

Costa Coffee Drinks Nutritionals Summary										
Drink Name	Serving Size	KJ	kcal	Fat g	Sat Fat g	Carb g	Sug g	Fib g	Prot g	Salt g
Hot Drinks										
Americano - Small	230 ml	51	12	0.0	0.0	1.8	0.0	0.0	1.2	0.0
Americano - Regular	430 ml	95	22	0.0	0.0	3.4	0.0	0.0	2.2	0.1
Americano - Large	580 ml	128	29	0.0	0.0	4.6	0.0	0.0	2.9	0.1
Skimmed Milk Babyccino - Small	83 ml	159	37	0.4	0.2	5.9	5.2	0.4	2.7	0.1
Skimmed Milk Babyccino - Regular	133 ml	255	60	0.7	0.3	9.4	8.4	0.7	4.4	0.2
Low Fat Milk Babyccino - Small	83 ml	186	44	1.0	0.2	5.9	1.5	0.4	2.7	0.0
Low Fat Milk Babyccino - Regular	133 ml	298	70	1.6	0.3	9.4	2.4	0.7	4.4	0.0
Full Fat Milk Babyccino - Small	83 ml	245	58	2.6	0.2	5.9	1.5	0.4	2.7	0.1
Full Fat Milk Babyccino - Regular	133 ml	392	93	4.1	0.3	9.4	2.4	0.7	4.4	0.2
Soy Babyccino - Small	83 ml	190	45	1.8	0.4	4.7	3.8	0.4	2.3	0.1
Soy Babyccino - Regular	133 ml	305	72	2.9	0.7	7.6	6.1	0.7	3.7	0.2
Almond Babyccino - Small	83 ml	129	31	1.2	0.2	4.2	3.5	0.5	0.7	0.1
Almond Babyccino - Regular	133 ml	207	49	1.9	0.4	6.8	5.6	0.8	1.1	0.1
Coconut Babyccino - Small	83 ml	158	37	1.3	0.7	4.7	4.1	0.5	1.4	0.1
Coconut Babyccino - Regular	133 ml	253	60	2.1	1.1	7.6	6.5	0.8	2.3	0.2
Skimmed Milk Latte - Small	270 ml	354	84	0.0	0.0	12.2	11.3	0.0	7.8	0.3
Skimmed Milk Latte - Regular	430 ml	563	133	0.0	0.0	19.4	18.1	0.0	12.5	0.4
Skimmed Milk Latte - Large	580 ml	760	180	0.0	0.0	26.1	24.4	0.0	16.8	0.6
Low Fat Milk Latte - Small	270 ml	451	108	3.0	1.6	12.2	11.3	0.0	7.8	0.3
Low Fat Milk Latte - Regular	430 ml	718	172	4.7	2.6	19.4	18.1	0.0	12.5	0.4
Low Fat Milk Latte - Large	580 ml	969	232	6.4	3.5	26.1	24.4	0.0	16.8	0.6
Full Fat Milk Latte - Small	270 ml	610	146	7.3	4.3	12.2	11.3	0.0	7.8	0.3
Full Fat Milk Latte - Regular	430 ml	972	232	11.6	6.9	19.4	18.1	0.0	12.5	0.4
Full Fat Milk Latte - Large	580 ml	1,311	313	15.7	9.3	26.1	24.4	0.0	16.8	0.6
Soy Latte - Small	270 ml	446	105	4.9	1.1	8.9	7.3	0.0	6.8	0.3
Soy Latte - Regular	430 ml	710	168	7.7	1.7	14.2	11.6	0.0	10.8	0.5
Soy Latte - Large	580 ml	957	226	10.4	2.3	19.1	15.7	0.0	14.5	0.7
Almond Latte - Small	270 ml	265	62	3.0	0.3	7.3	5.9	1.4	1.6	0.2
Almond Latte - Regular	430 ml	421	99	4.7	0.4	11.6	9.5	2.2	2.6	0.3
Almond Latte - Large	580 ml	568	133	6.4	0.6	15.7	12.8	2.9	3.5	0.5
Coconut Latte - Small	270 ml	348	84	3.5	1.6	8.9	7.8	0.0	4.1	0.3
Coconut Latte - Regular	430 ml	555	133	5.6	2.6	14.2	12.5	0.0	6.5	0.4
Coconut Latte - Large	580 ml	748	180	7.5	3.5	19.1	16.8	0.0	8.7	0.6
Skimmed Milk Mocha - Small	233 ml	522	123	1.4	0.9	20.0	14.9	1.6	6.8	0.3
Skimmed Milk Mocha - Regular	433 ml	970	229	2.6	1.7	37.2	27.7	3.0	12.6	0.6
Skimmed Milk Mocha - Large	583 ml	1,306	309	3.5	2.3	50.1	37.3	4.1	16.9	0.8
Low Fat Milk Mocha - Small	233 ml	587	140	3.0	1.9	20.0	14.9	1.6	6.8	0.3
Low Fat Milk Mocha - Regular	433 ml	1,091	260	5.6	3.5	37.2	27.7	3.0	12.6	0.6
Low Fat Milk Mocha - Large	583 ml	1,469	350	7.6	4.7	50.1	37.3	4.1	16.9	0.8
Full Fat Milk Mocha - Small	233 ml	692	165	5.8	3.5	20.0	14.9	1.6	6.8	0.3
Full Fat Milk Mocha - Regular	433 ml	1,286	307	10.8	6.5	37.2	27.7	3.0	12.6	0.6
Full Fat Milk Mocha - Large	583 ml	1,732	414	14.6	8.7	50.1	37.3	4.1	16.9	0.8
Soy Mocha - Small	233 ml	583	137	4.4	1.4	17.9	12.3	1.6	6.1	0.3
Soy Mocha - Regular	433 ml	1,083	255	8.2	2.6	33.3	22.9	3.0	11.3	0.6
Soy Mocha - Large	583 ml	1,458	344	11.1	3.5	44.9	30.9	4.1	15.2	0.9
Almond Mocha - Small	233 ml	464	110	3.0	0.9	16.8	11.4	2.1	2.8	0.3
Almond Mocha - Regular	433 ml	862	204	5.6	1.7	31.2	21.2	3.9	5.2	0.5
Almond Mocha - Large	583 ml	1,160	274	7.6	2.3	42.0	28.6	5.2	7.0	0.6
Coconut Mocha - Small	233 ml	520	123	3.5	1.9	17.9	12.8	2.1	4.2	0.3
Coconut Mocha - Regular	433 ml	966	229	6.5	3.5	33.3	23.8	3.9	7.8	0.5
Coconut Mocha - Large	583 ml	1,300	309	8.7	4.7	44.9	32.1	5.2	10.5	0.6
Skimmed Milk Cappuccino - Small	233 ml	333	79	0.0	0.2	11.9	9.6	0.0	6.3	0.2
Skimmed Milk Cappuccino - Regular	433 ml	619	147	0.0	0.4	22.1	17.8	0.0	11.7	0.4
Skimmed Milk Cappuccino - Large	583 ml	834	198	0.0	0.6	29.7	23.9	0.0	15.7	0.6
Low Fat Milk Cappuccino - Small	233 ml	401	96	2.3	1.4	11.9	9.6	0.0	6.3	0.2
Low Fat Milk Cappuccino - Regular	433 ml	745	178	4.3	2.6	22.1	17.8	0.0	11.7	0.4
Low Fat Milk Cappuccino - Large	583 ml	1,003	239	5.8	3.5	29.7	23.9	0.0	15.7	0.6
Full Fat Milk Cappuccino - Small	233 ml	515	123	5.4	3.3	11.9	9.6	0.0	6.3	0.2
Full Fat Milk Cappuccino - Regular	433 ml	957	229	10.0	6.1	22.1	17.8	0.0	11.7	0.4
Full Fat Milk Cappuccino - Large	583 ml	1,288	309	13.4	8.2	29.7	23.9	0.0	15.7	0.6
Soy Cappuccino - Small	233 ml	398	96	3.7	0.9	9.6	6.5	0.0	5.4	0.3
Soy Cappuccino - Regular	433 ml	740	178	6.9	1.7	17.8	12.1	0.0	10.0	0.5
Soy Cappuccino - Large	583 ml	997	239	9.3	2.3	23.9	16.3	0.0	13.4	0.7
Almond Cappuccino - Small	233 ml	270	65	2.3	0.5	8.4	5.8	1.2	1.9	0.2
Almond Cappuccino - Regular	433 ml	502	121	4.3	0.9	15.6	10.8	2.2	3.5	0.3
Almond Cappuccino - Large	583 ml	676	163	5.8	1.2	21.0	14.6	2.9	4.7	0.5
Coconut Cappuccino - Small	233 ml	331	79	2.8	1.4	9.6	7.2	1.2	3.5	0.2
Coconut Cappuccino - Regular	433 ml	615	147	5.2	2.6	17.8	13.4	2.2	6.5	0.3
Coconut Cappuccino - Large	583 ml	828	198	7.0	3.5	23.9	18.1	2.9	8.7	0.5
Skimmed Milk Chai Latte - Small	273 ml	557	131	0.0	0.0	23.8	11.5	1.6	7.6	0.0
Skimmed Milk Chai Latte - Regular	433 ml	883	208	0.0	0.0	37.7	18.2	2.6	12.1	0.0
