



FITNESS

NUTRITION SURVIVAL GUIDE TO

CAFFÈ NERO

CALORIES AND MACRONUTRIENTS

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

Calories (kcal)	Protein (g)	Total Carbohydrate (g)	Sugary (kcal)	Sugars (g)	Total Fat (g)	Salt (g)
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HOT COFFEES (SEMI-SKIMMED MILK)

Grande Hot Chocolate	524	16	56	4.5	52	26	0.4
Caramelita	428	11	43	0	46	23	0.3
Regular Hot Chocolate	398	10	37	2.0	34	23	0.2
White Choc Mocha	397	11	37	0	36	23	0.4
Grande Mocha	363	10	30	2	26	23	0.2
Regular Mocha	305	7	22	1.8	19	21	0.1
Chai Latte	232	11	37	0.4	26	5	0.4
Grande Latte	135	10	14	0	12	5	0.3
Grande Cappuccino	107	8	11	0	9	4	0.2
Regular Latte	78	6	8	0	8	3	0.1
Regular Cappuccino	65	5	7	0	5	2	0.1

HOT COFFEES (SKIMMED MILK)

Grande Hot Chocolate	484	16	57	4.5	53	21	0.4
Caramelita	388	11	43	0	46	18	0.3
Regular Hot Chocolate	374	10	37	2.0	34	20	0.2
White Choc Mocha	365	11	37	0	36	19	0.5
Grande Mocha	338	10	30	2	26	20	0.2
Regular Mocha	292	7	22	1.8	19	19	0.1
Chai Latte	193	11	37	0.4	26	1	0.4
Grande Latte	103	10	14	0	12	1	0.3
Grande Cappuccino	83	8	11	0	10	1	0.2
Regular Latte	62	6	8	0	7	1	0.1
Regular Cappuccino	52	5	7	0	5	1	0.1

HOT COFFEES (SOYA MILK)

Caramelita	408	10	36	1.5	34	23	0.2
White Choc Mocha	354	10	32	1.5	26	23	0.4
Grande Hot Chocolate	325	14	46	6.2	44	7	0.3
Regular Hot Chocolate	258	10	37	4.0	34	5	0.3
Chai Latte	216	10	31	2.1	26	5	0.3
Grande Mocha	178	9	24	1.9	21	5	0.2
Regular Mocha	126	6	19	2.1	15	3	0.1
Grande Latte	122	9	9	1.5	7	5	0.2
Grande Cappuccino	87	7	8	1.1	6	4	0.1
Regular Latte	71	5	6	0.8	4	3	0.1
Regular Cappuccino	66	4	5	0.6	3	2	0.1

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Calories	Protein (g)	Total Carbohydrate (g)	Sugary (g)	Sugar (g)	Total Fat (g)	Sat (g)
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HOT COFFEES (COCONUT MILK)

Caramel latte	389	6	38	0.5	38	22	0.2
White Choc Mocha	368	6	32	0.5	27	24	0.2
Grande Hot Chocolate	295	8	40	5	45	6	0.3
Chai Latte	188	4	32	1	21	4	0.3
Regular Hot Chocolate	187	5	31	3.2	29	4	0.2
Grande Mocha	171	6	28	3.3	22	4	0.3
Regular Mocha	117	4	18	1.8	18	2	0.1
Grande Latte	67	6	10	0.5	8	4	0.2
Grande Cappuccino	58	4	9	0.5	7	3	0.2
Regular Latte	58	3	6	0.3	4	2	0.1
Regular Cappuccino	50	3	5	0.2	4	2	0.1

HOT COFFEES (OAT MILK)

Caramel latte	417	2	54	0	38	24	0.3
White Choc Mocha	405	3	47	0	30	25	0.3
Grande Hot Chocolate	343	4	68	4.4	49	8	0.3
Chai Latte	238	1	50	0.4	24	6	0.4
Regular Hot Chocolate	215	3	43	2.0	31	5	0.2
Grande Mocha	188	3	36	1.9	24	6	0.2
Grande Latte	134	2	26	0	11	6	0.2
Regular Mocha	131	3	25	1.8	17	3	0.1
Grande Cappuccino	108	1	19	0	9	4	0.2
Regular Latte	78	1	14	0	6	3	0.1
Regular Cappuccino	64	1	11	0	5	2	0.1

HOT COFFEES (ONE SIZE)

Chocolate Milano	458	9	45	3.4	33	28	0.1
Flat White	86	5	7	0	6	5	0.1
Espresso Con Panna	46	1	2	0	0	6	0
Cortado	46	3	4	0	3	3	0.1
Grande Americano	23	1	3	0	0	0	0
Regular Americano	15	1	2	0	0	1	0
Macchiato	9	1	1	0	0	0	0
Espresso	7	1	1	0	0	0	0

