

Adults need around 2000 kcal a day.

COSTA
COFFEE

Costa Smooth Coffee Frappé

Ingredients

Semi-Skimmed **Milk** 75%, Coffee 20% (Water, Coffee Extract**), Sugar, Acidity Regulator (Potassium Carbonates), Stabilisers (Gellan Gum, Carrageenan), Natural Flavourings.

Reference intake of an average adult (8 400 kJ/ 2 000 kcal).

** Rainforest Alliance Certified™

Nutritional information

	per 100g/ml
Energy (kCal)	253 kJ / 60 kcal
Fat (g)	1.3
of which is saturates (g)	0.9
Carbohydrate (g)	9.3
of which is sugars (g)	7.8
Protein (g)	2.8
Salt (g)	0.1

Free from

Milk and products	Contains
Nuts and products	Free from
Peanuts and products	Free from
Celery and products	Free from
Mustard and products	Free from
Sesame seeds and products	Free from
Sulphur Dioxide and Sulphites (more than 10mg/L)	Free from
Lupins and products	Free from
Crustaceans and products	Free from
Molluscs and products	Free from
Eggs and products	Free from
Fish and products	Free from
Soya Beans and products	Free from
Cereals containing Gluten	Free from
Cocoa	Free from
Coriander	Free from
Corn	Free from

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Rye	Free from
Carrot	Free from
Wheat	Free from

This product is GMO free.

Costa Choc Fudge Brownie Frappé

Ingredients

Semi-Skimmed **Milk** 75%, Coffee 20% (Water, Coffee Extract**), Sugar, Fat-Reduced Cocoa Powder 0.15%, Acidity Regulator (Potassium Carbonates), Stabilisers (Gellan Gum, Carrageenan), Natural Flavourings.

Reference intake of an average adult (8 400 kJ/ 2 000 kcal).

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Nutritional information

	per 100g/ml
Energy (kCal)	253 kJ / 60 kcal
Fat (g)	1.3
of which is saturates (g)	0.9
Carbohydrate (g)	9.3
of which is sugars (g)	7.5
Protein (g)	2.9
Salt (g)	0.1

Free from

Milk and products	Contains
Nuts and products	Free from
Peanuts and products	Free from
Celery and products	Free from
Mustard and products	Free from
Sesame seeds and products	Free from
Sulphur Dioxide and Sulphites (more than 10mg/L)	Free from

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Lupins and products	Free from
Crustaceans and products	Free from
Molluscs and products	Free from
Eggs and products	Free from
Fish and products	Free from
Soya Beans and products	Free from
Cereals containing Gluten	Free from
Cocoa	Free from
Coriander	Free from
Corn	Free from
Rye	Free from
Carrot	Free from
Wheat	Free from

This product is GMO free.

Costa Caramel Swirl Frappé

Ingredients

Semi-Skimmed **Milk** 75%, Coffee 20% (Water, Coffee Extract**), Sugar, Acidity Regulator (Potassium Carbonates), Stabilisers (Gellan Gum, Carrageenan), Natural Flavourings.

Reference intake of an average adult (8 400 kJ/ 2 000 kcal).

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Nutritional information

	per 100g/ml
Energy (kCal)	246 kJ / 58 kcal
Fat (g)	1.2
of which is saturates (g)	0.8
Carbohydrate (g)	9
of which is sugars (g)	7.7
Protein (g)	2.8
Salt (g)	0.1

Free from

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Milk and products	Contains
Nuts and products	Free from
Peanuts and products	Free from
Celery and products	Free from
Mustard and products	Free from
Sesame seeds and products	Free from
Sulphur Dioxide and Sulphites (more than 10mg/L)	Free from
Lupins and products	Free from
Crustaceans and products	Free from
Molluscs and products	Free from
Eggs and products	Free from
Fish and products	Free from
Soya Beans and products	Free from
Cereals containing Gluten	Free from
Cocoa	Free from
Coriander	Free from
Corn	Free from
Rye	Free from
Carrot	Free from
Wheat	Free from

This product is GMO free.

Costa Americano (250ml can)

Ingredients

Coffee (Water, Coffee Extract) (98 %), Sugar, Acidity Regulators (Potassium Bicarbonate, Potassium Citrate), Natural Flavourings.

