

COSTA COFFEE.

Malaysia Express Concessions – 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 flavour syrups contain 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- these are denoted by the following: ***Contains sugar and sweeteners**
- **MILK:** Milk as added to all milk- based drinks is dairy- based, semi skimmed milk.

ALLERGEN GUIDE- ALL HOT DRINKS, ALL SIZES:

Drink/Product	Suitable for Vegetarians	Suitable for Vegans	Wheat	Rye	Barley	Oat	Soya	Egg	Milk	Fish	Crustacean	Mollusc	Sulphite	Sesame	Celery	Mustard	Lupin	Peanut	Tree Nuts
Espresso	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Cortado	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Espresso Macchiato	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Ristretto	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Cappuccino	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Latte	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Vanilla Latte*	YES	NO	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Salted Caramel Latte*	YES	NO	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Mocha	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Hot Chocolate	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Salted Caramel Hot Chocolate*	YES	NO	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Black Americano	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
White Americano	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Flat White	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO

*Contains sugar and sweeteners

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ALLERGEN GUIDE- ALL COLD/ICED DRINKS, ALL SIZES:

Drink/product	Suitable for Vegetarians	Suitable for Vegans	Wheat	Rye	Barley	Oat	Soya	Egg	Milk	Fish	Crustacean	Mollusc	Sulphite	Sesame	Celery	Mustard	Lupin	Peanut	Tree Nuts
Iced Cappuccino	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Iced Latte	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Iced Vanilla Latte*	YES	NO	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Iced Salted Caramel Mocha*	YES	NO	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Iced Mocha	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Iced Chocolate	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Iced Black Americano	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Iced White Americano	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Iced Milk Cooler (with flavour)*	YES	NO	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Iced Milk (no flavour)	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO

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ALLERGEN GUIDE- OPTIONAL EXTRAS:

Product/addition	Suitable for Vegetarians	Suitable for Vegans	Wheat	Rye	Barley	Oat	Soya	Egg	Milk	Fish	Crustacean	Mollusc	Sulphite	Sesame	Celery	Mustard	Lupin	Peanut	Tree Nuts
Flavour dose- to any sized drink*	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Sugar dose – to any sized drink*	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
White sugar sachet	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Brown sugar sachet	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Sweetener sachet	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Chocolate sprinkles (powder sachet)	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO

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- **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- these are denoted by the following: ***Contains sugar and sweeteners**
- **MILK:** Milk as added to all milk- based drinks is dairy- based, semi skimmed milk.

HOT DRINKS (SHORT DRINKS): NUTRITIONAL GUIDE:

Drink/product	Energy - kJ per 100ml	Energy - kcal per 100ml	Fat per 100ml	Sats per 100ml	Carb per 100ml	Sugar per 100ml	Protein per 100ml	Salt per 100ml	Energy - kJ per portion	Energy - kcal per portion	Fat per portion	Sats per portion	Carb per portion	Sugar per portion	Protein per portion	Salt per portion
Espresso	37	10	0.3	0.0	1.3	0.7	0.7	0.03	17	5	0.1	0.0	0.6	0.3	0.3	0.01
Cortado	142	34	1.2	0.7	3.6	3.4	2.6	0.08	171	41	1.5	0.9	4.3	4.0	3.1	0.10
Espresso Macchiato	86	21	0.7	0.3	2.3	1.9	1.6	0.05	56	14	0.5	0.2	1.5	1.3	1.0	0.03
Ristretto	37	10	0.3	0.0	1.3	0.7	0.7	0.03	15	4	0.1	0.0	0.5	0.3	0.3	0.01

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HOT DRINKS (ALL SIZES): NUTRITIONAL GUIDE:

Drink/product	Energy - kJ per 100ml	Energy - kcal per 100ml	Fat per 100ml	Sats per 100ml	Carb per 100ml	Sugar per 100ml	Protein per 100ml	Salt per 100ml	Energy - kJ per portion	Energy - kcal per portion	Fat per portion	Sats per portion	Carb per portion	Sugar per portion	Protein per portion	Salt per portion
Cappuccino	166	39	1.4	0.9	4.1	4.0	3.0	0.09	407	97	3.5	2.2	10.0	9.7	7.3	0.23
Large Cappuccino	166	39	1.4	0.9	4.1	4.0	3.0	0.09	469	111	4.1	2.5	11.5	11.2	8.4	0.26
Latte	173	41	1.5	1.0	4.2	4.2	3.1	0.10	572	136	5.0	3.1	14.0	13.7	10.3	0.32
Large Latte	173	41	1.5	1.0	4.2	4.2	3.1	0.10	719	170	6.3	4.0	17.5	17.2	12.9	0.40
Vanilla Latte*	185	44	1.5	0.9	5.0	4.8	3.1	0.09	619	147	5.0	3.1	16.7	16.0	10.3	0.32
Large Vanilla Latte*	185	44	1.5	0.9	5.0	4.8	3.1	0.09	780	184	6.3	4.0	21.1	20.3	12.9	0.40
Salted Caramel Latte*	185	44	1.5	0.9	5.0	4.8	3.1	0.09	619	147	5.0	3.1	16.7	16.0	10.3	0.32
Large salted Caramel Latte*	185	44	1.5	0.9	5.0	4.8	3.1	0.09	780	184	6.3	4.0	21.1	20.3	12.9	0.40
Mocha	236	56	1.2	0.7	8.8	7.8	2.5	0.09	719	170	3.7	2.2	26.8	23.8	7.8	0.28
Large Mocha*	236	56	1.2	0.7	8.8	7.8	2.5	0.09	905	214	4.4	2.7	34.4	30.4	9.4	0.34
Hot Chocolate	265	63	1.4	0.9	9.7	8.7	2.9	0.10	742	175	3.9	2.5	27.1	24.4	8.2	0.29
Large Hot Chocolate*	265	63	1.4	0.9	9.7	8.7	2.9	0.10	963	227	5.0	3.1	35.5	31.9	10.4	0.37
Salted Caramel Hot Chocolate*	276	65	1.4	0.9	10.5	9.4	2.9	0.10	788	186	3.9	2.5	29.8	26.7	8.2	0.29
Large Salted Caramel Hot Chocolate*	276	65	1.4	0.9	10.5	9.4	2.9	0.10	1024	242	5.0	3.1	39.1	35.0	10.4	0.37
Black Americano	6	2	0.1	0.0	0.2	0.1	0.1	0.00	20	6	0.2	0.0	0.7	0.4	0.4	0.01
Large Black Americano	6	2	0.1	0.0	0.2	0.1	0.1	0.00	26	7	0.2	0.0	0.9	0.5	0.5	0.02
White Americano	84	20	0.7	0.4	2.1	2.0	1.5	0.05	303	72	2.6	1.6	7.5	7.2	5.5	0.17
Large White Americano	84	20	0.7	0.4	2.1	2.0	1.5	0.05	338	81	2.9	1.8	8.4	8.0	6.1	0.19
Flat White	169	40	1.5	0.9	4.1	4.0	3.0	0.09	354	84	3.1	1.9	8.7	8.5	6.4	0.20

