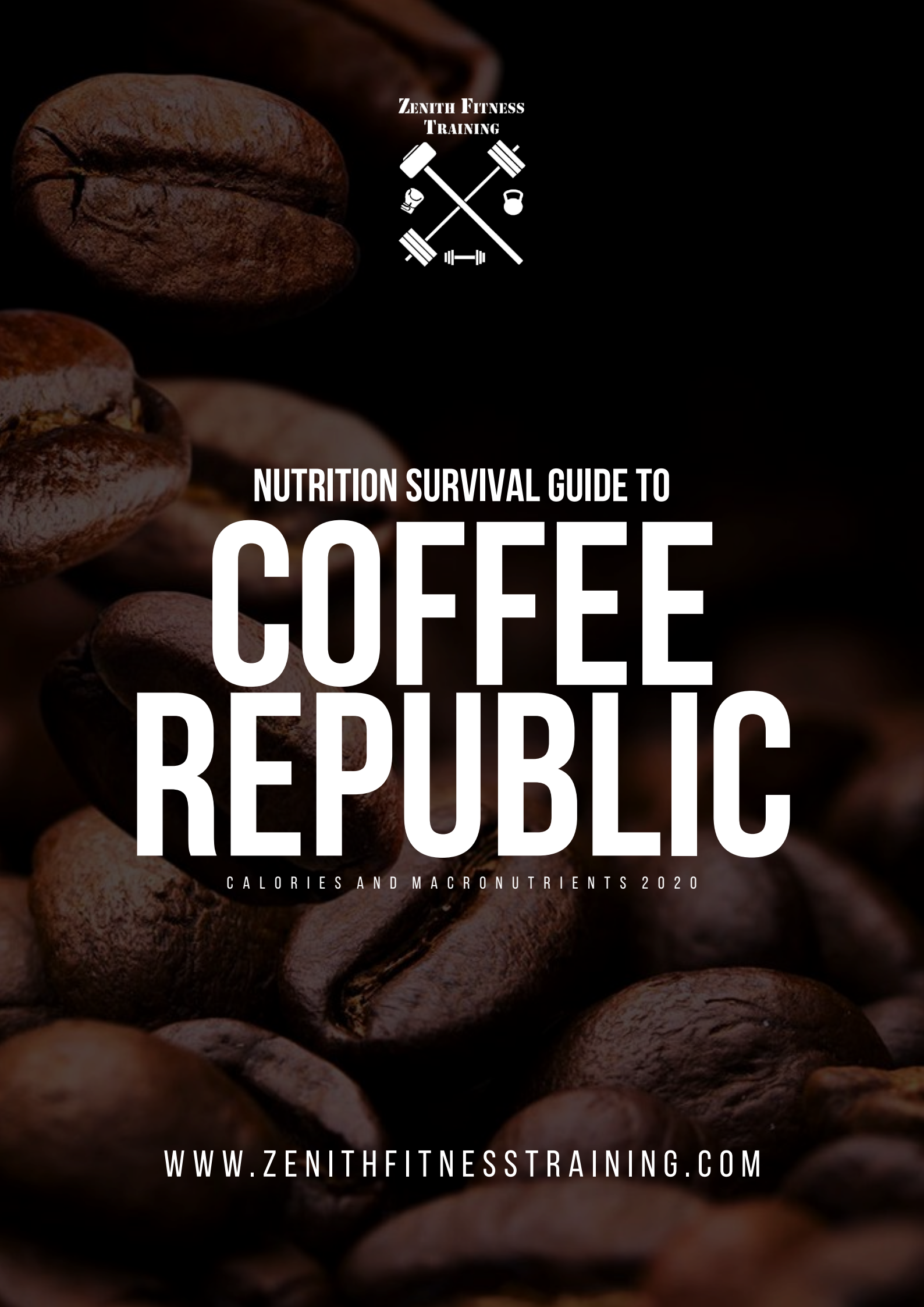

ZENITH FITNESS TRAINING

NUTRITION SURVIVAL GUIDE TO

COFFEE REPUBLIC

CALORIES AND MACRONUTRIENTS 2020

WWW.ZENITHFITNESSTRAINING.COM

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

COFFEE

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Espresso - Tall	0.6	0.0	0.0	-	0.0	0.0	0.0
Espresso - Regular	1.3	0.0	0.0	-	0.0	0.0	0.0
Espresso - Supremo	-	-	-	-	-	-	-
Americano (With Milk) - Tall	16.5	1.1	1.6	-	1.6	0.5	0.1
Americano (With Milk) - Regular	17.1	1.1	1.6	-	1.6	0.5	0.1
Americano (With Milk) - Supremo	17.7	1.1	1.6	-	1.6	0.5	0.1
Cappuccino - Tall	102.7	7.1	10.4	-	10.4	3.5	0.4
Cappuccino - Regular	127.7	8.8	12.9	-	12.9	4.4	0.5
Cappuccino - Supremo	142.5	9.8	14.4	-	14.4	4.9	0.6
Cafe Latte - Tall	133.6	9.2	13.5	-	13.5	4.6	0.5
Cafe Latte - Regular	204.1	14.1	20.7	-	20.7	7.0	0.8
Cafe Latte - Supremo	214.6	14.8	21.7	-	21.7	7.4	0.9
Flat White 10oz (Full Fat Milk) - Tall	126.1	6.3	9.2	-	9.2	7.0	0.4
Flat White 10oz (Full Fat Milk) - Regular	-	-	-	-	-	-	-
Flat White 10oz (Full Fat Milk) - Supremo	-	-	-	-	-	-	-
Caramel Macchiato - Tall	141.7	7.2	19.5	-	14.0	3.9	0.4
Caramel Macchiato - Regular	171.8	8.9	23.3	-	16.6	4.7	0.6
Caramel Macchiato - Supremo	191.6	9.9	26.1	-	18.0	5.2	0.6
Mocha - Tall	269	9.1	48.3	-	38.5	5.9	76.1
Mocha - Regular	335.6	11.3	60.3	-	48.1	7.3	95.2
Mocha - Supremo	392	12.8	71.3	-	56.6	8.4	114.2

