

The logo for Inferno Fitness Academy features the word "Inferno" in a bold, italicized, white serif font. A stylized flame icon is integrated into the letter 'o'. Below "Inferno", the words "FITNESS ACADEMY" are written in a smaller, white, all-caps sans-serif font, with wide letter spacing.

Inferno
FITNESS ACADEMY

NUTRITION SURVIVAL GUIDE TO

CAFFÈ NERO

CALORIES AND MACRONUTRIENTS

WWW.INFERNOFITNESS.CO.UK

Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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1-200 CAL

HOT COFFEES (SEMI-SKIMMED MILK)

Grande Hot Chocolate	524	16	56	4.5	52	26	0.4
Caramelatte	420	11	43	0	40	23	0.3
Regular Hot Chocolate	398	10	37	2.9	34	23	0.2
White Choc Mocha	397	11	37	0	30	23	0.5
Grande Mocha	363	10	30	2	26	23	0.2
Regular Mocha	305	7	22	1.6	19	21	0.1
Chai Latte	232	11	37	0.4	26	5	0.4
Grande Latte	135	10	14	0	12	5	0.3
Grande Cappuccino	107	8	11	0	9	4	0.2
Regular Latte	78	6	8	0	6	3	0.1
Regular Cappuccino	65	5	7	0	5	2	0.1

201-300 CAL

301-400 CAL

401-500 CAL

HOT COFFEES (SKIMMED MILK)

Grande Hot Chocolate	484	16	57	4.5	53	21	0.4
Caramelatte	388	11	43	0	40	19	0.3
Regular Hot Chocolate	374	10	37	2.9	34	20	0.2
White Choc Mocha	365	11	37	0	30	19	0.5
Grande Mocha	339	10	30	2	26	20	0.2
Regular Mocha	292	7	22	1.6	19	19	0.1
Chai Latte	195	11	37	0.4	26	1	0.4
Grande Latte	103	10	14	0	12	1	0.3
Grande Cappuccino	83	8	11	0	10	1	0.2
Regular Latte	62	6	8	0	7	1	0.1
Regular Cappuccino	52	5	7	0	5	1	0.1

501+ CAL

HOT COFFEES (SOYA MILK)

Caramelatte	406	10	38	1.5	34	23	0.2
White Choc Mocha	384	10	32	1.5	25	23	0.4
Grande Hot Chocolate	325	14	48	6.2	44	7	0.3
Regular Hot Chocolate	250	10	37	4.8	34	5	0.2
Chai Latte	216	10	31	2.1	20	5	0.3
Grande Mocha	179	9	24	1.9	21	5	0.2
Regular Mocha	126	6	19	2.1	15	3	0.1
Grande Latte	122	9	9	1.5	7	5	0.2
Grande Cappuccino	97	7	8	1.1	6	4	0.1
Regular Latte	71	5	6	0.8	4	3	0.1
Regular Cappuccino	59	4	5	0.6	3	2	0.1

1-200 CAL

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301-400 CAL

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501+ CAL

Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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HOT COFFEES (COCONUT MILK)

Caramelatte	380	6	38	0.5	36	22	0.2
White Choc Mocha	368	6	32	0.5	27	24	0.2
Grande Hot Chocolate	295	8	49	5	45	6	0.3
Chai Latte	188	4	32	1	21	4	0.3
Regular Hot Chocolate	187	5	31	3.2	29	4	0.2
Grande Mocha	171	6	26	2.3	22	4	0.2
Regular Mocha	117	4	19	1.8	16	2	0.1
Grande Latte	97	5	10	0.5	8	4	0.2
Grande Cappuccino	88	4	9	0.5	7	3	0.2
Regular Latte	59	3	6	0.3	4	2	0.1
Regular Cappuccino	50	3	5	0.2	4	2	0.1

HOT COFFEES (OAT MILK)

Caramelatte	417	2	54	0	39	24	0.3
White Choc Mocha	405	3	47	0	30	25	0.3
Grande Hot Chocolate	340	4	68	4.4	49	8	0.3
Chai Latte	230	1	50	0.4	24	6	0.4
Regular Hot Chocolate	215	3	43	2.8	31	5	0.2
Grande Mocha	188	3	36	1.9	24	5	0.2
Grande Latte	134	2	25	0	11	6	0.2
Regular Mocha	131	3	25	1.6	17	3	0.1
Grande Cappuccino	106	1	19	0	9	4	0.2
Regular Latte	78	1	14	0	6	3	0.1
Regular Cappuccino	64	1	11	0	5	2	0.1

HOT COFFEES (ONE SIZE)

