

COSTA COFFEE.

Smart Café – Allergen & Nutrition Guide

FOOD ALLERGY WARNING: We cannot guarantee that our drinks are suitable for those with food allergies or intolerances. The optional Syrup sugar and flavours contain **Tree Nuts (coconut) and Wheat**.

SUGAR & SWEETENERS: Some of the ingredients used in our drinks may contain sugar and sweeteners. Please refer to the nutritional information for the individual drink.

MILK: Milk as added to all milk based drinks is dairy-based 2% reduced fat milk.

ALLERGEN GUIDE: ALL DRINKS:

| Drink/product | Suitable for Vegetarians | Suitable for Vegans | Wheat | Soya | Egg | Milk | Fish | Shellfish | Sesame | Peanut | Tree Nuts – coconut only |
|---------------------------|--------------------------|---------------------|-------|------|-----|------|------|-----------|--------|--------|--------------------------|
| Short drinks | | | | | | | | | | | |
| Espresso | YES | YES | N | N | N | N | N | N | N | N | N |
| Double Espresso | YES | YES | N | N | N | N | N | N | N | N | N |
| Cortado | YES | YES | N | N | N | N | N | N | N | N | N |
| Espresso Lungo | YES | YES | N | N | N | N | N | N | N | N | N |
| Espresso Macchiato | YES | YES | N | N | N | N | N | N | N | N | N |
| Double Espresso Macchiato | YES | YES | N | N | N | N | N | N | N | N | N |
| Ristretto | YES | YES | N | N | N | N | N | N | N | N | N |
| 12oz Hot Drinks | | | | | | | | | | | |
| Cappuccino | YES | N | N | N | N | YES | N | N | N | N | N |
| Latte | YES | N | N | N | N | YES | N | N | N | N | N |
| Mocha | YES | N | N | N | N | YES | N | N | N | N | N |
| Hot Chocolate | YES | N | N | N | N | YES | N | N | N | N | N |
| Flat White | YES | N | N | N | N | YES | N | N | N | N | N |
| Chai Latte* | YES | N | YES | N | N | YES | N | N | N | N | YES |
| Black Americano | YES | YES | N | N | N | N | N | N | N | N | N |
| White Americano | YES | N | N | N | N | YES | N | N | N | N | N |
| 16oz Hot Drinks | | | | | | | | | | | |
| Cappuccino | YES | N | N | N | N | YES | N | N | N | N | N |
| Latte | YES | N | N | N | N | YES | N | N | N | N | N |
| Mocha | YES | N | N | N | N | YES | N | N | N | N | N |
| Hot Chocolate | YES | N | N | N | N | YES | N | N | N | N | N |
| Chai Latte* | YES | N | YES | N | N | YES | N | N | N | N | YES |
| Long Black Americano | YES | YES | N | N | N | N | N | N | N | N | N |
| Long White Americano | YES | N | N | N | N | YES | N | N | N | N | N |

| Drink/product | Suitable for Vegetarians | Suitable for Vegans | Wheat | Soya | Egg | Milk | Fish | Shellfish | Sesame | Peanut | Tree Nuts- Coconut only |
|--|--------------------------|---------------------|-------|------|-----|------|------|-----------|--------|--------|-------------------------|
| 12oz Cold Drinks | | | | | | | | | | | |
| Milk Cooler* | YES | N | YES | N | N | YES | N | N | N | N | YES |
| 16oz Cold Drinks | | | | | | | | | | | |
| Iced Cappuccino | YES | N | N | N | N | YES | N | N | N | N | N |
| Iced Latte | YES | N | N | N | N | YES | N | N | N | N | N |
| Iced Mocha | YES | N | N | N | N | YES | N | N | N | N | N |
| Iced Chocolate | YES | N | N | N | N | YES | N | N | N | N | N |
| Iced Flat White | YES | N | N | N | N | YES | N | N | N | N | N |
| Iced Black Americano | YES | YES | N | N | N | N | N | N | N | N | N |
| Iced White Americano | YES | N | N | N | N | YES | N | N | N | N | N |
| Iced Mango & Passionfruit Cooler* | YES | YES | YES | N | N | N | N | N | N | N | YES |
| Optional Extras | | | | | | | | | | | |
| Sugar shot to any sized drink* | YES | YES | YES | N | N | N | N | N | N | N | YES |
| White sugar sachet | YES | YES | N | N | N | N | N | N | N | N | N |
| Brown sugar sachet | YES | YES | N | N | N | N | N | N | N | N | N |
| Sweetener sachet | YES | YES | N | N | N | N | N | N | N | N | N |
| Syrup flavour shot to any sized drink* | YES | YES | YES | N | N | N | N | N | N | N | YES |

*Contains sugar and sweeteners

COSTA COFFEE.

HOT DRINKS: NUTRITIONAL GUIDE:

| Drink Name: | Energy (kj) | Total Calories (cal) | Total Fat (g) | Saturated Fat (g) | Trans fat (g) | Cholesterol (mg) | 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 |

*Drink will contain sugar and sweeteners

ICED/COLD DRINKS NUTRITIONAL GUIDE:

| Drink Name: | Energy (kj) | Total Calories (cal) | Total Fat (g) | Saturated Fat (g) | Trans fat (g) | Cholesterol (mg) | 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 | 0.0 | 10.2 | 7.7 |
| Iced Latte | 485 | 115 | 4.2 | 2.6 | 0.0 | 30.0 | 0.24 | 11.9 | 0.0 | 11.6 | 8.7 |
| Iced Mocha | 797 | 189 | 4.4 | 2.7 | 0.0 | 10.0 | 0.30 | 28.5 | 0.0 | 25.6 | 9.1 |
| Iced Chocolate | 829 | 196 | 4.7 | 2.9 | 0.0 | 15.0 | 0.33 | 29.1 | 0.0 | 26.5 | 9.7 |
| Iced Flat White | 421 | 99 | 3.7 | 2.3 | 0.0 | 18.0 | 0.21 | 10.5 | 0.0 | 10.2 | 7.7 |
| Iced Black Americano | 17 | 5 | 0.1 | 0.0 | 0.0 | 0.0 | 0.00 | 0.6 | 0.0 | 0.3 | 0.3 |
| Iced White Americano | 182 | 44 | 1.6 | 0.9 | 0.0 | 15.0 | 0.09 | 4.6 | 0.0 | 4.3 | 3.3 |
| Iced Mango & Passionfruit Cooler* | 135 | 32 | 0 | 0 | 0.0 | 0.0 | 0.02 | 8.0 | 0.0 | 4.8 | 0.1 |

*Drink will contain sugar and sweeteners

OPTIONAL EXTRAS NUTRITIONAL GUIDE:

*Drink will contain sugar and sweeteners

| Optional Extra: | Energy (kj) | Total Calories (cal) | Total Fat (g) | Saturated Fat (g) | Trans fat (g) | Cholesterol (mg) | Sodium (mg) | Total carbohydrate (g) | Dietary fiber (g) | Sugars (g) | Protein (g) |
|--|-------------|----------------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|
| 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 |