NUTRITION SURVIVAL GUIDE TO

CAFFÈ NERO

CALORIES AND MACRONUTRIENTS

WWW.ZENITHFITNESSTRAINING.COM

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

HOT COFFEES (SEMI-SKIMMED MILK)

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Grande Hot Chocolate	524	16	56	4.5	52	26	0.4
Caramelatte	420	11	43	0	40	23	0.3
Regular Hot Chocolate	398	10	37	2.9	34	23	0.2
White Choc Mocha	397	11	37	0	30	23	0.5
Grande Mocha	363	10	30	2	26	23	0.2
Regular Mocha	305	7	22	1.6	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	6	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
Caramelatte	388	11	43	0	40	19	0.3
Regular Hot Chocolate	374	10	37	2.9	34	20	0.2
White Choc Mocha	365	11	37	0	30	19	0.5
Grande Mocha	339	10	30	2	26	20	0.2
Regular Mocha	292	7	22	1.6	19	19	0.1
Chai Latte	195	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)

Caramelatte	406	10	38	1.5	34	23	0.2
White Choc Mocha	384	10	32	1.5	25	23	0.4
Grande Hot Chocolate	325	14	48	6.2	44	7	0.3
Regular Hot Chocolate	250	10	37	4.8	34	5	0.2
Chai Latte	216	10	31	2.1	20	5	0.3
Grande Mocha	179	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	97	7	8	1.1	6	4	0.1
Regular Latte	71	5	6	0.8	4	3	0.1
Regular Cappuccino	59	4	5	0.6	3	2	0.1

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HOT COFFEES (COCONUT MILK)

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Caramelatte	380	6	38	0.5	36	22	0.2
White Choc Mocha	368	6	32	0.5	27	24	0.2
Grande Hot Chocolate	295	8	49	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	26	2.3	22	4	0.2
Regular Mocha	117	4	19	1.8	16	2	0.1
Grande Latte	97	5	10	0.5	8	4	0.2
Grande Cappuccino	88	4	9	0.5	7	3	0.2
Regular Latte	59	3	6	0.3	4	2	0.1
Regular Cappuccino	50	3	5	0.2	4	2	0.1

HOT COFFEES (OAT MILK)

Caramelatte	417	2	54	0	39	24	0.3
White Choc Mocha	405	3	47	0	30	25	0.3
Grande Hot Chocolate	340	4	68	4.4	49	8	0.3
Chai Latte	230	1	50	0.4	24	6	0.4
Regular Hot Chocolate	215	3	43	2.8	31	5	0.2
Grande Mocha	188	3	36	1.9	24	5	0.2
Grande Latte	134	2	25	0	11	6	0.2
Regular Mocha	131	3	25	1.6	17	3	0.1
Grande Cappuccino	106	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	5.4	33	26	0.1
Flat White	95	5	7	0	6	5	0.1
Espresso Con Panna	56	1	2	0	0	5	0
Cortado	49	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 Creme	615	8	82	0.3	72	28	0.4
Mocha Frappe Latte	261	7	48	1.6	29	4	0.2
Frappe Latte - Semi Skim Milk	230	7	41	0.3	37	4	0.3
Whipped Cream	171	1	1	0	1	18	0
Iced Latte	155	8	23	0	23	4	0.2
Vanilla Syrup	97	0	24	0	24	0	0
Marshmallows	20	0	5	0	3	0	0

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COLD DRINKS

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Raspbery & White Choc Frappe Creme	567	8	81	0.3	74	23	0.2
Triple Belgian Choc Frappe Creme	483	8	54	3.6	49	26	0.1
Vanilla Frappe Milkshake (Semi Skim)	274	8	51	0.2	51	4	0.2
Strawberry Frappe Milkshake (Semi Skim)	250	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 (Soya)	228	7	39	1.5	39	4	0.1
Strawberry Frappe Milkshake (Soya)	186	7	35	0	34	4	0.1
Raspberry & Blood Orange Booster	139	1	30	4.9	29	1	0
Crushed Raspberry Lemonade	96	0	23	1	23	0	0
Sicilian Lemonade	93	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	350	8	35	2.4	11	20	0.5
Cheese Twist	333	9	29	1.4	4	20	0.5
Chocolate Twist	320	6	39	1.3	19	15	0.7
Pain Au Raisin	320	6	43	1.8	20	14	0.7
Maple Pecan Pastry	312	4	35	1.7	13	25	0.3
Pain Au Chocolat	270	5	28	1.1	7	15	0.7
Apricot Croissant	260	6	34	1.7	8	11	0.5
Butter Croissant	204	4	20	0.8	3	12	0.6

BREAKFAST POTS

Honey Yoghurt	264	9	25	0.2	22	15	0.4
Raspberry Yoghurt	249	9	21	0.7	21	15	0.3
Porridge (Semi Skim)	234	11	33	3.6	10	7	0.2
Porridge (Soya)	232	12	29	4.8	5	8	0.3
Berry Compote w Yoghurt & Granola	211	9	30	2.7	22	6	0.2
Porridge (Skim)	210	11	34	3.6	10	4	0.2
Apple & Berry Bircher Muesli	203	9	27	3.4	15	6	0.2
Honey	97	0	24	0	24	0	0
Raspberry Conserve	72	0	17	1	17	0	0
Strawberry Conserve	72	0	18	0	18	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	16	2.3
Sausage, Egg & Bacon Ciabatta Roll	359	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	504	26	58	3.8	2	18	2.3