*Drink will contain sugar and sweeteners

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COLD (ICED) DRINKS : NUTRITIONAL GUIDE:

Drink/product	Energy - kJ per 100ml	Energy - kcal per 100ml	Fat per 100ml	Sats per 100ml	Carb per 100ml	Sugar per 100ml	Protein per 100ml	Salt per 100ml	Energy - kJ per portion	Energy - kcal per portion	Fat per portion	Sats per portion	Carb per portion	Sugar per portion	Protein per portion	Salt per portion
Iced Cappuccino	111	26	1.0	0.6	2.7	2.6	2.0	0.06	426	101	3.7	2.3	10.5	10.2	7.7	0.24
Iced Latte	117	28	1.0	0.6	2.9	2.8	2.1	0.06	485	115	4.2	2.6	11.9	11.6	8.7	0.27
Iced Vanilla Latte*	129	31	1.0	0.6	3.7	3.5	2.1	0.06	546	129	4.2	2.6	15.5	14.7	8.7	0.27
Iced Salted Caramel Mocha*	129	31	1.0	0.6	3.7	3.5	2.1	0.06	546	129	4.2	2.6	15.5	14.7	8.7	0.27
Iced Mocha	196	46	1.0	0.6	7.3	6.5	2.1	0.07	992	235	5.0	3.1	37.0	33.0	10.6	0.38
Iced Chocolate	228	54	1.2	0.7	8.5	7.6	2.5	0.09	1073	253	5.5	3.5	39.7	35.7	11.5	0.41
Iced Americano	4	1	0.0	0.0	0.1	0.1	0.1	0.00	17	5	0.1	0.0	0.6	0.3	0.3	0.01
Iced White Americano	41	10	0.4	0.2	1.1	1.0	0.7	0.02	192	46	1.7	0.9	4.9	4.5	3.5	0.11
Iced Milk Cooler*	147	35	0.8	0.5	5.3	4.9	1.7	0.05	421	99	2.4	1.5	15.3	14.0	4.9	0.15
Iced Milk (no flavour)	94	22	0.8	0.5	2.3	2.3	1.7	0.05	273	64	2.4	1.5	6.6	6.6	4.9	0.15

*Drink will contain sugar and sweeteners

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OPTIONAL EXTRAS- NUTRITIONAL GUIDE:

Product/addition	Energy - kJ per 100ml	Energy - kcal per 100ml	Fat per 100ml	Sats per 100ml	Carb per 100ml	Sugar per 100ml	Protein per 100ml	Salt per 100ml	Energy - kJ per portion	Energy - kcal per portion	Fat per portion	Sats per portion	Carb per portion	Sugar per portion	Protein per portion	Salt per portion
Flavour dose- to regular sized drink*	927	218	0.0	0.0	54.5	46.5	0.0	0.00	46	11	0.0	0.0	2.7	2.3	0.0	0.00
Flavour dose- to large sized drink*	927	218	0.0	0.0	54.5	46.5	0.0	0.00	61	14	0.0	0.0	3.6	3.1	0.0	0.00
Flavour dose- to Iced drink*	927	218	0.0	0.0	54.5	46.5	0.0	0.00	46	11	0.0	0.0	2.7	2.3	0.0	0.00
Sugar dose – to any sized drink*	927	218	0.0	0.0	55	47	0.0	0.00	5	34	0.0	0.0	2.0	2.0	0.0	0.00
White sugar sachet	1700	400	0.0	0.0	100	100	0.0	0.01	2	8	0.0	2	2.0	2.0	0.0	0.00
Brown sugar sachet	1700	400	0.0	0.0	100	100	0.0	0.01	2	8	0.0	2	2.0	2.0	0.0	0.00
Sweetener sachet	1530	360	0.0	0.0	90	90	0.0	0.00	0.5	34	0.0	0.0	2.0	2.0	0.0	0.00
Chocolate sprinkles (powder sachet)	1637	387	5.8	4.8	75	67	7.2	1.6	1.3	68	0.0	0.0	4.0	4.0	0.0	0.00

*Contains sugar and sweeteners