

Table 1. Highest sugar per serving from a drink and sweet food combination per coffee shop

Coffee Shop	Highest Sugar Products	Sugar (g) ^a	Calories (kcal)
Coffee Republic			
Drink	Thick Shake Toffee Apple Crumble ^c	73.6	579
Food	Salted Caramel Fudge Cake	83	811
Total		156.6 (39tsp)	1,390
Soho Coffee Co.			
Drink	Billionaire's Hot Chocolate ^b	70.5	539
Food	Sticky Toffee Muffin	62	742
Total		132.5 (33tsp)	1,281
Puccino's			
Drink	Strawberry and Banana Smoothie	112	455
Food	Pain Au Raisin	18	276
Total		130 (33tsp)	731
Costa			
Drink	Red Summer Berries	52.5	218
Food	MacMillan Carrot & Walnut Cake	51	553
Total		103.5 (26tsp)	771
Coffee#1			
Drink	Strawberry Frappe ^b	40.6	393
Food	Mince Pie	60.2	454
Total		100.8 (25tsp)	847
Caffé Nero			
Drink	Millionnaires Hot Chocolate ^c	46.7	396
Food	Carrot Cake	44.7	541
Total		91.4 (23tsp)	937
Starbucks			
Drink	Pumpkin Spice Frappuccino ^c	51.4	355
Food	Luxury Fruit Bread	38	491
Total		89.4 (22tsp)	846
Pret A Manger			
Drink	Chocolate Chai ^c	49.8	321
Food	Melvin the Gingerbread Snowman	39.6	301
Total		89.4 (22tsp)	622
Greggs			
Drink	Iced Chocolate	34	271
Food	Belgian Bun	46	371
Total		80 (20tsp)	642

^a Some of the sugars in milk-based drinks will be from lactose in the milk, but current nutrition labelling does not differentiate between the amount of naturally occurring sugars (lactose) from milk and free sugars added in the form of table sugar, syrups and blended fruits.

^b Drink made with whole milk.

^c Drink made with semi-skimmed milk.