COLD COFFEES & EXTRAS

Espresso & Caramel Frappe Cream	813	8	82	0.3	72	28	0.4
Mocha Frappe Latte	261	7	48	1.6	29	4	0.3
Frappé Latte - Semi-Skim Milk	238	7	41	0.3	37	4	0.3
Whipped Cream	171	1	1	0	1	19	0
Ice Latte	153	8	23	0	23	4	0.3
Vanilla Syrup	67	0	24	0	24	0	0
Marshmallows	20	0	5	0	3	0	0

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Calories (kcal)	Protein (g)	Total Carbohydrate (g)	Sugary (kcal)	Sugars (g)	Total Fat (g)	Salt (g)
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COLD DRINKS

Raspberry & White Choc Frappe Creme	667	8	81	0.3	74	23	0.2
Triple Belgian Choc Frappe Creme	483	8	54	3.8	48	28	0.1
Vanilla Frappe Milkshake (Semi Skim)	274	8	51	0.2	51	4	0.2
Strawberry Frappe Milkshake (Semi Skim)	258	8	45	0.2	44	4	0.2
Belgian Choc Frappe Milkshake (Semi Skim)	248	8	42	1.4	40	5	0.2
Alphonso Mango & Passionfruit Booster	238	1	57	1.8	48	0	0
Vanilla Frappe Milkshake (Soy)	228	7	38	1.5	38	4	0.1
Strawberry Frappe Milkshake (Soy)	198	7	35	0	34	4	0.1
Raspberry & Blood Orange Booster	138	1	30	4.0	28	1	0
Crushed Raspberry Lemonade	88	0	23	1	23	0	0
Sicilian Lemonade	88	0	23	0.4	22	0	0
Black Tea & Peach	8	0	2	0.1	0	0	0
Green Tea & Lemon	7	0	1	0	0	0	0

PASTRIES

Almond Croissant	358	8	35	3.4	11	20	0.5
Glucose Twist	333	8	28	1.4	4	20	0.5
Chocolate Twist	328	8	38	1.3	18	15	0.7
Pain Au Raisin	328	8	43	1.8	20	14	0.7
Maple Pecan Pastry	312	4	35	1.7	13	25	0.3
Pain Au Chocolat	278	5	28	1.1	7	15	0.7
Apricot Croissant	288	8	34	1.7	8	11	0.5
Butter Croissant	294	4	28	0.8	3	12	0.8

BREAKFAST POTS

Honey Yoghurt	294	9	25	0.2	22	15	0.4
Raspberry Yoghurt	288	8	21	0.7	21	15	0.3
Porridge (Semi Skim)	234	11	33	3.8	18	7	0.2
Porridge (Soy)	232	12	28	4.8	5	8	0.3
Berry Compote w/ Yoghurt & Granola	211	9	30	2.7	22	8	0.2
Porridge (Skim)	218	11	34	3.8	18	4	0.2
Apple & Berry Birchler Muesli	203	8	27	3.4	15	6	0.2
Honey	87	0	24	0	24	0	0
Raspberry Consene	72	0	17	1	17	0	0
Strawberry Consene	72	0	16	0	16	0	0
Fruit Salad	71	1	16	1.5	16	0	0

BREAKFAST SANDWICHES

Butcher's Sausage Ciabatta Roll	475	17	45	3.4	4	25	2.1
Smoked Bacon Ciabatta Roll	395	20	40	3	3	18	2.3
Sausage, Egg & Bacon Ciabatta Roll	358	18	46	3	3	12	1.7

PANINI, TOSTATI & CROISSANTS

Meatball & Mozzarella Panini	583	23	68	3.4	8	24	2.4
Tuna Melt Panini	604	28	58	3.8	2	18	2.3

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Mozzarella & Tomato Panini	487	25	65	3.7	6	18	2.1
Brie & Onion Chutney Panini	452	17	60	3.7	7	16	1.8
Ham Hook & Cheddar Toasted Melt	446	22	48	3.7	3	17	1.8
Chorizo & Sweet Chili Pepper Toasted	423	22	45	3.8	7	17	1.8
Chicken, Spicy Pork & Mozzarella Panini	421	28	53	4	7	10	1.8
Mozzarella & Tomato Toasted Melt	418	18	48	3.3	2	19	1.4
Chicken & Bacon Toasted Melt	412	24	40	3.8	1	17	1.8
Chicken & Pasta Panini	400	24	50	4.7	2	11	2.1
Mediterranean Goats Cheese Panini	398	17	56	4.0	9	11	1.8
Mushroom & Mascarpone Toasted Melt	395	14	47	3.0	2	18	1.3
Ham & Mozzarella Panini	394	25	47	8.3	5	11	2.3
Ham & Cheddar Croissant	338	14	33	1	3	21	1.8
Smoked Ham & Cheddar Toasted	213	12	38	3.1	2	6	1.3

