



NUTRITION SURVIVAL GUIDE TO

# CAFFÈ NERO

(FOOD MENU) CALORIES AND MACRONUTRIENTS

2021

[WWW.PHILIPGONCALVES.COM](http://WWW.PHILIPGONCALVES.COM)

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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## PASTIRES

Almond Croissant (V)	343	7.8	36.9	1.9	11.6	17.8	0.6
Apricot Croissant (V)	266	4.8	35	2.1	11.3	11.3	0.7
Butter Croissant (V)	219	4.3	23.2	1.3	3.5	11.8	0.6
Chocolate Twist (V)	281	4.3	37.9	2.3	17.4	11.9	0.6
Cinnamon Swirl (V)	350	5.8	44	2.4	18.7	16	0.5
Pain au Chocolat (V)	268	4.8	29.1	1.9	8.1	14.3	0.6
Pain aux Raisin (V)	296	5.4	43.2	2.3	17.1	10.8	0.6
Vegan Raspberry Croissant (Vg, DF)	296	5	39.5	2.1	14.4	12.7	0.4

## MUFFINS & SCONES

Belgian Chocolate Muffin (V)	448	7	49	2	32	24	0.4
Blueberry Muffin (V)	376	6	49	1	23	17	0.4
Sicilian Lemon Curd Muffin (V)	398	6	55	1	28	17	0.5
Fruit Scone (Scotland, England & Wales) (V)	287	6	43.3	1.1	13.4	10.1	1.15

## EXTRAS

Raspberry Jam (Vg, GF, DF)	72	0.2	17.1	-	17.1	0.06	0
Strawberry Jam (Vg, GF, DF)	72	0.12	17.7	-	17.7	0.03	0
Lakeland Butter (V, GF)	52	0.04	0.1	-	0.1	5.7	0.1
Rodda's Cornish Clotted Cream (V, GF)	234	0.6	0.9	-	0.9	25.5	0

## PORRIDGE & TOPPINGS

Porridge made with Semi Skimmed Milk (V)	244	11.4	32.8	3.5	9.8	6.7	0.2
Porridge made with Skimmed Milk (V)	219	11.4	33	3.5	10	3.8	0.2
Porridge made with Whole Milk (V)	277	11.2	32.6	3.5	9.6	10.6	0.2
Porridge made with Soya Milk (Vg, DF)	238	11.2	29.7	4.8	6.5	7.1	0
Porridge made with Coconut Milk (Vg, DF)	215	7.4	30.3	3.9	7.3	6	0
Porridge made with Oat Milk (Vg, DF)	244	4.9	40.3	5.2	8.5	5.8	0
Seeds & Fruit Mix Topper (Vg, DF, GF)	115	2.9	11.6	3.4	7	5.6	0
Fruit Mix Topper (Vg, DF, GF)	80	0.4	18.8	1.1	16.8	0.1	0

## WHOLE CAKES

Belgian Chocolate Fudge Cake (V)	420	5.6	54.2	1.2	36.3	19.9	0.4
Carrot Cake (V)	541	4.7	73.7	2.5	44.7	24.1	0.8
Luxury Blackforest Roulade (V)	386	5.1	48.3	2.5	35.5	19	0.5
Billionaires Cake (V)	555	5.7	72.9	2.3	51.3	27.3	0.9

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## LOAF CAKES

Banana & Walnut Loaf Cake (V)	345	5.8	40.4	1.7	20.7	18.9	0.5
Sicilian Lemon Drizzle Loaf Cake (V)	372	4.6	52.3	1	27.6	15.8	0.5

## BROWNIES & SHORTBREAD

Caramel Shortbread (V)	377	3.5	42.5	1.1	30.8	21.2	0.4
Belgian Chocolate Brownie (V)	241	3.2	27.9	1.4	22.4	12.7	0.3
Caramel & Sea Salt Brownie (V)	257	3	31.4	1.3	24.1	13	0.6

## CHEESECAKE

Salted Caramel & Chocolate Vegan Cheesecake (Vg, DF)	353	2.4	35.4	1.9	19.9	22.2	0.2
Sicilian Lemon Cheesecake (V)	374	5	38.7	0.7	24.8	22.1	0.4

## COOKIES

Belgian Chocolate Chunk Cookie (V)	314	3.9	50.2	1.7	26.6	12.1	0.7
Caramel Chocolate Cookie (V)	330	3.8	51.6	2	32.4	13.2	0.5
Oat & Raisin Cookie (V)	301	5.7	39.5	2.6	19.8	14	0.3