HOT CHOCOLATE

Classic Hot Chocolate - Tall	309.3	9.6	57.8	-	45.6	6.4	95.6
Classic Hot Chocolate - Regular	375.9	11.8	69.8	-	55.1	7.9	114.7
Classic Hot Chocolate - Supremo	431.7	63.6	80.7	-	63.6	9.0	133.8
Luxury Hot Chocolate - Tall	382.4	10.6	70.7	-	55.2	10.2	112.9
Luxury Hot Chocolate - Regular	456.4	12.9	82.8	-	64.9	12.5	132.0
Luxury Hot Chocolate - Supremo	519.6	14.4	93.8	-	73.4	14.3	151.1
White Chocolate - Tall	223.8	8.1	25.4	-	25.3	10.0	0.7
White Chocolate - Regular	310	10.4	35.4	-	35.3	14.0	0.9
White Chocolate - Supremo	385.4	12.0	44.4	-	44.3	17.7	1.1
Chai Latte - Tall	209.9	8.9	27.3	-	25.9	7.2	0.6
Chai Latte - Regular	289.1	11.5	38.3	-	36.2	9.9	0.8
Chai Latte - Supremo	357.6	13.4	48.2	-	45.4	12.2	1.0

LARGE LEAF PYRAMID TEA BAGS

English Breakfast (Without Milk)	3	0.3	0.3	-	0.3	0.3	0.0
Sapphire Earl Grey (Without Milk)	2.5	0.3	0.3	-	0.3	0.3	0.0
Decaff Ceylon	3	0.3	0.3	-	0.3	0.3	0.0
Dragonwell Green	2.5	0.3	0.3	-	0.3	0.3	0.0
Egyptian Mint	2	0.2	0.2	-	0.2	0.2	0.0
Citrus Chamomile	2	0.2	0.2	-	0.2	0.2	0.0
Persian Pomegranate	3	0.3	0.3	-	0.3	0.3	0.0

1-200 CAL

201-300 CAL

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ICED COFFEES

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Iced Latte	110	7.6	12.0	-	10.0	3.4	1.2
Iced Mocha	317.9	10.1	59.4	-	45.2	6.3	96.4
Café Freezer	312.1	9.5	46.6	-	44.6	9.6	1.7
Mocha Freezer	395.2	10.5	59.4	-	58.7	10.7	39.8