Skimmed Milk Chai Latte - Large	583 ml	1,189	280	0.0	0.0	50.7	24.5	3.5	16.3	0.0
Low Fat Milk Chai Latte - Small	273 ml	636	150	2.5	0.0	23.5	11.5	1.6	7.6	0.0
Low Fat Milk Chai Latte - Regular	433 ml	1,009	238	3.9	0.0	37.2	18.2	2.6	12.1	0.0
Low Fat Milk Chai Latte - Large	583 ml	1,358	321	5.2	0.0	50.1	24.5	3.5	16.3	0.0

Costa Coffee Drinks Nutritionals Summary										
Drink Name	Serving Size	KJ	kcal	Fat g	Sat Fat g	Carb g	Sug g	Fib g	Prot g	Salt g
Full Fat Milk Chai Latte - Small	273 ml	830	197	7.6	0.0	23.5	11.5	1.6	7.6	0.0
Full Fat Milk Chai Latte - Regular	433 ml	1,316	312	12.1	0.0	37.2	18.2	2.6	12.1	0.0
Full Fat Milk Chai Latte - Large	583 ml	1,772	420	16.3	0.0	50.1	24.5	3.5	16.3	0.0
Soy Chai Latte - Small	273 ml	652	156	4.9	1.1	20.7	18.8	1.6	6.6	0.3
Soy Chai Latte - Regular	433 ml	1,035	247	7.8	1.7	32.9	29.9	2.6	10.4	0.5
Soy Chai Latte - Large	583 ml	1,393	332	10.5	2.3	44.3	40.2	3.5	14.0	0.7
Almond Chai Latte - Small	273 ml	472	112	3.0	0.0	19.1	17.5	2.2	1.4	0.2
Almond Chai Latte - Regular	433 ml	749	178	4.8	0.0	30.3	27.7	3.5	2.2	0.3
Almond Chai Latte - Large	583 ml	1,009	239	6.4	0.0	40.8	37.3	4.7	2.9	0.4
Coconut Chai Latte - Small	273 ml	557	134	3.3	1.6	20.7	19.4	2.2	3.8	0.2
Coconut Chai Latte - Regular	433 ml	883	212	5.2	2.6	32.9	30.7	3.5	6.1	0.3
Coconut Chai Latte - Large	583 ml	1,189	286	7.0	3.5	44.3	41.4	4.7	8.2	0.4
Skimmed Milk Classic Corto	130 ml	178	42	0.0	0.0	6.1	0.0	0.0	4.0	0.0
Low Fat Milk Classic Corto	130 ml	218	52	1.3	0.0	6.0	0.0	0.0	4.0	0.0
Full Fat Milk Classic Corto	130 ml	315	75	3.9	0.0	6.0	0.0	0.0	4.0	0.0
Soy Classic Corto	130 ml	228	55	2.5	0.5	4.6	3.6	0.0	3.4	0.2
Almond Classic Corto	130 ml	137	33	1.4	0.1	3.8	3.0	0.7	0.9	0.1
Coconut Classic Corto	130 ml	179	43	1.7	0.9	4.6	4.0	0.7	2.1	0.1
Skimmed Milk Caramel Corto	130 ml	304	72	0.0	0.0	14.3	5.2	0.0	3.6	0.1
Low Fat Milk Caramel Corto	130 ml	351	83	1.4	0.8	14.3	5.3	0.0	3.6	0.1
Full Fat Milk Caramel Corto	130 ml	430	103	3.5	2.0	14.3	5.2	0.0	3.6	0.1
Soy Caramel Corto	130 ml	346	82	2.2	0.5	12.2	3.3	0.0	3.1	0.2
Almond Caramel Corto	130 ml	264	62	1.4	0.1	11.6	2.7	0.7	0.8	0.1
Coconut Caramel Corto	130 ml	303	72	1.6	0.8	12.2	3.6	0.7	2.0	0.1
Skimmed Milk Espresso Macchiato Solo	40 ml	39	9	0.0	0.0	1.4	0.0	0.0	0.7	0.0
Skimmed Milk Espresso Macchiato Doppio	80 ml	78	18	0.0	0.0	2.8	0.0	0.0	1.4	0.0
Low Fat Milk Espresso Macchiato Solo	40 ml	43	10	0.2	0.1	1.4	0.5	0.0	0.7	0.0
Low Fat Milk Espresso Macchiato Doppio	80 ml	86	21	0.4	0.2	2.8	1.0	0.0	1.4	0.1
Full Fat Milk Espresso Macchiato Solo	40 ml	50	12	0.4	0.2	1.4	0.5	0.0	0.7	0.0
Full Fat Milk Espresso Macchiato Doppio	80 ml	101	24	0.8	0.4	2.8	1.0	0.0	1.4	0.1
Soy Espresso Macchiato Solo	40 ml	43	10	0.3	0.1	1.3	0.3	0.0	0.6	0.0
Soy Espresso Macchiato Doppio	80 ml	86	20	0.6	0.2	2.6	0.6	0.0	1.3	0.1
Almond Espresso Macchiato Solo	40 ml	35	8	0.2	0.0	1.2	0.3	0.2	0.4	0.0
Almond Espresso Macchiato Doppio	80 ml	70	17	0.4	0.1	2.4	0.6	0.4	0.9	0.1
Coconut Espresso Macchiato Solo	40 ml	39	9	0.2	0.1	1.3	0.4	0.2	0.6	0.0
Coconut Espresso Macchiato Doppio	80 ml	78	18	0.4	0.2	2.6	0.7	0.4	1.1	0.1
Flat Black - Small	230 ml	53	12	0.0	0.0	1.8	0.0	0.0	1.2	0.0
Flat Black - Regular	430 ml	99	22	0.0	0.0	3.4	0.0	0.0	2.2	0.0
Skimmed Milk Flat Mocha - Small	233 ml	599	142	1.6	0.9	23.1	17.2	2.1	7.9	0.3
Skimmed Milk Flat Mocha - Regular	433 ml	1,113	264	3.0	1.7	42.9	32.0	3.9	14.7	0.6
Low Fat Milk Flat Mocha - Small	233 ml	676	161	3.5	2.1	23.3	17.5	2.1	7.7	0.3
Low Fat Milk Flat Mocha - Regular	433 ml	1,256	299	6.5	3.9	43.3	32.5	3.9	14.3	0.6
Full Fat Milk Flat Mocha - Small	233 ml	811	193	7.2	4.2	23.1	17.2	2.1	7.9	0.3
Full Fat Milk Flat Mocha - Regular	433 ml	1,507	359	13.4	7.8	42.9	32.0	3.9	14.7	0.6
Soy Flat Mocha - Small	233 ml	669	158	5.1	1.6	20.5	14.2	2.1	7.0	0.4
Soy Flat Mocha - Regular	433 ml	1,243	294	9.5	3.0	38.1	26.4	3.9	13.0	0.7
Almond Flat Mocha - Small	233 ml	529	126	3.5	0.9	19.1	13.3	2.6	3.0	0.3
Almond Flat Mocha - Regular	433 ml	983	234	6.5	1.7	35.5	24.7	4.8	5.6	0.5
Coconut Flat Mocha - Small	233 ml	594	142	4.0	2.1	20.5	14.7	2.3	4.9	0.3
Coconut Flat Mocha - Regular	433 ml	1,104	264	7.4	3.9	38.1	27.3	4.3	9.1	0.5
Skimmed Milk Flat White - Small	230 ml	324	76	0.0	0.0	11.3	9.4	0.0	6.9	0.2
Skimmed Milk Flat White - Regular	430 ml	606	142	0.0	0.0	21.1	17.6	0.0	12.9	0.4
Low Fat Milk Flat White - Small	230 ml	386	92	2.1	0.0	11.0	0.0	0.0	7.1	0.0
Low Fat Milk Flat White - Regular	430 ml	722	172	3.9	0.0	20.6	0.0	0.0	13.3	0.0
Full Fat Milk Flat White - Small	230 ml	554	133	6.4	3.7	11.3	9.4	0.0	6.9	0.2
Full Fat Milk Flat White - Regular	430 ml	1,036	249	12.0	6.9	21.1	17.6	0.0	12.9	0.4
Soy Flat White - Small	230 ml	400	97	4.1	0.9	8.5	6.0	0.0	6.0	0.3
Soy Flat White - Regular	430 ml	748	181	7.7	1.7	15.9	11.2	0.0	11.2	0.5
Almond Flat White - Small	230 ml	251	60	2.5	0.2	7.1	5.1	1.2	1.6	0.2
Almond Flat White - Regular	430 ml	469	112	4.7	0.4	13.3	9.5	2.2	3.0	0.3
Coconut Flat White - Small	230 ml	322	76	3.0	1.4	8.5	6.7	1.2	3.7	0.2
Coconut Flat White - Regular	430 ml	602	142	5.6	2.6	15.9	12.5	2.2	6.9	0.3
Skimmed Milk Hot Chocolate - Small	273 ml	721	169	1.9	1.1	27.3	22.7	2.2	9.6	0.4
Skimmed Milk Hot Chocolate - Regular	433 ml	1,143	268	3.0	1.7	43.3	35.9	3.5	15.2	0.6
Skimmed Milk Hot Chocolate - Large	583 ml	1,539	361	4.1	2.3	58.3	48.4	4.7	20.4	0.8
