

COSTA COFFEE.

Smart Café – Nutrition Guide

HOT DRINKS

Drink Name	Energy (kJ)	Total Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans fat (g)	Cholesterol (g)	Sodium (g)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Shorts											
Espresso	16	4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Double Espresso	22	6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Cortado	171	41	1.5	0.9	0.0	4.3	0.1	4.3	0.0	4.0	3.1
Espresso Lungo	16	4	0.1	0.0	0.0	0.0	0.0	0.6	0.0	0.3	0.3
Espresso Macchiato	113	27	1.0	0.6	0.0	0.0	0.05	2.9	0.0	2.7	2.1
Double Espresso Macchiato	120	29	1.0	0.6	0.0	0.0	0.05	3.1	0.0	2.8	2.2
Ristretto	15	4	0.1	0.0	0.0	0.0	0.0	0.5	0.0	0.3	0.3
12oz Drinks											
Cappuccino	406	96	3.5	2.2	0.0	15.0	0.20	10.0	0.0	9.7	7.3
Latte	572	135	5.0	3.1	0.0	25.0	0.29	14.0	0.0	13.7	10.3
Mocha	699	166	3.5	2.1	0.0	10.0	0.26	26.1	0.0	23.2	7.4
Hot Chocolate	771	182	4.1	2.6	0.0	10.0	0.30	27.7	0.0	25.1	7.6
Flat White	392	93	3.1	2.0	0.0	14.0	0.22	10.3	0.0	10.1	7.0
Chai Latte*	631	149	5.1	3.3	0.0	25.0	0.30	16.9	0.0	16.5	10.5
Black Americano	20	6	0.2	0.0	0.0	0.0	0.00	0.7	0.0	0.4	0.4
White Americano	274	65	2.4	1.4	0.0	10.0	0.13	6.8	0.0	6.5	4.9
16oz Drinks											
Cappuccino	469	111	4.1	2.5	0.0	20.0	0.23	11.5	0.0	11.2	8.4
Latte	719	170	6.3	4.0	0.0	30.0	0.36	17.5	0.0	17.2	12.9
Mocha	905	214	4.4	2.7	0.0	10.0	0.32	34.2	0.0	30.3	9.3
Hot Chocolate	963	227	5.0	3.1	0.0	15.0	0.36	35.4	0.0	31.8	10.4
Chai Latte*	775	183	6.0	3.9	0.0	30.0	0.35	22.0	0.0	21.2	12.3
Long Black Americano	26	7	0.2	0.0	0.0	0.0	0.00	0.9	0.0	0.5	0.5
Long White Americano	338	81	2.9	1.8	0.0	15.0	0.16	8.4	0.0	8.0	6.1

ICED/COLD DRINKS

Drink Name	Energy (kJ)	Total Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans fat (g)	Cholesterol (g)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
12oz Drinks											
Milk Cooler*	436	103	3.4	2.2	0.0	10.0	0.20	12.2	0.0	11.8	7.0
16oz Drinks											
Iced Cappuccino	426	101	3.7	2.3	0.0	20.0	0.21	10.5		10.2	7.7
Iced Latte	485	115	4.2	2.6	0.0	30.0	0.24	11.9		11.6	8.7
Iced Mocha	797	189	4.4	2.7	0.0	10.0	0.30	28.5		25.6	9.1
Iced Chocolate	829	196	4.7	2.9	0.0	15.0	0.33	29.1		26.5	9.7
Iced Flat White	421	99	3.7	2.3	0.0	18.0	0.21	10.5		10.2	7.7
Iced Black Americano	17	5	0.1	0.0	0.0	0.0	0.00	0.6		0.3	0.3
Iced White Americano	182	44	1.6	0.9	0.0	15.0	0.09	4.6		4.3	3.3
Iced Mango & Passionfruit Cooler	135	32	0	0	0.0	0.0	0.02	8.0		4.8	0.1

OPTIONAL EXTRAS

FOOD ALLEGY WARNING: The optional Syrup flavours contain **Tree Nuts (coconut)**.

Drink Name	Energy (kJ)	Total Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans fat (g)	Cholesterol (g)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Shorts											
Add one sugar	34	10	0	0	0	0	0	2	0	2	0
Add 2 sugars	67	15	0	0	0	0	0	4	0	4	0
Add 3 sugars	101	25	0	0	0	0	0	6	0	6	0
Add a brown sugar sachet	34	10	0	0	0	0	0.0	2	0	2	0
Add 2 brown sugars sachets	67	15	0	0	0	0	0.0	4	0	4	0
Add 3 brown sugars sachets	101	25	0	0	0	0	0.0	6	0	6	0
Add a sachet of sweetener	8	0	0	0	0	0	0.0	0	0	0	0
Add a flavor shot to 8oz drink	44	10	0	0.0	0.0	0.0	0.0	3.0	0.0	3.0	0.0
Add a flavor shot to 12oz drink	54	15	0	0.0	0.0	0.0	0.0	3.0	0.0	3.0	0.0
Add a flavor shot to 16oz drink	76	20	0	0.0	0.0	0.0	0.0	5.0	0.0	5.0	0.0

Add a flavor shot to an 8oz Promotion Drink*	87	20	0	0.0	0.0	0.0	0.0	5.0	0.0	5.0	0.0
Add a flavor shot to a 12oz Promotion Drink*	109	25	0	0.0	0.0	0.0	0.0	6.0	0.0	6.0	0.0
Add a flavor shot to a 16oz Promotion Drink*	141	35	0	0.0	0.0	0.0	0.0	8.0	0.0	8.0	0.0

*With sugar and sweetner