THICK SHAKE

Thick Shake Cookies And Cream	587.8	12.1	95.1	-	72.7	17.6	22.0
Thick Shake Strawberry Cheesecak	376.6	7.9	47.7	-	7.9	11.5	0.7
Thick Shake Banoffee Pie	401.5	6.8	75.0	-	63.3	8.4	0.5
Thick Shake Toffee Apple Crumble	578.7	8.2	107.8	-	73.6	13.0	0.7

FRUIT FREEZER

Mango Fusion	180.6	0.6	44.8	-	38.6	0.2	0.0
Very Berry	268	0.2	63.4	-	52.0	0.2	0.0
Strawberry Sensation	240	0.6	57.6	-	57.6	0.0	0.0
Passionfruit Crush	268	0.2	63.4	-	52.0	0.2	0.0

LEMONADE

Lemonade Traditiona	120	0.3	28.0	-	27.3	0.0	0.0
Lemonade Mint	120	0.3	28.0	-	27.3	0.0	0.0
Lemonade Cherry	149.8	0.3	35.3	-	32.7	0.0	0.0

FRESHLY INFUSED ICED TEAS

Iced Apple & Minty Green Tea	95.2	0.0	22.7	-	18.5	0.3	0.0
Fruity Boston Iced Infusion	70	0.0	16.2	-	13.3	0.4	0.0
Lady Grey Lemon Cooler	75	0.3	18.0	-	17.9	0.3	0.1

BREAKFAST

Bacon Roll	346.2	2.2	39.6	-	3.2	12.4	2.2
Sausage in a Roll	449.4	2.8	49.0		4.2	18.0	2.8
Cheese & Tomato Roll	304.5	1.2	40.2	-	3.9	9.9	1.2
Full English Breakfast Roll	369.8	2.1	41.5	-	4.6	13.9	2.1
Salmon & Egg Croissant	471.3	1.7	38.4	-	6.0	28.5	1.7
Ham & Cheese Croissant	470.9	1.8	38.1	-	5.7	26.2	1.8
Egg & Bacon Croissant	557.7	2.7	38.8	-	6.4	34.3	2.7
Smoked Salmon & Cream Cheese Bagal	425.4	1.8	59.0	-	6.5	11.7	1.8
Bacon Bagel	408.8	1.8	58.8	-	6.2	10.0	1.8
Bircher	278.4	0.2	47.9	-	25.7	4.4	0.2
Raspberry Yoghurt Granola	410.6	0.2	66.7	-	34.7	9.2	0.2
Strawberry Yoghurt Granola	410.6	0.2	67.0	-	35.0	9.2	0.2

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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Raspberry Yoghurt	231.5	0.2	47.3	-	41.1	1.7	0.2
Strawberry Yoghurt	231.5	0.2	47.8	-	41.7	1.7	0.2
Granola Cereal	374.5	0.3	52.7	-	19.0	11.3	0.3
Porridge (Semi Skimmed Milk)	297.9	0.3	43.5	-	8.1	7.4	0.3
Full English Breakfast	879.1	6.5	58.4	-	7.7	48.7	6.5
Baked Beans on Toast	136	0.7	25.1	-	3.4	0.4	0.7
Scrambled Egg on Toast	203.5	1.4	18.9	-	1.3	8.3	1.4
Hot Toast	188.3	0.6	17.0	-	0.7	11.7	0.6

SANDWICHES

Free Range Egg and Cress	336.3	15.2	36.2	-	2.3	14.4	1.4
Chicken and Bacon	365.8	21.0	39.1	-	4.4	13.6	2.3
British Wiltshire Ham and Egg	364.3	20.3	37.6	-	2.6	14.4	2.3
BLT	378.3	18.0	38.3	-	4.4	16.8	2.5
Cheddar & Caramelised Onion Chutney	488.2	22.8	45.2	-	10.3	23.6	2.0
Free Range Egg and Cress	336.3	15.2	36.2	-	2.3	14.4	1.4
Tuna mayonnaise and Rocket	342.2	23.4	36.0	-	2.4	11.3	1.4
British Wiltshire Ham and Salad	292.7	17.8	40.1	-	5.5	6.3	2.0
Chicken and Avocado	358.8	22.8	40.2	-	3.3	11.1	1.4
Smoked Salmon and Rocket	314.2	14.1	34.0	-	1.4	13.1	1.9
Crayfish and Roquette	269.2	16.6	35.4	-	1.8	6.4	1.8