## INDIVIDUAL CAKES

Cherry Bakewell Crumble Cake (V)	357	4.5	49.5	1.1	32.6	15.9	0.6
Raspberry & Amaretti Crumble Cake (V)	338	4.1	45.9	3	30.3	14.7	0.6
Mince Pies (Vg, DF)	354	3.6	60.5	4.1	33.8	9.9	0.2

## SAVOURY PASTRIES & ROLLS

Vegan Vegetable 'Sausage' Roll (Vg, DF)	354	5.5	34.5	3.1	6.2	20.8	1.2
Pork & Pancetta Sausage Roll	467	19.4	30.4	1.8	3	29.4	1.4
Italian Tomato & Caramelised Onion Parcel with Mozzarella (V)	374	9.1	27.4	2.5	4.5	24.8	1.1
Roasted Vegetable & Spanish Chorizo Parcel	390	9.4	31.6	3	5	24.5	1.8
Ham & Cheese Croissant	325	15.9	25	1	3.5	17.9	1.4
Sourdough Bread Roll (Vg, DF)	191	6.4	39.2	2.3	0.9	0.4	0.9

## PANINI

Pole & Line Tuna Melt Panini	513	25.6	51.5	3.5	6.1	22.1	1.7
Ham & Mozzarella Panini	414	26	51.8	3	6.2	10.6	1.9
Mozzarella & Tomato Panini (V)	480	23.4	49.6	3.1	5	20.3	2.1
Vegan Meatball Panini (Vg, DF)	458	6.6	74.5	5.2	8.1	13.7	2.1
Brie and Bacon Panini	530	24.1	61.9	2.7	12.2	20.1	2.2
All Day Breakfast Panini	430	22.6	53.7	3.8	5.1	12.9	1.8

## TOSTATI

Cotto Ham & Cheese Tostati Melt	382	21	39	1.9	3.8	15.4	2.2
Mozzarella & Tomato Tostati Melt (V)	406	19	41.8	2.3	6.4	17.9	1.7
Roasted Mushroom & Mascarpone Tostati Melt (V)	388	14.7	39.3	2.6	3.4	19.1	1.5

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Roasted Tomato & Pesto Tostati (Vg, DF)	362	7.6	50.6	3	7.7	17.1	1.9
Chicken & Bacon Tostati Melt	406	26.3	39.9	2.7	4.1	15.1	1.8

## BREAKFAST ROLLS

Coffee Cured Bacon Ciabatta	348	16.2	38.7	1.6	2.1	15.2	2.1
Butcher's Sausage ciabatta	413	16.4	42.9	2.5	1.6	20.7	1.8

## SALAD

Falafel, Red Pepper Houmous & Super Grain Salad (Vg, DF)	305	10	26	9.8	7.6	15	1.1
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## BREAKFAST BOXES

All Day Breakfast Box	280	17.8	14.6	4	5	15.8	1.8
Vegetarian Brekfast Box (V)	229	13.1	16.7	4	6.6	11.1	1.36

## SOUPS

Italian Tomato & Basil Soup (Vg, DF)	165	3.5	18.2	4.2	12.3	9.7	2.3
Supergreen Soup (Vg, DF)	213	9.5	27.7	9.8	6	9.3	2.6
Chicken & Rice Soup	284	14.4	23.8	5.6	4.6	15.9	2.5

## SANDWICHES

Free Range Egg Mayo Sandwich (V)	449	22.2	38.3	4	0.6	22.4	1.5
Chargrilled Chicken Salad Sandwich	441	23.5	40.1	3.9	1.9	19.6	1.4
Classic BLT Sandwich	496	20.5	40.4	4.5	2.3	27.1	0.9
Tuna, Red Pepper & Rocket Sandwich	333	22.3	46.7	4.8	3.2	5.2	1.3