SANDWICHES, WRAPS & ROLLS

Chicken & Pesto Flatbread	443	20	61	2.8	8	18	1.6
Bacon, Lettuce & Tomato	433	19	49	4.1	4	18	2.1
Egg Sandwich	433	19	38	3.5	4	23	1.8
Palate & Humous Flatbread	416	11	63	6.8	6	13	1
Chicken Salad Sandwich	375	20	47	5	3	13	1.3
Smoked Salmon & Soft Cheese Sandwich	284	18	38	4	4	8	1.7
Ham & Egg Gluten-Free Roll	283	12	38	6.0	2	12	1.1

OTHER SAVOURY

Mushroom & Mascarpone Risotto	394	12	43	3.2	6	18	2.4
Orzo Pasta & Mediterranean Veg	229	11	31	2.1	2	6	1.7
Chicken & Rice Soup	198	10	17	3	2	8	1.8
Ciabatta Bread Roll with Soup	188	8	33	1.1	1	3	0.8
Tomato & Mascarpone Soup	183	2	13	3.7	10	11	1.8

CAKES & BAKES

Caramel Cake	631	6	66	3.7	42	26	0.7
Blackberry & Earl Grey Cake	582	5	60	1	43	28	0.8
Sicilian Lemon Meringue Cake	498	5	67	1	48	23	0.8
Cappuccino Cake	447	4	61	0.9	58	20	0.4
Belgian Chocolate Fudge Cake	428	6	54	1.2	38	20	0.4
Caramel Shortbread	377	4	43	1.1	31	21	0.3
Panettone Mini Glasse	374	8	62	1.2	38	15	0.4
Belgian Chocolate Brownie	331	4	38	1.8	38	18	0.3
Salted Caramel Cheesecake	304	7	40	1	33	13	0.7
Rich Fruit Teacake	302	6	55	2.0	25	5	0.4
Raspberry & Pistachio Slice	298	4	33	1.7	18	14	0.1
Fruit Scone	287	6	43	1.1	13	10	1.2
Chocolate Brownie	278	6	27	6.7	28	16	0.1
Sicilian Lemon Drizzle Loaf Cake	275	3	38	1	24	13	0.3
Oat Bar	258	4	31	3.1	21	12	0.3
Apple & Blackcurrent Crumble Bar	237	2	38	1.5	21	8	0.7

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Clotted Cream	234	1	1	0	1	25	0
Chocolate & Vanilla Marble Loaf	328	3	31	3.3	18	8	0.3
Banana & Walnut Loaf Cake	227	3	26	2	15	12	0.3

MUFFINS

Belgian Chocolate Filled Muffin	488	7	57	3	37	25	0.5
Raspberry & Almond Filled Muffin	453	7	55	3.2	30	22	0.4
Salted Caramel & Apple Filled Muffin	433	5	56	1.4	28	20	0.5
Blueberry Filled Muffin	418	6	57	2.3	28	19	0.3
Skillet Lemon Card Filled Muffin	415	6	60	1.3	33	17	0.4
Black Cherry Filled Muffin	408	4	57	1.8	32	19	0.3

COOKIES & BISCUITS

Milk Chocolate Chunk Cookie	344	4	42	1.5	26	17	0.4
Triple Chocolate Cookies	338	4	44	1.3	31	18	0.3
Caramel Waffles	332	3	52	1.2	30	12	0.5
Oat & Raisin Cookie	332	4	52	2.5	25	11	0.4
Gingerbread Man	289	4	37	3.4	18	5	0.3
Stonbread	254	3	31	0.3	11	14	0.3
Stem Ginger Biscuits	254	3	42	1	23	8	0.4
Animal Biscs	21	0	3	0	1	1	0

CONFECTIONERY

Willes Cacao Milk Chocolate Bar	148	2	12	0	9	10	0.1
Willes Cacao Dark Chocolate Bar	139	2	11	0	8	8	0.1
Chocolate Coated Coffee Beans	133	2	12	2.1	11	8	0.1
Chocolate Coin	103	1	13	0.5	13	8	0.1
Mango Chunks	88	0	20	1.3	18	0	0
Chocolate Rice Cakes	81	1	11	0.3	5	3	0
Bear Yo Yo's	54	0	13	1.0	8	0	0

SAVOURY SNACKS

Totally Nuts	317	9	8	2.8	2	28	0
Fruit & Nuts	238	5	18	3.8	17	16	0
Lightly Salted Kettle Chips	203	2	21	3.6	0	13	0.4
Cheddar & Onion Kettle Chips	202	3	20	2.5	1	12	0.4
Sea Salt & Mesquite Kettle Chips	201	2	21	2.4	1	11	0.8
Sweet & Salty Popcorn	164	2	15	2.4	4	4	0.1
Sea Salt Popcorn	87	2	11	2.5	0	3	0.1