TOASTIES

Tuna Melt	470.5	27.4	50.8	-	3.7	17.0	2.2
Chicken & Bacon	432.8	26.5	51.4	-	2.7	13.2	2.6
Pulled Pork	528.8	29.2	57.3	-	8.9	19.7	2.2
Cheese & Tomato	426.5	19.7	54.6	-	7.2	13.9	1.9
Ham & Cheese	512	27.0	49.0	-	1.8	22.6	2.7
Tuna Melt	470.5	27.4	50.8	-	3.7	17.0	2.2
Cheese & Caramelised Onion Chutney	510.6	24.5	56.7	-	8.3	20.1	2.2
Cheese and Marmite	569.3	27.8	51.5	-	1.8	27.6	3.4

BAGUETTES

Ploughmans no Ham	568.8	23.7	82.0	-	16.1	14.7	2.1
Ham & Cheese	620.7	35.0	70.7	-	5.4	20.7	3.6
Brie & Cranberry	637.9	22.4	87.0	-	23.2	21.0	2.3
Tuna & Cucumber	541.1	36.4	69.3	-	5.3	12.0	2.1
Egg, Bacon & Mayo	585.9	29.9	69.6	-	5.4	19.8	3.3
Ploughmans no Ham	568.8	23.7	82.0	-	16.1	14.7	2.1
Ploughmans Ham	622.8	32.6	82.6	-	16.2	16.5	3.0

WRAPS

Hot Sticky BBQ Chicken Wrap	575.1	30.9	62.8	-	18.6	21.4	2.2
Falafal	674.3	21.2	62.7	-	10.5	36.1	2.6
Mexican Chicken	548.3	25.1	50.1	-	8.6	26.6	2.0
Chicken Piri Piri	424.6	18.7	47.7	-	4.7	16.7	1.3
Chargrilled Vegetables Wrap	383.2	9.4	48.0	-	5.9	15.9	0.5

1-200 CAL

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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Hot Sticky BBQ Chicken Wrap	575.1	30.9	62.8	-	18.6	21.4	2.2
Mediterranean Sweet Pomegranate & Falafel	447.1	12.6	58.4	-	5.8	16.8	1.0
Hoi Sin Duck Wrap	463.6	23.0	56.7	-	15.1	15.2	1.2
Lebanese Beetroot & Hummus	594.7	18.1	74.1	-	9.7	23.1	1.4
Spiced Moroccan Chicken & Mint Medley	452.1	23.0	55.5	-	4.9	14.3	1.9

PANINI

Italian Chicken	575.1	32.4	60.1	-	5.8	21.9	2.4
Mexican Chicken	553.8	32.0	61.7	-	8.5	19.0	2.4
Brie & Bacon	645.7	29.9	59.0	-	6.3	31.4	3.4
Ham & Cheese	491.8	25.4	58.8	-	5.2	16.3	2.6
Mozzarella & Tomato	547	20.0	61.0	-	7.8	23.8	1.8
Italian Chicken	575.1	32.4	60.1	-	5.8	21.9	2.4
Salt Beef	592.3	31.0	62.4	-	5.5	23.4	2.7
Halloumi and Tomato Panini	547.9	24.1	67.9	-	13.7	18.7	3.4
Salt Beef Pretzel	413.7	26.7	43.0	-	3.3	14.5	2.4

SALADS

Ham and Egg Salad	460	19.2	32.2	-	3.6	27.4	2.2
Tuna & Egg	419	27.9	7.3	-	4.0	30.9	1.8
Mozzarella, Tomoato & Avocado	614	19.2	17.9	-	6.4	49.5	1.3
Chicken, Bacon & Avocado	524	27.8	15.8	-	4.9	38.0	2.6
Crayfish & Avocado	484	18.2	14.9	-	2.7	37.1	1.4
Ham and Egg Salad	460	19.2	32.2	-	3.6	27.4	2.2

MINI POT

Egg and Spinach	83	8.0	0.2	-	0.2	5.5	0.3
Egg, Avocado and Spinach	25	2.3	0.3	-	0.2	1.5	0.1
Mini Mozzarella Balls and Tomato	194	13.0	3.1	-	3.0	14.2	0.7
Edamame Beans	149	12.9	6.9	-	0.0	6.8	0.0