Chocolate Milano	458	9	45	5.4	33	26	0.1
Flat White	95	5	7	0	6	5	0.1
Espresso Con Panna	56	1	2	0	0	5	0
Cortado	49	3	4	0	3	3	0.1
Grande Americano	23	1	3	0	0	0	0
Regular Americano	15	1	2	0	0	1	0
Macchiato	9	1	1	0	0	0	0
Espresso	7	1	1	0	0	0	0

COLD COFFEES & EXTRAS

Espresso & Caramel Frappe Creme	615	8	82	0.3	72	28	0.4
Mocha Frappe Latte	261	7	48	1.6	29	4	0.2
Frappe Latte - Semi Skim Milk	230	7	41	0.3	37	4	0.3
Whipped Cream	171	1	1	0	1	18	0
Iced Latte	155	8	23	0	23	4	0.2
Vanilla Syrup	97	0	24	0	24	0	0
Marshmallows	20	0	5	0	3	0	0

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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COLD DRINKS

Raspberry & White Choc Frappe Creme	567	8	81	0.3	74	23	0.2
Triple Belgian Choc Frappe Creme	483	8	54	3.6	49	26	0.1
Vanilla Frappe Milkshake (Semi Skim)	274	8	51	0.2	51	4	0.2
Strawberry Frappe Milkshake (Semi Skim)	250	8	45	0.2	44	4	0.2
Belgian Choc Frappe Milkshake (Semi Skim)	248	8	42	1.4	40	5	0.2
Alphonso Mango & Passionfruit Booster	238	1	57	1.8	48	0	0
Vanilla Frappe Milkshake (Soya)	228	7	39	1.5	39	4	0.1
Strawberry Frappe Milkshake (Soya)	186	7	35	0	34	4	0.1
Raspberry & Blood Orange Booster	139	1	30	4.9	29	1	0
Crushed Raspberry Lemonade	96	0	23	1	23	0	0
Sicilian Lemonade	93	0	23	0.4	22	0	0
Black Tea & Peach	8	0	2	0.1	0	0	0
Green Tea & Lemon	7	0	1	0	0	0	0

PASTRIES

Almond Croissant	350	8	35	2.4	11	20	0.5
Cheese Twist	333	9	29	1.4	4	20	0.5
Chocolate Twist	320	6	39	1.3	19	15	0.7
Pain Au Raisin	320	6	43	1.8	20	14	0.7
Maple Pecan Pastry	312	4	35	1.7	13	25	0.3
Pain Au Chocolat	270	5	28	1.1	7	15	0.7
Apricot Croissant	260	6	34	1.7	8	11	0.5
Butter Croissant	204	4	20	0.8	3	12	0.6

BREAKFAST POTS

Honey Yoghurt	264	9	25	0.2	22	15	0.4
Raspberry Yoghurt	249	9	21	0.7	21	15	0.3
Porridge (Semi Skim)	234	11	33	3.6	10	7	0.2
Porridge (Soya)	232	12	29	4.8	5	8	0.3
Berry Compote w Yoghurt & Granola	211	9	30	2.7	22	6	0.2
Porridge (Skim)	210	11	34	3.6	10	4	0.2
Apple & Berry Bircher Muesli	203	9	27	3.4	15	6	0.2
Honey	97	0	24	0	24	0	0
Raspberry Conserve	72	0	17	1	17	0	0
Strawberry Conserve	72	0	18	0	18	0	0
Fruit Salad	71	1	16	1.5	16	0	0

BREAKFAST SANDWICHES

Butcher's Sausage Ciabatta Roll	475	17	45	3.4	4	25	2.1
Smoked Bacon Ciabatta Roll	395	20	40	3	3	16	2.3
Sausage, Egg & Bacon Ciabatta Roll	359	18	46	3	3	12	1.7

PANINI, TOSTATI & CROISSANTS

Meatball & Mozzarella Panini	583	23	68	3.4	8	24	2.4
Tuna Melt Panini	504	26	58	3.8	2	18	2.3

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501+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Mozzarella & Tomato Panini	487	25	55	3.7	6	18	2.1
Brie & Onion Chutney Panini	452	17	60	2.7	7	16	1.6
Ham Hock & Cheddar Tostati Melt	446	22	49	3.7	3	17	1.8
Chorizo & Sweet Chilli Pepper Tostati	423	22	45	3.9	7	17	1.9
Chicken, Spicy Pork & Mozzarella Panini	421	26	53	4	7	10	1.8
Mozzarella & Tomato Tostati Melt	418	18	46	5.3	2	19	1.4
Chicken & Bacon Tostati Melt	412	24	40	3.6	1	17	1.9
Chicken & Pesto Panini	400	24	50	4.7	2	11	2.1
Mediterranean Goats Cheese Panini	398	17	56	4.6	9	11	1.8
Mushroom & Mascarpone Tostati Melt	395	14	47	3.8	2	18	1.3
Ham & Mozzarella Panini	394	25	47	8.3	5	11	2.3
Ham & Cheddar Croissant	336	14	23	1	3	21	1.6
Smoked Ham & Cheddar Tostati	213	12	28	2.1	2	6	1.3

