



# Nutrition Information MARLOW

Daily reference  
intake (RI) for an  
average adult

Energy kJ	Energy kcal	Fat (g)	Saturated fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
8400	2000	70	20	260	90	50	6

Drink	PER 100ml/g								PER DRINK							
	Energy kJ	Energy kcal	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)	Energy KJ	Energy kcal	Fat (g)	Saturated fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Double espresso	74	20	0.6	0.0	2.6	1.4	1.4	0.0	31	8	0.3	0.0	1.1	0.6	0.6	0.0
Espresso lungo	53	14	0.4	0.0	1.9	1.0	1.0	0.0	31	8	0.3	0.0	1.1	0.6	0.6	0.0
Ristretto	74	20	0.6	0.0	2.6	1.4	1.4	0.0	22	6	0.0	0.0	1.0	0.0	0.0	0.0
Macchiato	105	27	0.8	0.3	3.1	2.2	1.9	0.0	60	15	0.5	0.2	1.8	1.3	1.1	0.02
Cortado	154	37	1.2	0.7	3.9	3.5	2.8	0.1	134	32	1.1	0.6	3.4	3.1	2.4	0.1
Caffe latte regular	176	42	1.4	0.9	4.3	4.1	3.2	0.1	601	143	4.8	3.0	14.6	14.1	10.8	0.3
Caffe latte large	180	43	1.4	0.9	4.3	4.2	3.2	0.1	839	200	6.6	4.3	20.2	19.7	15.0	0.5
Cappuccino regular	171	41	1.4	0.8	4.2	4.0	3.1	0.1	440	105	3.5	2.2	10.8	10.3	7.9	0.2
Cappuccino large	170	41	1.3	0.8	4.2	4.0	3.1	0.1	625	150	4.9	3.1	15.3	14.6	11.2	0.3
White Americano regular	86	21	0.7	0.4	2.1	2.0	1.5	0.0	316	76	2.5	1.5	7.8	7.3	5.7	0.2
White Americano large	89	22	0.7	0.4	2.3	2.0	1.6	0.0	384	93	3.0	1.7	9.8	8.8	6.9	0.2
Americano regular	10	3	0.1	0.0	0.4	0.2	0.2	0.0	31	8	0.3	0.0	1.1	0.6	0.6	0.0
Americano large	11	4	0.1	0.0	0.5	0.3	0.3	0.0	46	12	0.4	0.0	1.6	0.9	0.9	0.0
Vanilla latte regular	189	45	1.4	0.9	5.1	5.0	3.1	0.1	637	152	4.6	2.9	17.3	16.8	10.5	0.3
Vanilla latte large	194	46	1.4	0.9	5.3	5.2	3.1	0.1	773	184	5.5	3.5	21.3	20.8	12.5	0.4
Flat white regular	179	43	1.4	0.9	4.3	4.2	3.2	0.1	528	126	4.2	2.7	12.8	12.4	9.5	0.3
Chai latte regular	204	48	1.5	1.0	5.4	5.4	3.3	0.1	663	157	4.8	3.2	17.7	17.7	10.9	0.4
Chai latte large	205	49	1.5	1.0	5.5	5.5	3.3	0.1	847	200	6.1	4.1	22.8	22.8	13.8	0.5
White tea regular	28	7	0.2	0.1	0.7	0.6	0.4	0.0	90	21	0.7	0.4	2.3	1.8	1.4	0.1
White tea large	27	7	0.2	0.1	0.7	0.5	0.4	0.0	114	27	0.9	0.5	2.9	2.3	1.8	0.1
Black tea regular	5	1	0.0	0.0	0.2	0.0	0.0	0.0	14	3	0.1	0.0	0.5	0.0	0.1	0.1
Black tea large	5	1	0.0	0.0	0.2	0.0	0.0	0.0	19	5	0.2	0.0	0.6	0.0	0.1	0.1
Hot Chocolate regular	256	60	1.4	0.9	8.4	8.1	2.1	0.1	910	214	5.0	3.2	29.7	28.8	7.5	0.4
Hot Chocolate Large	243	57	1.3	0.8	8.1	7.8	1.8	0.1	1079	253	5.7	3.7	36.0	34.9	8.0	0.5
Caramel Chocolate Regular	268	63	1.4	0.9	9.1	8.9	2.1	0.1	965	227	5.0	3.2	32.9	32.0	7.5	0.5
Caramel Chocolate Large	274	64	1.4	0.9	9.4	9.2	2.1	0.1	1146	269	5.8	3.7	39.6	38.5	8.6	0.5
Mocha Regular	233	55	1.3	0.8	7.8	7.5	1.8	0.1	856	202	4.6	2.8	28.8	27.4	6.6	0.4
Mocha Large	214	51	1.2	0.7	7.1	6.8	1.7	0.1	1015	240	5.5	3.3	33.9	32.2	8.2	0.5
Flavoured milk	342	81	1.3	0.8	14.4	14.4	2.9	0.1	615	146	2.3	1.5	26.0	26.0	5.1	0.2
add a flavour to any regular size drink	1100	260	0.1	0.0	64.0	64.0	0.1	0.1	55	13	0.0	0.0	3.2	3.2	0.0	0.0
add a flavour to large size drink	1100	260	0.1	0.0	64.0	64.0	0.1	0.1	77	18	0.0	0.0	4.5	4.5	0.0	0.0
add a sachet of brown sugar	1692	398	0.0	0.0	99.5	99.5	0.0	0.0	47	11	0.0	0.0	2.8	2.8	0.0	0.0
add a sachet of chocolate flavoured powder	1609	318	5.8	5.1	72.4	64.2	7.8	1.0	21	4	0.1	0.1	0.9	0.8	0.1	0.0
add a sachet of sweetener	1500	360	0.0	0.0	90.0	90.0	0.9	0.01	8	2	0.0	0.0	0.5	0.5	0.0	0.0
add one 'lump' of sugar	1700	400	0.0	0.0	100.0	100.0	0.0	0.0	68	16	0.0	0.0	4.0	4.0	0.0	0.0

The figures above give the nutrition values for each drink offered by the machine. Optional flavours and sachets are listed separately and must be added to the value for the drink.