SOUPS

NCG Tomato & Basil Soup	111	3.6	12.6	-	8.1	4.2	1.2
NCG Carrot & Coriander Soup	132	2.4	15.6	-	9.3	5.7	1.7
NCG Vegetable Soup	111	5.1	13.2	-	5.1	3.6	1.3
NCG Mushroom Soup	90	4.2	7.8	-	0.9	4.5	1.6
NCG Leek & Potato Soup	183	3.3	16.2	-	2.7	11.1	1.4

CAKES AND IMPULSE

Maple & Pecan Pie	471	4.5	57.9	-	39.6	24.4	0.3
Choc Fudge Cake	811	11.9	99.8	-	83.0	39.2	1.1
Sticky Chocolate Orange Cake	627	6.5	81.7	-	54.2	29.9	0.8
Big Carrot Cake	670	6.0	82.4	-	62.0	34.7	0.9
Ultimate Brownie	351.12	4.7	38.6	-	31.2	20.5	0.5
Caramel Slice Traybake	388.44	4.7	48.1	-	34.8	21.0	0.4
Jewel Bar Traybake	366.52	5.5	42.5	-	36.9	21.0	0.3

1-200 CAL

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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Blueberry Bakewell Traybake	379.86	5.2	37.2	-	11.5	24.5	0.4
Lemon Drizzle Traycake	430.8	4.4	66.0	-	46.8	16.8	0.7
The Queen Vic Traycake	521.97	4.7	72.4	-	50.8	24.1	0.9
Sour Cherry and Hazelnut Raw Bar	290.7	5.4	46.8	-	40.0	9.4	0.0
Maple Flapjack	451.86	6.4	62.7	-	28.0	12.4	0.5
Banana & Chocolate Loaf	379.5	3.9	49.5	-	25.3	19.8	0.4
Poached Pear & Ginger Loaf	283.65	3.4	48.9	-	31.3	9.8	0.7
Double Chocolate Chunk Cookies	373.16	3.7	46.4	-	30.6	18.9	0.4
Oat Raisin Sclemon Cookies	308.56	3.3	49.5	-	31.1	10.5	0.5
Triple Belgian Chocolate Cookie	367.08	3.9	44.6	-	30.6	18.9	0.4
White Belgian Choc Raspberry Cookie	372.4	3.6	47.0	-	29.3	18.7	0.5
Teacakes	264	7.9	48.3	-	14.6	3.7	0.8
Pain Aux Chocolat	315	5.4	29.7	-	9.0	19.0	0.6
Pain Aux Raisins	174	2.4	23.5	-	7.5	7.6	0.4
Almond Croissant	329	7.5	36.2	-	9.1	16.7	0.7
Chocolate Twist	272	5.0	33.0	-	15.4	12.9	0.5
Large Croissant	297	4.6	33.9	-	1.1	15.2	0.9
Vanilla Creme Crown	346	4.6	27.6	-	7.3	23.7	0.3
Maple Pecan Plaits	434	5.5	43.5	-	15.9	26.2	0.4
Cinnamon Swirl	323.84	5.0	47.5	-	20.2	12.3	0.6
Brake Giant Sultana Scones	348	6.7	55.5	-	19.2	10.3	1.2
Scone, Cream & Apricot Jam	348	12.1	76.5	-	22.9	11.4	0.6
Scone, Cream & Blackcurrant Jam	464.88	12.1	76.5	-	22.9	11.4	0.6
Scone, Cream & Raspberry Jam	464.93	12.1	76.5	-	22.9	11.4	0.6
Scone, Cream & Strawberry Jam	465.03	12.1	76.5	-	22.9	11.4	0.6
Treacle Tofapple Tulip Muffin	511	5.8	68.2	-	44.1	23.7	0.6
Triple Chocolate Tulip Muffin	532	7.0	56.9	-	36.7	30.3	0.6
Blueberry Crumble Tulip Muffin	490	6.0	59.5	-	34.1	25.1	0.6
Lemon Meringue Tulip Muffin	483	5.3	64.0	-	42.8	22.8	0.6
Victoria Sponge Tulip Muffin	541	5.9	67.6	-	44.0	26.9	0.7
Apricot Tulip Muffin	520	6.1	71.0	-	47.2	23.0	0.7
Blueberry Skinny Muffin	310	5.1	61.6	-	36.7	4.1	0.6
Nutella Mufin	481	5.8	51.1	-	30.5	26.5	0.5
White Choc&Rasp Muffin	396	5.2	43.6	-	25.7	21.8	0.6
Cornflake Clusters Grab Bags	42	0.6	6.2	-	3.0	1.6	0.0
Mini Gingerbread Men Bisc	43	0.6	7.8	-	4.4	1.1	0.1