Low Fat Milk Hot Chocolate - Small	273 ml	824	197	4.6	2.7	27.3	22.9	2.2	9.6	0.4
Low Fat Milk Hot Chocolate - Regular	433 ml	1,308	312	7.4	4.3	43.3	36.4	3.5	15.2	0.6
Low Fat Milk Hot Chocolate - Large	583 ml	1,761	420	9.9	5.8	58.3	49.0	4.7	20.4	0.8
Full Fat Milk Hot Chocolate - Small	273 ml	1,007	240	9.6	5.5	27.3	22.7	2.2	9.6	0.4
Full Fat Milk Hot Chocolate - Regular	433 ml	1,598	381	15.2	8.7	43.3	35.9	3.5	15.2	0.6
Full Fat Milk Hot Chocolate - Large	583 ml	2,151	513	20.4	11.7	58.3	48.4	4.7	20.4	0.8
Soy Hot Chocolate - Small	273 ml	816	194	6.6	1.9	24.3	18.6	2.2	8.2	0.5
Soy Hot Chocolate - Regular	433 ml	1,295	307	10.4	3.0	38.5	29.4	3.5	13.0	0.7
Soy Hot Chocolate - Large	583 ml	1,743	414	14.0	4.1	51.9	39.6	4.7	17.5	1.0
Almond Hot Chocolate - Small	273 ml	628	150	4.6	1.1	22.4	17.2	3.0	3.0	0.4
Almond Hot Chocolate - Regular	433 ml	996	238	7.4	1.7	35.5	27.3	4.8	4.8	0.6
Almond Hot Chocolate - Large	583 ml	1,341	321	9.9	2.3	47.8	36.7	6.4	6.4	0.8

Costa Coffee Drinks Nutritionals Summary										
Drink Name	Serving Size	KJ	kcal	Fat g	Sat Fat g	Carb g	Sug g	Fib g	Prot g	Salt g
Coconut Hot Chocolate - Small	273 ml	715	169	5.2	2.7	24.3	19.4	2.7	5.5	0.4
Coconut Hot Chocolate - Regular	433 ml	1,134	268	8.2	4.3	38.5	30.7	4.3	8.7	0.6
Coconut Hot Chocolate - Large	583 ml	1,527	361	11.1	5.8	51.9	41.4	5.8	11.7	0.8
Skimmed Milk Karak Chai	236 ml	930	219	3.8	1.2	35.4	26.0	0.0	10.6	0.1
Low Fat Milk Karak Chai	236 ml	930	219	3.8	1.2	35.4	26.0	0.0	10.6	0.1
Full Fat Milk Karak Chai	236 ml	1,090	260	8.3	1.2	35.4	26.0	0.0	10.6	0.1
Soy Karak Chai	236 ml	944	224	5.9	1.9	33.0	30.7	0.0	9.4	0.4
Almond Karak Chai	236 ml	793	189	4.2	1.4	30.7	30.7	1.2	5.2	0.3
Coconut Karak Chai	236 ml	866	205	4.5	2.6	33.0	30.7	1.2	7.3	0.3
Skimmed Milk Latte Caldo	430 ml	576	138	0.0	0.0	19.8	19.8	0.0	13.8	0.4
Low Fat Milk Latte Caldo	430 ml	770	181	5.2	3.0	20.6	20.6	0.0	13.3	0.4
Full Fat Milk Latte Caldo	430 ml	1,079	258	13.8	7.7	20.2	20.2	0.0	13.3	0.4
Soy Latte Caldo	430 ml	753	181	8.6	1.7	14.2	12.9	0.0	11.2	0.6
Almond Latte Caldo	430 ml	430	103	5.2	0.4	11.2	10.8	2.2	2.2	0.3
Coconut Latte Caldo	430 ml	581	138	6.0	3.0	14.2	14.2	2.2	6.5	0.3
Light Coffee - Small	230 ml	299	71	0.0	0.0	10.4	9.4	0.0	6.7	0.2
Light Coffee - Regular	430 ml	559	133	0.0	0.0	19.4	17.6	0.0	12.5	0.4
Light Coffee - Large	580 ml	754	180	0.0	0.0	26.1	23.8	0.0	16.8	0.6
Skimmed Milk Magic Coffee	140 ml	192	45	0.0	0.1	6.7	4.8	0.0	3.9	0.1
Low Fat Milk Magic Coffee	140 ml	234	56	1.4	0.8	6.9	4.8	0.0	3.9	0.1
Full Fat Milk Magic Coffee	140 ml	307	73	3.4	1.8	6.7	4.8	0.0	3.9	0.1
Soy Magic Coffee	140 ml	231	55	2.1	0.4	5.3	3.1	0.7	3.4	0.2
Almond Magic Coffee	140 ml	108	25	1.3	0.1	2.0	0.0	0.7	1.3	0.2
Coconut Magic Coffee	140 ml	190	45	1.5	0.8	5.3	3.4	0.7	2.2	0.1
Skimmed Milk Mocha Corto	133 ml	366	86	0.9	0.5	14.6	10.9	1.3	4.7	0.2
Low Fat Milk Mocha Corto	133 ml	412	97	2.3	1.3	14.6	11.0	1.3	4.5	0.2
Full Fat Milk Mocha Corto	133 ml	492	117	4.4	2.5	14.6	10.9	1.3	4.7	0.2
Soy Mocha Corto	133 ml	407	97	3.1	0.9	12.5	9.0	1.3	4.0	0.2
Almond Mocha Corto	133 ml	270	64	2.1	0.7	8.9	5.7	1.7	1.6	0.2
Coconut Mocha Corto	133 ml	363	86	2.4	1.3	12.5	9.3	1.5	2.8	0.2
Skimmed Milk Classic Spanish Latte - Small	270 ml	905	213	3.8	2.4	35.1	35.1	0.0	10.0	0.3
Skimmed Milk Classic Spanish Latte - Regular	430 ml	1,441	340	6.0	3.9	55.9	55.9	0.0	15.9	0.5
Skimmed Milk Classic Spanish Latte - Large	580 ml	1,943	458	8.1	5.2	75.4	75.4	0.0	21.5	0.7
Low Fat Milk Classic Spanish Latte - Small	270 ml	986	235	5.9	3.8	35.1	35.1	0.0	9.7	0.3
Low Fat Milk Classic Spanish Latte - Regular	430 ml	1,570	374	9.5	6.0	55.9	55.9	0.0	15.5	0.5
Low Fat Milk Classic Spanish Latte - Large	580 ml	2,117	505	12.8	8.1	75.4	75.4	0.0	20.9	0.7
Full Fat Milk Classic Spanish Latte - Small	270 ml	1,126	267	10.0	5.7	35.1	35.1	0.0	10.0	0.3
Full Fat Milk Classic Spanish Latte - Regular	430 ml	1,793	426	15.9	9.0	55.9	55.9	0.0	15.9	0.5
Full Fat Milk Classic Spanish Latte - Large	580 ml	2,419	574	21.5	12.2	75.4	75.4	0.0	21.5	0.7
Soy Classic Spanish Latte - Small	270 ml	977	232	7.6	3.0	32.4	29.7	0.0	8.9	0.4
Soy Classic Spanish Latte - Regular	430 ml	1,557	370	12.0	4.7	51.6	47.3	0.0	14.2	0.6
Soy Classic Spanish Latte - Large	580 ml	2,100	499	16.2	6.4	69.6	63.8	0.0	19.1	0.8
Almond Classic Spanish Latte - Small	270 ml	740	176	5.9	2.4	25.7	24.8	1.4	4.9	0.4
Almond Classic Spanish Latte - Regular	430 ml	1,178	280	9.5	3.9	40.9	39.6	2.2	7.7	0.6
Almond Classic Spanish Latte - Large	580 ml	1,589	377	12.8	5.2	55.1	53.4	2.9	10.4	0.8
Coconut Classic Spanish Latte - Small	270 ml	899	213	6.5	3.8	32.4	32.4	0.0	6.8	0.3
Coconut Classic Spanish Latte - Regular	430 ml	1,432	340	10.3	6.0	51.6	51.6	0.0	10.8	0.5
Coconut Classic Spanish Latte - Large	580 ml	1,931	458	13.9	8.1	69.6	69.6	0.0	14.5	0.6
Skimmed Milk Mocha Chocolate Milk	302 ml	749	178	1.8	1.2	28.7	23.9	2.1	10.3	0.4
Low Fat Milk Mocha Chocolate Milk	302 ml	867	205	4.8	3.0	29.0	24.2	2.1	10.3	0.4
Full Fat Milk Mocha Chocolate Milk	302 ml	1,069	257	10.6	6.0	28.7	23.9	2.1	10.3	0.4
Soy Mocha Chocolate Milk	302 ml	855	202	7.2	2.1	24.8	19.0	2.1	9.1	0.5
Almond Mocha Chocolate Milk	302 ml	507	121	4.5	1.2	15.4	10.6	3.3	2.7	0.5
Coconut Mocha Chocolate Milk	302 ml	746	178	5.4	3.0	24.8	19.9	2.7	5.7	0.4
Caramel Macchiato Full Fat Milk - Small	285 ml	935	222	7.1	4.3	31.4	28.5	0.0	7.4	0.3
