

Hot Drinks Survey 2019 - Seasonal Latte

Data table sorted by highest sugars per portion

Product information was collected online

Colour coding based on new front of pack colour-coded nutrition labelling criteria

Sugars - Red >13.5g/portion or >11.25g/100ml, Amber >2.5-11.25/100ml, Green ≤2.25g/100ml

Outlet	Product Name	Size	Milk Used	Calories per portion	Sugar per portion	Classic Latte calories per portion	Classic latte sugar per serve
Starbucks	Gingerbread latte	Venti	Oat	523	56.6	350	29.5
Starbucks	Eggnog latte	Venti	Skimmed	451	56.3	168	22
Starbucks	Toffee nut latte	Venti	Oat	524	55.5	350	29.5
Starbucks	Gingerbread latte	Venti	Skimmed	346	49.3	168	22
Starbucks	Gingerbread latte	Venti	Semi-skimmed	412	48.5	235	21.1
Starbucks	Toffee nut latte	Venti	Skimmed	347	48.2	168	22
Starbucks	Gingerbread latte	Venti	Whole	472	48.0	298	20.7
Starbucks	Toffee nut latte	Venti	Semi-skimmed	413	47.4	235	21.1
Starbucks	Toffee nut latte	Venti	Whole	473	47.0	298	20.7
Starbucks	Gingerbread latte	Venti	Coconut	392	41.6	214	14.1
Starbucks	Gingerbread latte	Venti	Soya	373	41.2	195	13.6
Starbucks	Toffee nut latte	Venti	Coconut	374	40.1	214	14.1
Starbucks	Toffee nut latte	Venti	Soya	374	40.1	195	13.6
Starbucks	Gingerbread latte	Venti	Almond	300	38.6	121	11
Starbucks	Toffee nut latte	Venti	Almond	302	37.6	121	11
Costa	Hazelnut Praline & Cream Latte	Medio	Semi-skimmed	388	32.5	146	14.7
Costa	Hazelnut Praline & Cream Latte	Medio	Whole	461	31.7	207	14.1
Pret	Rice-Coconut Crème Brulee Latte	330g	Rice Coconut	216	31.5	150	16.3
Costa	Hazelnut Praline & Cream Latte	Medio	Skimmed	337	31.4	103	13.8
Starbucks	Cardamom Vanilla Latte	Venti	Oat	366	30.2	350	29.5
Costa	Irish velvet and cream latte	Medio	Semi-skimmed	360	29.3	146	14.7
McDonald's	Millionaire Latte	Large	Semi-skimmed	248	29.0	192	18
McDonald's	Toffee Latte	Large	Semi-skimmed	227	29.0	192	18
Caffe Nero	Salted Caramel Latte	Grande	Skimmed	160	28.6	97	13.1
Costa	Irish velvet and cream latte	Medio	Whole	433	28.5	207	14.1
Caffe Nero	Salted Caramel Latte	Grande	Semi-skimmed	191	28.3	131	12.6
Costa	Irish velvet and cream latte	Medio	Skimmed	309	28.2	103	13.8
Caffe Nero	Caramelised Almond Latte	Grande	Skimmed	159	28.0	97	13.1
Caffe Nero	Salted Caramel Latte	Grande	Whole milk	233	28	na	na
Caffe Nero	Caramelised Almond Latte	Grande	Semi-skimmed	190	27.7	131	12.6
Pret	Rice-Coconut Gingerbread Latte	330g	Rice Coconut	202	27.7	150	16.3
Caffe Nero	Caramelised Almond Latte	Grande	Whole milk	232	27.4	na	na
Caffe Nero	Hazelnut Latte	Grande	Semi-skimmed	188	27.4	131	12.6
Costa	Hazelnut Praline & Cream Latte	Medio	Coconut	341	27.4	106	10.4
Caffe Nero	Hazelnut Latte	Grande	Whole milk	230	27.1	na	na