SKINNY CARAMEL HOT CHOCOLATE

Skimmed Milk - Tall	152.9	7.3	28.8	-	22.7	1.7	38.3
Skimmed Milk - Regular	220.9	11.7	40.4	-	31.8	2.3	47.9
Skimmed Milk - Supremo	232.3	10.5	44.5	-	33.4	2.5	57.4

LUXURY CARAMEL HOT CHOCOLATE

Skimmed Milk - Tall	551.4	11.6	116.6	-	87.7	9.4	171.5
Skimmed Milk - Regular	708.2	16.8	147.1	-	111.8	11.7	209.7
Skimmed Milk - Supremo	808.5	16.4	170.0	-	128.5	13.5	247.8
Semi Skimmed Milk - Tall	588.1	12.3	118.4	-	89.5	12.4	171.8
Semi Skimmed Milk - Regular	727.7	15.1	145.8	-	110.6	15.2	209.9
Semi Skimmed Milk - Supremo	856.6	17.2	172.1	-	130.6	17.6	248.1

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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Whole Milk - Tall	627.5	12.3	118.4	-	89.5	16.8	171.8
Whole Milk - Regular	779.2	15.2	146.0	-	110.8	20.8	210.0
Whole Milk - Supremo	885.6	15.9	170.2	-	128.7	22.3	248.0
Soya - Tall	606.7	13.8	117.7	-	86.1	13.6	314.9
Soya - Regular	758.3	17.4	145.5	-	106.9	16.9	396.6
Soya - Supremo	915	21.5	173.8	-	127.9	20.6	485.6

HALAL

Turkey & Chese Croissant (Halal)	502.7	22.1	38.1	-	5.8	28.9	2.0

HALAL - BREAKFAST

Full English Breakfast Roll (Halal)	331.2	17.1	41.6	-	4.4	10.3	1.6
Bacon Roll (Halal)	288.3	15.4	39.7	-	3.0	7.0	1.5
Egg & Turkey Croissant (Halal)	490.1	20.4	38.9	-	6.1	28.0	1.9
Turkey & Chese Croissant (Halal)	502.7	22.1	38.1	-	5.8	28.9	2.0
Turkey Bacon Bagel (Halal)	370.2	17.7	58.8	-	6.1	6.4	1.3

HALAL - WEDGES

Chicken & Turkey Halal	334.9	19.7	39.2	-	4.3	10.7	1.9
Turkey Salad (Halal)	338.2	20.7	40.1	-	5.6	10.2	2.2
BLT (Halal)	320.4	15.6	38.4	-	4.2	11.4	1.8
Turkey & Egg (Halal)	396.2	22.3	37.6	-	2.7	17.1	2.4

HALAL - TOASTIES

Turkey & Cheese (Halal)	543.8	29.0	49.0	-	1.8	25.3	2.9
Chicken & Turkey (Halal)	403.9	25.3	51.4	-	2.6	10.5	2.2

HALAL - BAGUETTES

Ploughmans Turkey (Halal)	659.2	34.9	82.6	-	16.2	19.5	3.1
Turkey & Cheese (Halal)	666.2	37.9	70.7	-	5.5	24.6	3.8
Egg, Turkey & Mayo (Halal)	528	27.5	69.7	-	5.2	14.5	2.5
Chicken Tikka (Halal)	475.1	31.1	75.1	-	5.6	4.3	2.1

HALAL - WRAPS

Kofta and Hummus Wrap (Halal)	659.2	34.9	82.6	-	16.2	19.5	3.1

HALAL - PANINI

Brie & Turkey (Halal)	587.8	27.5	59.1	-	6.1	26.0	2.7
Turkey & Cheese (Halal)	523.7	27.5	58.8	-	5.3	19.0	2.7
Turkey & Beef Salami, Mozzarella Panini (Halal)	728.1	27.0	61.8	-	7.5	40.8	3.7
Chicken Tikka Panini (Halal)	509	30.1	62.2	-	5.5	14.6	2.1

HALAL - SALADS

Chicken, Turkey & Avocado (Halal)	495.2	26.6	15.8	-	4.8	35.3	2.2