Caramel Macchiato Low Fat Milk - Small	285 ml	789	185	3.1	2.0	31.4	28.5	0.0	7.4	0.3
Caramel Macchiato Skimmed Milk - Small	285 ml	704	165	1.4	0.6	31.4	28.5	0.0	7.4	0.3
Caramel Macchiato Soy Milk - Small	285 ml	781	185	4.8	1.4	28.5	25.1	0.0	6.6	0.3
Caramel Macchiato Almond Milk - Small	285 ml	530	125	3.1	0.9	22.2	19.1	1.4	2.0	0.4
Caramel Macchiato Oat Milk - Small	285 ml	941	222	7.1	1.4	37.1	26.8	0.0	2.0	0.3
Caramel Macchiato Coconut Milk - Small	285 ml	701	165	3.7	2.0	28.5	25.7	0.0	4.3	0.3
Caramel Macchiato Full Fat Milk - Regular	430 ml	1,346	318	11.6	0.4	41.7	23.2	0.0	12.0	0.1
Caramel Macchiato Low Fat Milk - Regular	430 ml	1,071	254	4.3	0.4	41.7	23.2	0.0	12.0	0.1
Caramel Macchiato Skimmed Milk - Regular	430 ml	959	228	0.0	0.4	42.1	23.2	0.0	12.0	0.1
Caramel Macchiato Soy Milk - Regular	430 ml	1,097	262	7.7	1.7	37.4	33.5	0.0	10.3	0.5
Caramel Macchiato Almond Milk - Regular	430 ml	671	159	4.7	0.9	26.2	23.2	2.2	2.6	0.6
Caramel Macchiato Oat Milk - Regular	430 ml	1,367	327	11.2	1.7	51.6	36.1	0.0	2.2	0.4
Caramel Macchiato Coconut Milk - Regular	430 ml	963	228	5.6	3.0	37.4	34.4	0.0	6.5	0.4
Caramel Macchiato Full Fat Milk - Large	455 ml	1,433	341	11.8	0.5	45.5	27.8	0.0	12.3	0.1
Caramel Macchiato Low Fat Milk - Large	455 ml	1,160	273	4.1	0.5	45.5	27.8	0.0	12.3	0.1
Caramel Macchiato Skimmed Milk - Large	455 ml	1,047	246	0.0	0.5	45.5	27.8	0.0	12.3	0.1
Caramel Macchiato Soy Milk - Large	455 ml	1,183	282	7.7	1.8	42.3	37.8	0.0	10.5	0.5
Caramel Macchiato Almond Milk - Large	455 ml	760	182	4.6	0.9	31.4	27.8	2.3	2.7	0.6
Caramel Macchiato Oat Milk - Large	455 ml	1,456	346	11.4	1.8	59.2	40.5	0.0	2.7	0.5
Caramel Macchiato Coconut Milk - Large	455 ml	1,051	250	5.5	2.7	42.3	38.7	0.0	6.8	0.5
Full Fat Milk Matcha Latte Small	224 ml	954	227	9.9	6.3	27.0	24.0	0.0	8.1	0.4
Full Fat Milk Matcha Latte Regular	376 ml	1,532	365	16.0	10.0	42.0	37.0	0.0	13.0	0.7

Costa Coffee Drinks Nutritionals Summary										
Drink Name	Serving Size	KJ	kcal	Fat g	Sat Fat g	Carb g	Sug g	Fib g	Prot g	Salt g
Full Fat Milk Matcha Latte Large	376 ml	1,532	365	16.0	10.0	42.0	37.0	0.0	13.0	0.7
Low Fat Milk Matcha Latte Small	224 ml	813	193	5.9	4.1	27.0	24.0	0.0	8.3	0.4
Low Fat Milk Matcha Latte Regular	376 ml	1,292	307	9.3	6.4	42.0	38.0	0.0	14.0	0.7
Low Fat Milk Matcha Latte Large	376 ml	1,292	307	9.3	6.4	42.0	38.0	0.0	14.0	0.7
Skimmed Milk Matcha Latte Small	224 ml	735	174	3.7	2.7	27.0	24.0	0.0	8.3	0.4
Skimmed Milk Matcha Latte Regular	376 ml	1,159	274	5.5	4.1	42.0	38.0	0.0	14.0	0.7
Skimmed Milk Matcha Latte Large	376 ml	1,159	274	5.5	4.1	42.0	38.0	0.0	14.0	0.7
Soy Milk Matcha Latte Small	224 ml	806	192	7.3	3.3	23.0	19.0	1.2	8.5	0.4
Soy Milk Matcha Latte Regular	376 ml	1,280	305	12.0	5.1	35.0	30.0	2.0	14.0	0.7
Soy Milk Matcha Latte Large	376 ml	1,280	305	12.0	5.1	35.0	30.0	2.0	14.0	0.7
Almond Milk Matcha Latte Small	224 ml	557	133	5.7	2.9	17.0	14.0	0.8	2.9	0.5
Almond Milk Matcha Latte Regular	376 ml	857	204	8.9	4.4	26.0	21.0	1.4	4.5	0.8
Almond Milk Matcha Latte Large	376 ml	857	204	8.9	4.4	26.0	21.0	1.4	4.5	0.8
Oat Milk Matcha Latte Small	224 ml	960	229	9.7	3.5	33.0	22.0	0.0	2.5	0.4
Oat Milk Matcha Latte Regular	376 ml	1,542	368	16.0	5.4	53.0	34.0	0.0	3.8	0.7
Oat Milk Matcha Latte Large	376 ml	1,542	368	16.0	5.4	53.0	34.0	0.0	3.8	0.7
Coconut Milk Matcha Latte Small	224 ml	722	172	6.3	4.1	24.0	21.0	0.5	4.9	0.4
Coconut Milk Matcha Latte Regular	376 ml	1,137	271	9.9	6.4	37.0	33.0	0.7	7.9	0.6
Coconut Milk Matcha Latte Large	376 ml	1,137	271	9.9	6.4	37.0	33.0	0.7	7.9	0.6
Full Fat Milk Spanish Flat White Small	305 ml	1,027	245	9.3	5.3	30.0	20.0	0.5	9.6	0.3
Full Fat Milk Spanish Flat White Regular	435 ml	1,572	374	14.0	7.9	48.0	33.0	0.5	14.0	0.5
Low Fat Milk Spanish Flat White Small	305 ml	851	202	4.3	2.6	31.0	20.0	0.5	9.8	0.3
Low Fat Milk Spanish Flat White Regular	435 ml	1,325	314	6.8	4.0	49.0	33.0	0.5	14.0	0.5
Skimmed Milk Spanish Flat White Small	305 ml	753	178	1.6	0.8	31.0	21.0	0.5	9.8	0.3
Skimmed Milk Spanish Flat White Regular	435 ml	1,188	280	2.9	1.6	49.0	34.0	0.5	14.0	0.5
Soy Milk Spanish Flat White Small	305 ml	843	200	6.1	1.6	25.0	15.0	1.8	10.0	0.3
Soy Milk Spanish Flat White Regular	435 ml	1,313	312	9.2	2.6	41.0	25.0	2.5	15.0	0.5
Almond Milk Spanish Flat White Small	305 ml	531	126	4.1	1.1	19.0	8.3	1.3	3.1	0.4
Almond Milk Spanish Flat White Regular	435 ml	877	208	6.4	1.9	32.0	17.0	1.8	5.0	0.6
Oat Milk Spanish Flat White Small	305 ml	1,035	246	9.1	1.8	38.0	18.0	0.5	2.6	0.3
Oat Milk Spanish Flat White Regular	435 ml	1,583	376	13.0	3.0	59.0	30.0	0.5	4.3	0.5
Coconut Milk Spanish Flat White Small	305 ml	737	175	4.8	2.6	27.0	17.0	0.8	5.6	0.3
Coconut Milk Spanish Flat White Regular	435 ml	2,266	277	7.5	4.0	43.0	28.0	1.1	8.5	0.4
Full Fat Milk Hazelnut Vanilla Latte Small	293 ml	946	225	7.9	4.5	30.0	21.0	0.0	7.9	0.3
Full Fat Milk Hazelnut Vanilla Latte Regular	453 ml	1,298	309	12.0	6.8	37.0	27.0	0.5	12.0	0.4
Full Fat Milk Hazelnut Vanilla Latte Large	615 ml	1,819	433	16.0	9.2	54.0	38.0	0.6	17.0	0.6
Low Fat Milk Hazelnut Vanilla Latte Small	293 ml	777	184	3.1	1.8	31.0	21.0	0.0	8.2	0.3
Low Fat Milk Hazelnut Vanilla Latte Regular	453 ml	1,037	245	4.7	2.8	38.0	27.0	0.5	13.0	0.4
Low Fat Milk Hazelnut Vanilla Latte Large	615 ml	1,466	347	6.4	3.7	55.0	39.0	0.6	17.0	0.6