Nutritional information

	per 100g/ml
Energy (kCal)	27 kJ/6 kcal
Fat (g)	0.0

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of which is saturates (g)	0.0
Carbohydrate (g)	1.7
of which is sugars (g)	1.7
Protein (g)	0.0
Salt (g)	0.04

Free from

Milk and products	No
Nuts and products	Yes
Peanuts and products	Yes
Celery and products	Yes
Mustard and products	Yes
Sesame seeds and products	Yes
Sulphur Dioxide and Sulphites (more than 10mg/L)	Yes
Lupins and products	Yes
Crustaceans and products	Yes
Molluscs and products	Yes
Eggs and products	Yes
Fish and products	Yes
Soya Beans and products	Yes
Cereals containing Gluten	Yes

This product is GMO free.

Costa Caramel Latte (250ml can)

Ingredients

Coffee (Water, Coffee Extract) (63%), Milk (3.5% fat) (34%), Sugar, Stabilisers (Cellulose, Sodium Carboxy Methyl Cellulose, Carrageenan), Acidity Regulators (Potassium Bicarbonate, Potassium Citrate), Natural Flavourings.

Nutritional information

	per 100g/ml
Energy (kCal)	164 kJ/40 kcal
Fat (g)	1.5
of which is saturates (g)	1.1

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COSTA
COFFEE

Carbohydrate (g)	5.1
of which is sugars (g)	3.6
Protein (g)	1.2
Salt (g)	0.06

Free from

Milk and products	No
Nuts and products	Yes
Peanuts and products	Yes
Celery and products	Yes
Mustard and products	Yes
Sesame seeds and products	Yes
Sulphur Dioxide and Sulphites (more than 10mg/L)	Yes
Lupins and products	Yes
Crustaceans and products	Yes
Molluscs and products	Yes
Eggs and products	Yes
Fish and products	Yes
Soya Beans and products	Yes
Cereals containing Gluten	Yes

This product is GMO free.

Costa Latte (250ml can)

Ingredients

Coffee (Water, Coffee Extract) (49%), Milk (3.5% fat) (48%), Sugar, Acidity Regulators (Potassium Bicarbonate, Potassium Citrate), Stabilisers (Cellulose, Sodium Carboxy Methyl Cellulose, Carrageenan), Natural Flavourings.

Nutritional information

	per 100g/ml
Energy (kCal)	183 kJ/43 kcal
Fat (g)	1.7
of which is saturates (g)	1.2

Adults need around 2000 kcal a day.

Carbohydrate (g)	5.3
of which is sugars (g)	3.9
Protein (g)	1.7
Salt (g)	0.07

Free from

Milk and products	No
Nuts and products	Yes
Peanuts and products	Yes
Celery and products	Yes
Mustard and products	Yes
Sesame seeds and products	Yes
Sulphur Dioxide and Sulphites (more than 10mg/L)	Yes
Lupins and products	Yes
Crustaceans and products	Yes
Molluscs and products	Yes
Eggs and products	Yes
Fish and products	Yes
Soya Beans and products	Yes
Cereals containing Gluten	Yes

This product is GMO free.

Gingerbread Latte (250ml can)

Ingredients

Ingredients: Coffee (Water, Coffee Extract**) (62%), Whole Milk (33%), Sugar, Acidity Regulators (Potassium Carbonates, Potassium Citrates), Stabilisers (Cellulose, Cellulose Gum, Carrageenan), Natural Flavourings.

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Nutritional information

	per 100g/ml
Energy (kCal)	172 kJ / 41 kcal
Fat (g)	1.2
of which is saturates (g)	0.8

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Carbohydrate (g)	6.0
of which is sugars (g)	4.5
Protein (g)	1.5
Salt (g)	0.05

Contains

Natural flavourings	Yes
Added colours	No
Added preservatives	No
Added intense sweeteners	No
Added antioxidants	No
Caffeine	Yes
Quinine	No
Grape	No

Free from

Milk and products	No
Nuts and products	Yes
Peanuts and products	Yes
Celery and products	Yes
Mustard and products	Yes
Sesame seeds and products	Yes
Sulphur Dioxide and Sulphites (more than 10mg/L)	Yes
Lupins and products	Yes
Crustaceans and products	Yes
Molluscs and products	Yes
Eggs and products	Yes
Fish and products	Yes
Soya Beans and products	Yes
Cereals containing Gluten	Yes

This product is GMO and gluten free. Suitable for vegetarians