Greggs	Caramel Latte	Large	Not stated	248	27	133	11
Greggs	Salted Caramel Latte	Large	Not stated	248	27	133	11
Caffe Nero	Caramelised Almond Latte	Grande	Oat	190	26.1	123	10.2
Pret	Crème Brulee latte	330g	Not stated	303	26.0	118	11.3
Caffe Nero	Hazelnut Latte	Grande	Oat	188	25.8	123	10.2
Costa	Hazelnut Praline & Cream Latte	Medio	Lactofree semi-skimmed	359	25.2	125	8.6
Caffe Nero	Salted Caramel Latte	Grande	Coconut	155	25.1	86	8.6
Caffe Nero	Caramelised Almond Latte	Grande	Coconut	153	24.5	86	8.6
Costa	Hazelnut Praline & Cream Latte	Medio	Almond	308	24.5	79	8
Costa	Hazelnut Praline & Cream Latte	Medio	Soya	374	24.5	134	8
Caffe Nero	Hazelnut Latte	Grande	Coconut	151	24.2	86	8.6
Costa	Irish velvet and cream latte	Medio	Coconut	313	24.2	106	10.4
Caffe Nero	Ginger Latte	Grande	Skimmed	142	24.1	97	13.1
Caffe Nero	Salted Caramel Latte	Grande	Soya	183	24.1	115	7.6
Caffe Nero	Ginger Latte	Grande	Semi-skimmed	174	23.8	131	12.6
Caffe Nero	Ginger Latte	Grande	Whole	215	23.5	na	na
Caffe Nero	Hazelnut Latte	Grande	Soya	180	23.2	115	7.6
EAT	Gingerbread latte	Regular	Whole	206	23.0	173	11
Starbucks	Cardamom Vanilla Latte	Venti	Skimmed	180	22.5	168	22
Caffe Nero	Ginger Latte	Grande	Oat	174	22.2	123	10.2
Pret	Gingerbread latte	330g	Not stated	288	22.2	118	11.3
Costa	Irish velvet and cream latte	Medio	Lactofree semi-skimmed	331	22.0	125	8.6
Starbucks	Cardamom Vanilla Latte	Venti	Semi-skimmed	248	21.6	235	21.1
Costa	Irish velvet and cream latte	Medio	Almond	280	21.3	79	8
Costa	Irish velvet and cream latte	Medio	Soya	345	21.3	134	8
Starbucks	Cardamom Vanilla Latte	Venti	Whole	312	21.2	298	20.7
Caffe Nero	Ginger Latte	Grande	Coconut	137	20.6	86	8.6
Pret	Soya Crème Brulee Latte	330g	Soya	163	19.9	113	6
Caffe Nero	Ginger Latte	Grande	Soya	166	19.6	115	7.6
Costa	Gingerbread & Cream Latte	Medio	Semi-skimmed	326	19.6	146	14.7
Costa	Gingerbread & Cream Latte	Medio	Whole	399	18.8	207	14.1
Costa	Gingerbread & Cream Latte	Medio	Skimmed	275	18.5	103	13.8
Pret	Soya Gingerbread Latte	330g	Soya	149	16.1	113	6
Caffe Nero	Caramelised Almond Latte	Grande	Soya	111	14.9	115	7.6
Costa	Gingerbread & Cream Latte	Medio	Coconut	279	14.5	106	10.4
Starbucks	Cardamom Vanilla Latte	Venti	Coconut	207	14	214	14.1
Starbucks	Cardamom Vanilla Latte	Venti	Soya	207	14	195	13.6
Costa	Gingerbread & Cream Latte	Medio	Lactofree semi-skimmed	297	12.3	125	8.6
Costa	Gingerbread & Cream Latte	Medio	Almond	246	11.6	79	8
Costa	Gingerbread & Cream Latte	Medio	Soya	312	11.6	134	8
Pret	Soya Pumpkin Spice Latte	376g	Soya	162	6.0	113	6
Starbucks	Cardamom Vanilla Latte	Venti	Almond	na	na	121	11
Caffe Nero	Hazelnut Latte	Grande	Skimmed	na	na	97	13.1
Caffe Nero	Salted Caramel Latte	Grande	Oat	na	na	123	10.2