Skimmed Milk Hazelnut Vanilla Latte Small	293 ml	683	161	0.5	0.1	31.0	21.0	0.0	8.2	0.3
Skimmed Milk Hazelnut Vanilla Latte Regular	453 ml	892	210	0.6	0.2	38.0	28.0	0.5	13.0	0.4
Skimmed Milk Hazelnut Vanilla Latte Large	615 ml	1,271	299	0.9	0.2	55.0	39.0	0.6	17.0	0.6
Soy Milk Hazelnut Vanilla Latte Small	293 ml	769	182	4.8	0.9	26.0	16.0	1.6	8.4	0.3
Soy Milk Hazelnut Vanilla Latte Regular	453 ml	1,024	243	7.3	1.3	30.0	19.0	2.5	13.0	0.4
Soy Milk Hazelnut Vanilla Latte Large	615 ml	1,449	344	9.9	1.7	44.0	27.0	3.6	18.0	0.6
Almond Milk Hazelnut Vanilla Latte Small	293 ml	469	111	2.9	0.4	19.0	9.5	1.2	1.7	0.3
Almond Milk Hazelnut Vanilla Latte Regular	453 ml	563	134	4.3	0.5	20.0	9.6	1.8	2.7	0.5
Almond Milk Hazelnut Vanilla Latte Large	615 ml	826	196	5.9	0.7	31.0	15.0	2.6	3.8	0.7
Oat Milk Hazelnut Vanilla Latte Small	293 ml	953	227	7.7	1.1	38.0	19.0	0.0	1.2	0.3
Oat Milk Hazelnut Vanilla Latte Regular	453 ml	1,309	312	12.0	1.6	49.0	24.0	0.5	2.0	0.4
Oat Milk Hazelnut Vanilla Latte Large	615 ml	1,834	436	16.0	2.2	70.0	34.0	0.6	2.8	0.6
Coconut Milk Hazelnut Vanilla Latte Small	293 ml	668	158	3.6	1.8	27.0	17.0	0.7	4.1	0.2
Coconut Milk Hazelnut Vanilla Latte Regular	453 ml	869	206	5.5	2.8	32.0	22.0	1.0	6.4	0.3
Coconut Milk Hazelnut Vanilla Latte Large	615 ml	1,239	294	7.4	3.7	47.0	31.0	1.6	8.8	0.5
Full Fat Milk Salted Caramel Cappuccino Small	253 ml	808	192	5.8	3.2	28.0	18.0	0.5	6.3	0.3
Full Fat Milk Salted Caramel Cappuccino Regular	453 ml	1,277	304	12.0	6.5	38.0	26.0	0.5	12.0	0.5
Full Fat Milk Salted Caramel Cappuccino Large	613 ml	1,746	415	15.0	8.5	53.0	35.0	0.9	16.0	0.7
Low Fat Milk Salted Caramel Cappuccino Small	253 ml	688	163	2.4	1.4	29.0	18.0	0.5	6.5	0.3
Low Fat Milk Salted Caramel Cappuccino Regular	453 ml	1,030	244	4.6	2.7	38.0	26.0	0.5	12.0	0.5
Low Fat Milk Salted Caramel Cappuccino Large	613 ml	1,421	336	6.0	3.5	53.0	36.0	0.9	17.0	0.7
Skimmed Milk Salted Caramel Cappuccino Small	253 ml	622	147	0.5	0.2	29.0	18.0	0.5	6.5	0.3
Skimmed Milk Salted Caramel Cappuccino Regular	453 ml	894	211	0.7	0.2	38.0	27.0	0.5	12.0	0.5
Skimmed Milk Salted Caramel Cappuccino Large	613 ml	1,241	292	0.9	0.2	54.0	36.0	0.9	17.0	0.7
Soy Milk Salted Caramel Cappuccino Small	253 ml	683	162	3.6	0.7	25.0	14.0	1.5	6.6	0.3
Soy Milk Salted Caramel Cappuccino Regular	453 ml	1,019	242	7.0	1.3	31.0	18.0	2.6	13.0	0.5
Soy Milk Salted Caramel Cappuccino Large	613 ml	1,406	334	9.2	1.6	44.0	25.0	3.7	17.0	0.7
Almond Milk Salted Caramel Cappuccino Small	253 ml	471	112	2.2	0.4	20.0	9.5	1.2	1.9	0.4
Almond Milk Salted Caramel Cappuccino Regular	453 ml	582	138	4.2	0.6	21.0	9.6	1.9	3.0	0.6
Almond Milk Salted Caramel Cappuccino Large	613 ml	832	198	5.5	0.7	31.0	14.0	2.7	4.3	0.9
Oat Milk Salted Caramel Cappuccino Small	253 ml	814	193	5.6	0.9	34.0	16.0	0.5	1.5	0.3
Oat Milk Salted Caramel Cappuccino Regular	453 ml	1,288	306	11.0	1.6	49.0	23.0	0.5	2.3	0.5
Oat Milk Salted Caramel Cappuccino Large	613 ml	1,760	419	15.0	2.1	68.0	31.0	0.9	3.4	0.7
Coconut Milk Salted Caramel Cappuccino Small	253 ml	611	145	2.7	1.4	26.0	15.0	0.8	3.6	0.3
Coconut Milk Salted Caramel Cappuccino Regular	453 ml	871	207	5.3	2.7	33.0	21.0	1.2	6.5	0.5
Coconut Milk Salted Caramel Cappuccino Large	613 ml	1,212	287	6.9	3.5	47.0	29.0	1.8	8.9	0.6

Costa Coffee Drinks Nutritionals Summary										
Drink Name	Serving Size	KJ	kcal	Fat g	Sat Fat g	Carb g	Sug g	Fib g	Prot g	Salt g
Cold / Iced Drinks										
Classic Lemonade - Small	201 ml	336	78	0.0	0.0	18.7	18.5	0.0	0.0	0.0
Classic Lemonade - Regular	276 ml	527	124	0.0	0.0	30.4	30.4	0.0	0.0	0.0
Classic Lemonade - Large	371 ml	720	171	0.0	0.0	40.8	40.8	0.0	0.0	0.0
Cold Foam Cold Brew - Small	414 ml	327	79	0.0	0.0	14.5	14.1	0.0	4.1	0.2
Cold Foam Cold Brew - Regular	484 ml	382	92	0.0	0.0	16.9	16.5	0.0	4.8	0.2
Skimmed Milk Cold Foam Iced Cappuccino - Small	427 ml	406	94	0.0	0.0	16.2	13.7	0.0	6.4	0.2
Skimmed Milk Cold Foam Iced Cappuccino - Regular	579 ml	550	127	0.0	0.0	22.0	18.5	0.0	8.7	0.3
Skimmed Milk Cold Foam Iced Cappuccino - Large	609 ml	579	134	0.0	0.0	23.1	19.5	0.0	9.1	0.3
Low Fat Milk Cold Foam Iced Cappuccino - Small	427 ml	427	102	0.0	0.4	16.2	13.7	0.0	6.4	0.2
Low Fat Milk Cold Foam Iced Cappuccino - Regular	579 ml	579	139	0.0	0.6	22.0	18.5	0.0	8.7	0.3
Low Fat Milk Cold Foam Iced Cappuccino - Large	609 ml	609	146	0.0	0.6	23.1	19.5	0.0	9.1	0.3
Full Fat Milk Cold Foam Iced Cappuccino - Small	427 ml	461	111	2.1	1.3	16.2	13.7	0.0	6.4	0.2
Full Fat Milk Cold Foam Iced Cappuccino - Regular	579 ml	625	151	2.9	1.7	22.0	18.5	0.0	8.7	0.3
Full Fat Milk Cold Foam Iced Cappuccino - Large	609 ml	658	158	3.0	1.8	23.1	19.5	0.0	9.1	0.3
Skimmed Milk Cold Foam Iced Flat White - Small	486 ml	510	122	0.0	0.0	19.4	17.5	0.0	9.7	0.3
Skimmed Milk Cold Foam Iced Flat White - Regular	591 ml	621	148	0.0	0.0	23.6	21.3	0.0	11.8	0.4
Low Fat Milk Cold Foam Iced Flat White - Small	486 ml	583	136	2.4	1.5	19.9	18.0	0.0	9.7	0.3
Low Fat Milk Cold Foam Iced Flat White - Regular	591 ml	709	165	3.0	1.8	24.2	21.9	0.0	11.8	0.4
Full Fat Milk Cold Foam Iced Flat White - Small	486 ml	700	165	5.3	2.9	19.4	17.5	0.0	9.7	0.3
Full Fat Milk Cold Foam Iced Flat White - Regular	591 ml	851	201	6.5	3.5	23.6	21.3	0.0	11.8	0.4
Skimmed Milk Iced Latte - Small	303 ml	303	70	0.0	0.0	12.1	11.2	0.0	5.2	0.2