## BISCUITS & SNACKS

Almond Biscotti (V)	130	3	22	0	11	3	0.05
Caramel Waffle (V)	336	2.8	52.1	1.2	30	12.6	0.5
Chocolate Coated Coffee Beans (Vg, DF)	136	1.5	14	1.7	10.2	8	0.01
Dark Chocolate & Hazelnut Chocolate Bar (V)	98	0.8	8.4	1	8.1	6.7	0.02
Fruit Teacake (Vg, DF)	272	7	53.9	3.6	21.1	2.4	0.2
Gianduja Chocolate (V)	58	0.6	4.7	-	4.4	4	0
Gino and Ginnie Gingerbread (V, DF)	296	3.9	53.1	1.4	21.5	7.2	0.3
Leone Mints (Vg, GF, DF)	117	0	29	-	29	0	0
Loacker Creamkakao (V)	231	3.5	26	-	13	12	0.1
Loacker Napolitaner (V)	234	3.6	27	-	12	12	0.2
Loacker Vanille (V)	235	3.5	28	-	14	12	0.2
Metcalfe's® Chocolate Rice Cakes (V)	81	1	11.4	0.3	5.3	3.3	0.02
Milk Chocolate Stracciatella Bar (V)	100	1.2	8.2	0.6	8.1	6.8	0
Panettone (V)	368	7.9	52	1.4	28	14	0.5
Vegan Fruit Flapjack (Vg, DF)	315	3.2	48.9	3.3	32.3	12.4	0.5
Vegan Stem Ginger Biscuit (Vg, DF)	133	1.5	21.7	-	11.3	4.3	0.2
Wrapped Gluten Free Chocolate Brownie Bar (V, DF, GF)	252	2.9	23.8	1.9	14.2	15.8	0.1
Wrapped Raspberry & Coconut Slice (Vg, GF)	248	1.1	32	3.6	17.7	12	0.1
Wrapped Shortbread (V)	132	1.4	15.6	-	5.7	7.1	0.2

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### CRISPS & POPCORN

Kettle Sea Salt Crisps (Vg, DF)	205	2.3	20.6	2.6	0.2	12	0.4
Kettle Sea Salt & Vinegar Crisps (Vg, DF)	204	2.3	22.3	2	0.6	11.2	0.6
Kettle Cheddar & Onion Crisps (V)	202	2.8	20.4	2.5	1	12	0.4
Metcalfe's® Charity Popcorn Sea Salt (Vg, DF)	87	2.2	11	2.5	0.8	3.3	0.2
Metcalfe's Skinny Popcorn® Sweet 'n Salt (Vg, DF)	114	2.2	15.1	2.4	4	4.5	0.1

### YOGHURTS & GRANOLA POT

Berry Granola Pot (V)	286	8.6	27	1.4	18.2	15.6	1.6
Tim's Raspberry Yoghurt (V)	249	8.6	21.4	0.7	20.7	14.7	0.4
Tim's Honey Yoghurt (V)	264	8.6	24.9	0.2	21.5	14.9	0.4

### NORTHERN IRELAND PRODUCTS - PANINI

All Day Breakfast	424	21	52	-	6	14	1.7
Chargrilled Chicken & Pesto Panini	456	24	52	-	5.3	16	2.6
Ham & Mozzarella Panini	419	25	50	-	5.8	12	2.3
Mozzarella & Tomato Panini (V)	510	23	52	-	4.9	23	2
Tuna Melt Panini	596	25	55	-	5.7	29	1.8

### NORTHERN IRELAND PRODUCTS - TOSTATI

Chicken & Bacon Tostati Melt	480	20	53	-	2.4	20	2.7
Ham, Cheese & Mustard Tostati Melt	466	23	50	-	1.2	19	2.9
Mushroom & Mascarpone Tostati Melt (V)	481	18	50	-	1.1	23	1.6

### NORTHERN IRELAND PRODUCTS - CROISSANT

Ham & Cheese Croissant	342	15	24	-	4.4	21	1
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### NORTHERN IRELAND PRODUCTS - SANDWICHES

Chargrilled Chicken Salad Sandwich	362	20	46	-	2.9	12	1.4
Chicken & Stuffing Sandwich	483	19	42	-	2.8	22	1.8
Classic BLT Sandwich	468	16	48	-	4	25	2.2
Free Range Egg Mayo Sandwich (V)	525	19	38	-	3	34	1.2
Tuna, Red Pepper & Rocket Sandwich	462	21	47	-	3.7	22	1.7

### NORTHERN IRELAND PRODUCTS - SCONES

Fruit Scone (V)	404	7	68	2	23	12	1
Plain Scone (V)	376	7	60	2	14	13	1

### NORTHERN IRELAND PRODUCTS- YOGHURTS & FRUIT POT

Clandeboyne Strawberry Yoghurt	150	4.7	19.4	-	16.7	5.9	0.2
Clandeboyne Toffee Yoghurt	162	5.4	19.1	-	15.5	7.1	0.2
Clandeboyne Mango Snack Pot	232	6.4	28.8	-	15	9.5	0.1
Seasonal Fruit Salad (Vg)	113	1.6	26.6	-	22.7	0.7	0

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## NORTHERN IRELAND PRODUCTS- CRISPS

O'Donnell's Salt & Vinegar Crisps (V)	257	2.6	27.1	-	0.6	15	1.1
O'Donnell's Cheese & Onion Crisps (V, GF)	256	2.9	27.8	-	2.5	14.4	0.7
O'Donnell's Sweet Chilli Crisps (V, GF)	259	2.8	28	-	2.1	14.7	0.6