.1
Raspberry Flavoured Sauce	37	0	8	-	7	1	0
Belgian Dark Chocolate Sauce	34	0	8	-	8	0	0
White Chocolate Sauce	34	0	9	-	9	0	0
Flavoured Syrup	33	0	8	-	8	0	0
Alpro Coconut Milk	33	2	3	-	3	1	0.1

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Lemon Slices	32	0	3	-	3	2	0
Chocolate Honeycomb	29	0	4	-	4	1	0
Toasted Coconut Flakes	25	0	6	-	0	0	0.4
Mini Gingerbread Man	17	0	3	-	1	1	0
White Granulated Sugar Sticks	16	0	4	-	4	0	0
Demerara Sugar Sticks	16	0	4	-	4	0	0
Honeycomb Syrup	15	0	4	-	3	0	0
Buttermint sauce	15	0	4	-	4	0	0
Salted Caramel Fudge Sprinkle	10	0	2	-	2	0	0
Magic Cocoa Dust	8	0	2	-	2	0	0
Chai Latte Powder	8	0	2	-	2	0	0