Skimmed Milk Iced Latte - Regular	418 ml	418	96	0.0	0.0	16.7	15.5	0.0	7.1	0.3
Skimmed Milk Iced Latte - Large	562 ml	562	129	0.0	0.0	22.5	20.8	0.0	9.6	0.3
Low Fat Milk Iced Latte - Small	303 ml	364	85	1.8	1.2	12.4	11.5	0.0	5.2	0.2
Low Fat Milk Iced Latte - Regular	418 ml	502	117	2.5	1.7	17.1	15.9	0.0	7.1	0.3
Low Fat Milk Iced Latte - Large	562 ml	674	157	3.4	2.2	23.0	21.4	0.0	9.6	0.3
Full Fat Milk Iced Latte - Small	303 ml	473	112	4.8	2.7	12.1	11.2	0.0	5.2	0.2
Full Fat Milk Iced Latte - Regular	418 ml	652	155	6.7	3.8	16.7	15.5	0.0	7.1	0.3
Full Fat Milk Iced Latte - Large	562 ml	877	208	9.0	5.1	22.5	20.8	0.0	9.6	0.3
Soy Iced Latte - Small	303 ml	358	85	3.0	0.6	10.0	8.8	0.0	4.2	0.2
Soy Iced Latte - Regular	418 ml	493	117	4.2	0.8	13.8	12.1	0.0	5.9	0.3
Soy Iced Latte - Large	562 ml	663	157	5.6	1.1	18.5	16.3	0.0	7.9	0.4
Almond Iced Latte - Small	303 ml	176	42	1.8	0.0	5.2	4.2	0.0	1.5	0.2
Almond Iced Latte - Regular	418 ml	242	59	2.5	0.0	7.1	5.9	0.0	2.1	0.3
Almond Iced Latte - Large	562 ml	326	79	3.4	0.0	9.6	7.9	0.0	2.8	0.4
Coconut Iced Latte - Small	303 ml	300	70	2.1	1.2	10.0	9.1	0.0	2.7	0.2
Coconut Iced Latte - Regular	418 ml	414	96	2.9	1.7	13.8	12.5	0.0	3.8	0.2
Coconut Iced Latte - Large	562 ml	556	129	3.9	2.2	18.5	16.9	0.0	5.1	0.3
Iced Americano - Small	333 ml	123	30	0.0	0.0	6.0	4.3	0.0	0.0	0.0
Iced Americano - Regular	438 ml	223	53	0.0	0.0	11.4	8.3	0.0	2.2	0.0
Iced Americano - Large	602 ml	331	78	0.0	0.0	16.9	12.6	0.0	3.0	0.1
Iced Classic Corto Black	141 ml	175	41	0.7	0.0	7.9	4.2	0.7	1.6	0.1
Iced Skimmed Milk Classic Corto	126 ml	164	39	0.0	0.0	7.3	4.2	0.0	2.0	0.0
Iced Low Fat Milk Classic Corto	126 ml	186	44	0.8	0.4	7.4	6.8	0.0	2.0	0.1
Iced Full Fat Milk Classic Corto	126 ml	227	54	1.8	1.0	7.3	6.8	0.0	2.0	0.1
Iced Soy Classic Corto	126 ml	184	44	1.1	0.3	6.6	5.8	0.0	1.6	0.1
Iced Almond Classic Corto	126 ml	117	28	0.6	0.0	4.8	4.2	0.6	0.6	0.1
Iced Coconut Classic Corto	126 ml	163	39	0.9	0.4	6.6	6.0	0.0	1.1	0.1
Iced Skimmed Milk Caramel Corto	126 ml	223	53	0.0	0.0	11.0	2.4	0.0	1.8	0.1
Iced Low Fat Milk Caramel Corto	126 ml	239	57	0.6	0.0	11.0	0.0	0.0	1.8	0.0
Iced Full Fat Milk Caramel Corto	126 ml	276	66	1.5	0.0	11.0	0.0	0.0	1.8	0.0
Iced Soy Caramel Corto	126 ml	242	57	1.0	0.3	10.3	1.5	0.0	1.5	0.1
Iced Almond Caramel Corto	126 ml	180	43	0.6	0.0	8.7	0.0	0.6	0.6	0.1
Iced Coconut Caramel Corto	126 ml	222	53	0.8	0.4	10.3	1.6	0.0	1.0	0.1
Iced Skimmed Milk Mocha Corto	126 ml	294	69	0.9	0.5	12.6	9.1	0.6	2.0	0.0
Iced Low Fat Milk Mocha Corto	126 ml	309	73	1.4	0.5	12.6	9.1	0.6	2.0	0.0
Iced Full Fat Milk Mocha Corto	126 ml	343	82	2.3	0.5	12.6	9.1	0.6	2.0	0.0
Iced Soy Mocha Corto	126 ml	311	74	1.8	0.8	12.3	10.3	0.6	1.8	0.1
Iced Almond Mocha Corto	126 ml	256	60	1.4	0.6	10.8	9.1	0.9	0.9	0.1
Iced Coconut Mocha Corto	126 ml	294	69	1.5	0.9	12.3	10.5	0.8	1.3	0.1
Skimmed Milk Iced Caramel Macchiato - Small	505 ml	798	187	0.0	0.0	35.4	7.1	0.0	9.6	0.1
Skimmed Milk Iced Caramel Macchiato - Regular	579 ml	955	226	0.0	0.0	42.3	6.9	0.0	11.6	0.1
Skimmed Milk Iced Caramel Macchiato - Large	701 ml	1,164	273	0.0	0.0	51.2	7.0	0.0	14.7	0.1
Low Fat Milk Iced Caramel Macchiato - Small	505 ml	848	202	2.5	0.0	35.4	7.1	0.0	9.6	0.1
Low Fat Milk Iced Caramel Macchiato - Regular	579 ml	1,025	243	2.9	0.0	42.3	6.9	0.0	11.6	0.1
Low Fat Milk Iced Caramel Macchiato - Large	701 ml	1,262	301	3.5	0.0	51.2	7.0	0.0	14.7	0.1
Full Fat Milk Iced Caramel Macchiato - Small	505 ml	960	227	5.1	0.0	35.4	7.1	0.0	9.6	0.1
Full Fat Milk Iced Caramel Macchiato - Regular	579 ml	1,181	278	6.9	0.0	42.3	6.9	0.0	11.6	0.1
Full Fat Milk Iced Caramel Macchiato - Large	701 ml	1,486	351	9.8	0.0	51.2	7.0	0.0	14.7	0.1
Skimmed Milk Iced Chocolate Macchiato - Small	517 ml	1,029	243	2.6	1.6	42.9	17.6	2.6	11.4	0.2
Skimmed Milk Iced Chocolate Macchiato - Regular	591 ml	1,176	278	3.0	1.8	49.1	20.1	3.0	13.0	0.2
Skimmed Milk Iced Chocolate Macchiato - Large	708 ml	1,409	333	3.5	2.1	58.8	24.1	3.5	15.6	0.3
Low Fat Milk Iced Chocolate Macchiato - Small	517 ml	1,081	253	3.6	1.6	42.9	17.6	2.6	11.4	0.2
Low Fat Milk Iced Chocolate Macchiato - Regular	591 ml	1,235	290	4.1	1.8	49.1	20.1	3.0	13.0	0.2
Low Fat Milk Iced Chocolate Macchiato - Large	708 ml	1,480	347	5.0	2.1	58.8	24.1	3.5	15.6	0.3

Costa Coffee Drinks Nutritionals Summary										
Drink Name	Serving Size	KJ	kcal	Fat g	Sat Fat g	Carb g	Sug g	Fib g	Prot g	Salt g
Full Fat Milk Iced Chocolate Macchiato - Small	517 ml	1,189	284	6.7	1.6	42.9	17.6	2.6	11.4	0.2
Full Fat Milk Iced Chocolate Macchiato - Regular	591 ml	1,359	325	7.7	1.8	49.1	20.1	3.0	13.0	0.2
Full Fat Milk Iced Chocolate Macchiato - Large	708 ml	1,628	389	9.2	2.1	58.8	24.1	3.5	15.6	0.3
Skimmed Milk Iced Spanish Latte - Small	343 ml	847	199	3.8	2.4	32.9	20.2	0.0	8.6	0.1
Skimmed Milk Iced Spanish Latte - Regular	483 ml	1,372	324	6.3	4.3	53.1	33.8	0.0	13.0	0.2
Skimmed Milk Iced Spanish Latte - Large	652 ml	1,923	456	9.1	5.9	78.2	47.6	0.0	18.3	0.3
Low Fat Milk Iced Spanish Latte - Small	343 ml	895	213	5.1	2.4	32.9	20.2	0.0	8.6	0.1
Low Fat Milk Iced Spanish Latte - Regular	483 ml	1,439	343	8.2	4.3	53.1	33.8	0.0	13.0	0.2
Low Fat Milk Iced Spanish Latte - Large	652 ml	2,021	482	11.7	5.9	78.2	47.6	0.0	18.3	0.3
Full Fat Milk Iced Spanish Latte - Small	343 ml	1,005	240	8.2	2.4	32.9	20.2	0.0	8.6	0.1