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Mozzarella & Tomato Panini	487	25	55	3.7	6	18	2.1
Brie & Onion Chutney Panini	452	17	60	2.7	7	16	1.6
Ham Hock & Cheddar Tostati Melt	446	22	49	3.7	3	17	1.8
Chorizo & Sweet Chilli Pepper Tostati	423	22	45	3.9	7	17	1.9
Chicken, Spicy Pork & Mozzarella Panini	421	26	53	4	7	10	1.8
Mozzarella & Tomato Tostati Melt	418	18	46	5.3	2	19	1.4
Chicken & Bacon Tostati Melt	412	24	40	3.6	1	17	1.9
Chicken & Pesto Panini	400	24	50	4.7	2	11	2.1
Mediterranean Goats Cheese Panini	398	17	56	4.6	9	11	1.8
Mushrrom & Mascarpone Tostati Melt	395	14	47	3.8	2	18	1.3
Ham & Mozzarella Panini	394	25	47	8.3	5	11	2.3
Ham & Cheddar Croissant	336	14	23	1	3	21	1.6
Smooked Ham & Cheddar Tostati	213	12	28	2.1	2	6	1.3

SANDWICHES, WRAPS & ROLLS

Chicken & Pesto Flatbread	443	20	51	2.8	6	18	1.5
Bacon, Lettuce & Tomato	433	19	49	4.1	4	18	2.1
Egg Sandwich	433	19	36	3.5	4	23	1.6
Falafel & Houmous Flatbread	416	11	63	6.6	6	13	1
Chicken Salad Sandwich	376	20	47	5	3	12	1.2
Smoked Salmon & Soft Cheese Sandwich	294	18	39	4	4	8	1.7
Ham & Egg Gluten-Free Roll	283	12	28	5.9	2	12	1.1

OTHER SAVOURY

Mushroom & Mascarpone Risotto	384	12	43	3.2	6	18	2.6
Orzo Pasta & Mediterranean Veg	226	11	31	2.1	2	6	1.7
Chicken & Rice Soup	190	10	17	3	2	8	1.9
Ciabatta Bread Roll with Soup	180	6	33	1.1	1	3	0.8
Tomato & Mascarpone Soup	163	2	13	2.7	10	11	1.9

CAKES & BAKES

Carrot Cake	531	6	65	3.7	42	25	0.7
Blackburrant & Earl Grey Cake	502	5	60	1	43	28	0.9
Sicilian Lemon Meringue Cake	498	5	67	1	46	23	0.6
Cappuccino Cake	447	4	61	0.9	50	20	0.4
Belgian Chocolate Fudge Cake	420	6	54	1.2	36	20	0.4
Caramel Shortbread	377	4	43	1.1	31	21	0.3
Pannettone Mini Classic	374	8	52	1.2	30	15	0.4
Belgian Chocolate Brownie	331	4	38	1.8	30	18	0.3
Salted Caramel Cheesecake	304	7	40	1	22	13	0.7
Rich Fruit Teacake	302	8	55	2.8	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	5.7	20	15	0.1
Sicilian Lemon Drizzle Loaf Cake	275	3	36	1	24	13	0.3
Oat Bar	259	4	31	3.1	21	12	0.2
Apple & Blackcurrant Crumble Bar	237	2	38	1.5	21	8	0.7

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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Clotted Cream	234	1	1	0	1	25	0
Chocolate & Vanilla Marble Loaf	229	3	31	2.3	19	9	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	2.2	30	22	0.4
Salted Caramel & Apple Filled Muffin	433	5	58	1.4	28	20	0.5
Blueberry Filled Muffin	418	5	57	2.3	29	18	0.3
Sicilian Lemon Curd Filled Muffin	415	6	60	1.3	33	17	0.4
Black Cherry Filled Muffin	400	4	57	1.6	32	19	0.3

COOKIES & BISCUITS

Milk Chocolate Chunk Cookie	344	4	42	1.5	26	17	0.4
Tripe Chocolate Cookies	336	4	44	1.3	31	16	0.3
Caramel Waffles	332	3	52	1.2	30	12	0.5
Oat & Raisin Cookie	332	4	52	2.5	35	11	0.4
Gingerbread Man	289	4	57	2.4	19	5	0.2
Shortbread	264	3	31	0.3	11	14	0.3
Stem Ginger Biscuits	264	3	42	1	23	8	0.4
Animal Bites	21	0	3	0	1	1	0

CONFECTIONERY

Willies Cacao Milk Chocoalte Bar	146	2	12	0	9	10	0.1
Willies Cacao Dark Chocolate Bar	139	2	11	0	8	9	0.1
Chocolate Coated Coffee Beans	133	2	12	2.1	11	8	0.1
Chocolate Coin	109	1	13	0.5	13	6	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	1.6	8	0	0

SAVOURY SNACKS

Totally Nuts	317	9	6	2.8	2	28	0
Fruit & Nuts	236	5	18	2.8	17	16	0
Lightly Salted Kettle Chips	205	2	21	2.6	0	12	0.4
Cheddar & Onion Kettle Chips	202	3	20	2.5	1	12	0.4
Sea Salt & Vinegar Kettle Chips	201	2	21	2.4	1	11	0.8
Sweet & Salty Popcorn	114	2	15	2.4	4	4	0.1
Sea Salt Popcorn	87	2	11	2.5	0	3	0.1