Full Fat Milk Iced Spanish Latte - Regular	483 ml	1,599	382	12.6	4.3	53.1	33.8	0.0	13.0	0.2
Full Fat Milk Iced Spanish Latte - Large	652 ml	2,249	535	17.6	5.9	78.2	47.6	0.0	18.3	0.3
Soy Iced Spanish Latte - Small	343 ml	902	213	6.5	3.1	30.9	24.7	0.0	7.5	0.3
Soy Iced Spanish Latte - Regular	483 ml	1,454	343	10.1	4.8	53.1	40.1	0.0	12.1	0.5
Soy Iced Spanish Latte - Large	652 ml	2,041	482	14.3	7.2	71.7	56.1	0.0	17.0	0.7
Almond Iced Spanish Latte - Small	343 ml	720	172	5.1	2.7	26.1	20.2	1.7	4.5	0.3
Almond Iced Spanish Latte - Regular	483 ml	1,193	285	8.2	4.3	44.0	33.8	2.4	7.7	0.5
Almond Iced Spanish Latte - Large	652 ml	1,676	398	11.7	5.9	61.3	47.6	3.3	10.4	0.7
Coconut Iced Spanish Latte - Small	343 ml	844	199	5.8	3.4	30.9	25.4	0.0	6.2	0.2
Coconut Iced Spanish Latte - Regular	483 ml	1,367	324	9.2	5.8	53.1	40.6	0.0	9.7	0.4
Coconut Iced Spanish Latte - Large	652 ml	1,923	456	13.0	7.8	71.7	57.4	0.0	13.7	0.5
Skimmed Milk Iced Chocolate - Small	382 ml	607	145	1.9	1.1	26.4	24.1	1.9	5.0	0.1
Skimmed Milk Iced Chocolate - Regular	512 ml	814	195	2.6	1.5	35.3	32.3	2.6	6.7	0.2
Skimmed Milk Iced Chocolate - Large	708 ml	1,126	269	3.5	2.1	48.9	44.6	3.5	9.2	0.2
Low Fat Milk Iced Chocolate - Small	382 ml	661	157	3.1	1.9	26.7	24.1	1.9	5.0	0.1
Low Fat Milk Iced Chocolate - Regular	512 ml	886	210	4.1	2.6	35.8	32.3	2.6	6.7	0.2
Low Fat Milk Iced Chocolate - Large	708 ml	1,225	290	5.7	3.5	49.6	44.6	3.5	9.2	0.2
Full Fat Milk Iced Chocolate - Small	382 ml	756	180	5.7	3.4	26.4	24.1	1.9	5.0	0.1
Full Fat Milk Iced Chocolate - Regular	512 ml	1,014	241	7.7	4.6	35.3	32.3	2.6	6.7	0.2
Full Fat Milk Iced Chocolate - Large	708 ml	1,402	333	10.6	6.4	48.9	44.6	3.5	9.2	0.2
Soy Iced Chocolate - Small	382 ml	657	157	4.2	1.5	24.8	21.8	1.9	4.2	0.2
Soy Iced Chocolate - Regular	512 ml	881	210	5.6	2.0	33.3	29.2	2.6	5.6	0.2
Soy Iced Chocolate - Large	708 ml	1,218	290	7.8	2.8	46.0	40.4	3.5	7.8	0.3
Almond Iced Chocolate - Small	382 ml	497	118	3.1	1.1	20.2	18.0	1.9	1.9	0.2
Almond Iced Chocolate - Regular	512 ml	666	159	4.1	1.5	27.1	24.1	2.6	2.6	0.2
Almond Iced Chocolate - Large	708 ml	920	219	5.7	2.1	37.5	33.3	3.5	3.5	0.3
Coconut Iced Chocolate - Small	382 ml	607	145	3.4	1.9	24.8	22.2	1.9	2.7	0.1
Coconut Iced Chocolate - Regular	512 ml	814	195	4.6	2.6	33.3	29.7	2.6	3.6	0.2
Coconut Iced Chocolate - Large	708 ml	1,126	269	6.4	3.5	46.0	41.1	3.5	5.0	0.2
Skimmed Milk Mocha Cream Frappe - Small	476 ml	1,618	386	11.4	9.0	66.6	57.1	2.4	5.2	0.1
Skimmed Milk Mocha Cream Frappe - Regular	630 ml	2,142	510	15.1	12.0	88.2	75.6	3.2	6.9	0.2
Skimmed Milk Mocha Cream Frappe - Large	717 ml	2,438	581	17.2	13.6	100.4	86.0	3.6	7.9	0.2
Low Fat Milk Mocha Cream Frappe - Small	476 ml	1,656	395	12.4	9.5	66.6	57.1	2.4	5.2	0.1
Low Fat Milk Mocha Cream Frappe - Regular	630 ml	2,192	523	16.4	12.6	88.2	75.6	3.2	6.9	0.2
Low Fat Milk Mocha Cream Frappe - Large	717 ml	2,495	595	18.6	14.3	100.4	86.0	3.6	7.9	0.2
Full Fat Milk Mocha Cream Frappe - Small	476 ml	1,723	409	13.8	10.5	66.6	57.1	2.4	5.2	0.1
Full Fat Milk Mocha Cream Frappe - Regular	630 ml	2,281	542	18.3	13.9	88.2	75.6	3.2	6.9	0.2
Full Fat Milk Mocha Cream Frappe - Large	717 ml	2,596	617	20.8	15.8	100.4	86.0	3.6	7.9	0.2
Soy Mocha Cream Frappe - Small	476 ml	1,652	395	12.9	9.0	61.9	57.1	2.4	4.8	0.2
Soy Mocha Cream Frappe - Regular	630 ml	2,186	523	17.0	12.0	81.9	75.6	3.2	6.3	0.3
Soy Mocha Cream Frappe - Large	717 ml	2,488	595	19.4	13.6	93.2	86.0	3.6	7.2	0.3
Almond Mocha Cream Frappe - Small	476 ml	1,542	367	11.9	9.0	61.9	52.4	2.4	2.9	0.2
Almond Mocha Cream Frappe - Regular	630 ml	2,041	485	15.8	12.0	81.9	69.3	3.2	3.8	0.3
Almond Mocha Cream Frappe - Large	717 ml	2,323	552	17.9	13.6	93.2	78.9	3.6	4.3	0.3
Coconut Mocha Cream Frappe - Small	476 ml	1,618	386	12.4	9.5	61.9	57.1	2.4	3.8	0.1
Coconut Mocha Cream Frappe - Regular	630 ml	2,142	510	16.4	12.6	81.9	75.6	3.2	5.0	0.2
Coconut Mocha Cream Frappe - Large	717 ml	2,438	581	18.6	14.3	93.2	86.0	3.6	5.7	0.2
Skimmed Milk Coffee Cream Frappe - Small	403 ml	584	137	0.0	0.0	31.0	24.2	0.0	3.2	0.0
Skimmed Milk Coffee Cream Frappe - Regular	542 ml	829	195	0.0	0.0	44.4	36.3	0.0	3.8	0.0
Skimmed Milk Coffee Cream Frappe - Large	614 ml	1,093	258	0.0	0.0	58.3	47.9	0.0	4.9	0.0
Low Fat Milk Coffee Cream Frappe - Small	403 ml	617	145	0.0	0.0	31.0	24.2	0.0	3.2	0.0
Low Fat Milk Coffee Cream Frappe - Regular	542 ml	862	201	0.0	0.0	44.4	36.3	0.0	3.8	0.0
Low Fat Milk Coffee Cream Frappe - Large	614 ml	1,130	264	0.0	0.0	58.3	47.9	0.0	4.9	0.0
Full Fat Milk Coffee Cream Frappe - Small	403 ml	681	161	2.8	0.0	31.0	24.2	0.0	3.2	0.0
Full Fat Milk Coffee Cream Frappe - Regular	542 ml	927	217	2.7	0.0	44.4	36.3	0.0	3.8	0.0
Full Fat Milk Coffee Cream Frappe - Large	614 ml	1,222	289	3.7	0.0	58.3	47.9	0.0	4.9	0.0
Soy Coffee Cream Frappe - Small	403 ml	621	145	2.0	0.0	29.8	27.0	0.0	2.8	0.1
Soy Coffee Cream Frappe - Regular	542 ml	867	206	2.7	0.0	43.4	38.5	0.0	3.3	0.2
Soy Coffee Cream Frappe - Large	614 ml	1,136	270	3.1	0.0	57.1	51.0	0.0	4.3	0.2
Almond Coffee Cream Frappe - Small	403 ml	512	121	2.0	0.0	26.6	24.2	0.0	2.0	0.1
Almond Coffee Cream Frappe - Regular	542 ml	753	179	2.7	0.0	40.7	36.3	0.0	2.7	0.2
Almond Coffee Cream Frappe - Large	614 ml	989	233	3.1	0.0	52.8	47.9	0.0	3.1	0.2
Coconut Coffee Cream Frappe - Small	403 ml	584	137	2.0	0.8	29.8	27.4	0.0	2.0	0.1
Coconut Coffee Cream Frappe - Regular	542 ml	829	195	2.7	0.5	43.4	39.6	0.0	2.7	0.1
Coconut Coffee Cream Frappe - Large	614 ml	1,087	258	3.1	0.6	57.1	51.6	0.0	3.1	0.1
Skimmed Milk Belgian Chocolate Frappe - Small	476 ml	1,775	424	14.8	10.9	66.6	57.1	2.4	5.7	0.1
Skimmed Milk Belgian Chocolate Frappe - Regular	630 ml	2,350	561	19.5	14.5	88.2	75.6	3.2	7.6	0.2

Costa Coffee Drinks Nutritionals Summary										
Drink Name	Serving Size	KJ	kcal	Fat g	Sat Fat g	Carb g	Sug g	Fib g	Prot g	Salt g
Skimmed Milk Belgian Chocolate Frappe - Large	717 ml	2,674	638	22.2	16.5	100.4	86.0	3.6	8.6	0.2
Low Fat Milk Belgian Chocolate Frappe - Small	476 ml	1,685	400	12.4	9.5	66.6	57.1	2.4	5.7	0.1
Low Fat Milk Belgian Chocolate Frappe - Regular	630 ml	2,230	529	16.4	12.6	88.2	75.6	3.2	7.6	0.2
Low Fat Milk Belgian Chocolate Frappe - Large	717 ml	2,538	602	18.6	14.3	100.4	86.0	3.6	8.6	0.2
Full Fat Milk Belgian Chocolate Frappe - Small	476 ml	1,775	424	14.8	10.9	66.6	57.1	2.4	5.7	0.1
Full Fat Milk Belgian Chocolate Frappe - Regular	630 ml	2,350	561	19.5	14.5	88.2	75.6	3.2	7.6	0.2
Full Fat Milk Belgian Chocolate Frappe - Large	717 ml	2,674	638	22.2	16.5	100.4	86.0	3.6	8.6	0.2
Soy Belgian Chocolate Frappe - Small	476 ml	1,680	400	13.3	9.0	61.9	57.1	2.4	5.2	0.2
Soy Belgian Chocolate Frappe - Regular	630 ml	2,224	529	17.6	12.0	81.9	75.6	3.2	6.9	0.3
Soy Belgian Chocolate Frappe - Large	717 ml	2,531	602	20.1	13.6	93.2	86.0	3.6	7.9	0.3
Almond Belgian Chocolate Frappe - Small	476 ml	1,533	367	12.4	9.0	57.1	52.4	2.4	2.9	0.2
Almond Belgian Chocolate Frappe - Regular	630 ml	2,029	485	16.4	12.0	75.6	69.3	3.2	3.8	0.3
Almond Belgian Chocolate Frappe - Large	717 ml	2,309	552	18.6	13.6	86.0	78.9	3.6	4.3	0.3
Coconut Belgian Chocolate Frappe - Small	476 ml	1,633	390	12.9	9.5	61.9	57.1	2.4	3.8	0.1
Coconut Belgian Chocolate Frappe - Regular	630 ml	2,161	517	17.0	12.6	81.9	75.6	3.2	5.0	0.2
Coconut Belgian Chocolate Frappe - Large	717 ml	2,459	588	19.4	14.3	93.2	86.0	3.6	5.7	0.2
Skimmed Milk Caramel Cream Frappe - Small	458 ml	1,351	321	8.7	7.3	55.0	30.7	0.0	4.6	0.1
Skimmed Milk Caramel Cream Frappe - Regular	612 ml	1,805	428	11.6	9.8	73.4	41.0	0.0	6.1	0.2
Skimmed Milk Caramel Cream Frappe - Large	699 ml	2,062	489	13.3	11.2	83.9	46.8	0.0	7.0	0.2
Low Fat Milk Caramel Cream Frappe - Small	458 ml	1,401	334	9.6	7.8	55.0	31.1	0.0	4.6	0.1
Low Fat Milk Caramel Cream Frappe - Regular	612 ml	1,873	447	12.9	10.4	73.4	41.6	0.0	6.1	0.2
Low Fat Milk Caramel Cream Frappe - Large	699 ml	2,139	510	14.7	11.9	83.9	47.5	0.0	7.0	0.2
Full Fat Milk Caramel Cream Frappe - Small	458 ml	1,489	353	12.4	9.2	55.0	30.7	0.0	4.6	0.1
Full Fat Milk Caramel Cream Frappe - Regular	612 ml	1,989	471	16.5	12.2	73.4	41.0	0.0	6.1	0.2
Full Fat Milk Caramel Cream Frappe - Large	699 ml	2,272	538	18.9	14.0	83.9	46.8	0.0	7.0	0.2
Soy Caramel Cream Frappe - Small	458 ml	1,397	330	11.0	7.8	55.0	28.9	0.0	3.7	0.2
Soy Caramel Cream Frappe - Regular	612 ml	1,867	441	14.7	10.4	73.4	38.6	0.0	4.9	0.2
Soy Caramel Cream Frappe - Large	699 ml	2,132	503	16.8	11.9	83.9	44.0	0.0	5.6	0.3
Almond Caramel Cream Frappe - Small	458 ml	1,250	298	9.6	7.3	50.4	25.2	0.0	2.3	0.2
Almond Caramel Cream Frappe - Regular	612 ml	1,671	398	12.9	9.8	67.3	33.7	0.0	3.1	0.2
Almond Caramel Cream Frappe - Large	699 ml	1,908	454	14.7	11.2	76.9	38.4	0.0	3.5	0.3
Coconut Caramel Cream Frappe - Small	458 ml	1,347	321	10.1	7.8	55.0	29.3	0.0	2.3	0.1
Coconut Caramel Cream Frappe - Regular	612 ml	1,799	428	13.5	10.4	73.4	39.2	0.0	3.1	0.2
Coconut Caramel Cream Frappe - Large	699 ml	2,055	489	15.4	11.9	83.9	44.7	0.0	3.5	0.2
Skimmed Milk Strawberry Crumble Frappe - Small	506 ml	2,070	491	16.2	12.1	81.0	35.9	0.0	6.6	0.2
Skimmed Milk Strawberry Crumble Frappe - Regular	671 ml	2,744	651	21.5	16.1	107.4	47.6	0.0	8.7	0.2
Skimmed Milk Strawberry Crumble Frappe - Large	769 ml	3,145	746	24.6	18.5	123.0	54.6	0.0	10.0	0.2
Low Fat Milk Strawberry Crumble Frappe - Small	506 ml	2,120	506	17.2	13.2	81.0	36.4	0.0	6.6	0.2
Low Fat Milk Strawberry Crumble Frappe - Regular	671 ml	2,811	671	22.8	17.4	107.4	48.3	0.0	8.7	0.2
Low Fat Milk Strawberry Crumble Frappe - Large	769 ml	3,222	769	26.1	20.0	123.0	55.4	0.0	10.0	0.2
Full Fat Milk Strawberry Crumble Frappe - Small	506 ml	2,211	526	19.7	14.2	81.0	35.9	0.0	6.6	0.2
Full Fat Milk Strawberry Crumble Frappe - Regular	671 ml	2,932	698	26.2	18.8	107.4	47.6	0.0	8.7	0.2
Full Fat Milk Strawberry Crumble Frappe - Large	769 ml	3,361	800	30.0	21.5	123.0	54.6	0.0	10.0	0.2
Soy Strawberry Crumble Frappe - Small	506 ml	2,115	506	18.2	12.7	75.9	33.9	0.0	6.1	0.2
Soy Strawberry Crumble Frappe - Regular	671 ml	2,805	671	24.2	16.8	100.7	45.0	0.0	8.1	0.3
Soy Strawberry Crumble Frappe - Large	769 ml	3,214	769	27.7	19.2	115.4	51.5	0.0	9.2	0.3
Almond Strawberry Crumble Frappe - Small	506 ml	1,968	471	17.2	12.1	75.9	30.4	0.0	3.5	0.2
Almond Strawberry Crumble Frappe - Regular	671 ml	2,610	624	22.8	16.1	100.7	40.3	0.0	4.7	0.3
Almond Strawberry Crumble Frappe - Large	769 ml	2,991	715	26.1	18.5	115.4	46.1	0.0	5.4	0.3
Coconut Strawberry Crumble Frappe - Small	506 ml	2,070	491	17.7	13.2	75.9	34.4	0.0	4.6	0.1
Coconut Strawberry Crumble Frappe - Regular	671 ml	2,744	651	23.5	17.4	100.7	45.6	0.0	6.0	0.1
Coconut Strawberry Crumble Frappe - Large	769 ml	3,145	746	26.9	20.0	115.4	52.3	0.0	6.9	0.2