SANDWICHES, WRAPS & ROLLS

Chicken & Pesto Flatbread	443	20	51	2.8	6	18	1.5
Bacon, Lettuce & Tomato	433	19	49	4.1	4	18	2.1
Egg Sandwich	433	19	36	3.5	4	23	1.6
Falafel & Houmous Flatbread	416	11	63	6.6	6	13	1
Chicken Salad Sandwich	376	20	47	5	3	12	1.2
Smoked Salmon & Soft Cheese Sandwich	294	18	39	4	4	8	1.7
Ham & Egg Gluten-Free Roll	283	12	28	5.9	2	12	1.1

OTHER SAVOURY

Mushroom & Mascarpone Risotto	384	12	43	3.2	6	18	2.6
Orzo Pasta & Mediterranean Veg	226	11	31	2.1	2	6	1.7
Chicken & Rice Soup	190	10	17	3	2	8	1.9
Ciabatta Bread Roll with Soup	180	6	33	1.1	1	3	0.8
Tomato & Mascarpone Soup	163	2	13	2.7	10	11	1.9

CAKES & BAKES

Carrot Cake	531	6	65	3.7	42	25	0.7
Blackburrant & Earl Grey Cake	502	5	60	1	43	28	0.9
Sicilian Lemon Meringue Cake	498	5	67	1	46	23	0.6
Cappuccino Cake	447	4	61	0.9	50	20	0.4
Belgian Chocolate Fudge Cake	420	6	54	1.2	36	20	0.4
Caramel Shortbread	377	4	43	1.1	31	21	0.3
Pannettone Mini Classic	374	8	52	1.2	30	15	0.4
Belgian Chocolate Brownie	331	4	38	1.8	30	18	0.3
Salted Caramel Cheesecake	304	7	40	1	22	13	0.7
Rich Fruit Teacake	302	8	55	2.8	25	5	0.4
Raspberry & Pistachio Slice	298	4	33	1.7	18	14	0.1
Fruit Scone	287	6	43	1.1	13	10	1.2
Chocolate Brownie	278	6	27	5.7	20	15	0.1
Sicilian Lemon Drizzle Loaf Cake	275	3	36	1	24	13	0.3
Oat Bar	259	4	31	3.1	21	12	0.2
Apple & Blackcurrant Crumble Bar	237	2	38	1.5	21	8	0.7

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	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Clotted Cream	234	1	1	0	1	25	0
Chocolate & Vanilla Marble Loaf	229	3	31	2.3	19	9	0.3
Banana & Walnut Loaf Cake	227	3	26	2	15	12	0.3

MUFFINS

Belgian Chocolate Filled Muffin	488	7	57	3	37	25	0.5
Raspberry & Almond Filled Muffin	453	7	55	2.2	30	22	0.4
Salted Caramel & Apple Filled Muffin	433	5	58	1.4	28	20	0.5
Blueberry Filled Muffin	418	5	57	2.3	29	18	0.3
Sicilian Lemon Curd Filled Muffin	415	6	60	1.3	33	17	0.4
Black Cherry Filled Muffin	400	4	57	1.6	32	19	0.3

COOKIES & BISCUITS

Milk Chocolate Chunk Cookie	344	4	42	1.5	26	17	0.4
Tripe Chocolate Cookies	336	4	44	1.3	31	16	0.3
Caramel Waffles	332	3	52	1.2	30	12	0.5
Oat & Raisin Cookie	332	4	52	2.5	35	11	0.4
Gingerbread Man	289	4	57	2.4	19	5	0.2
Shortbread	264	3	31	0.3	11	14	0.3
Stem Ginger Biscuits	264	3	42	1	23	8	0.4
Animal Bites	21	0	3	0	1	1	0

CONFECTIONERY

Willies Cacao Milk Chocolate Bar	146	2	12	0	9	10	0.1
Willies Cacao Dark Chocolate Bar	139	2	11	0	8	9	0.1
Chocolate Coated Coffee Beans	133	2	12	2.1	11	8	0.1
Chocolate Coin	109	1	13	0.5	13	6	0.1
Mango Chunks	88	0	20	1.3	18	0	0
Chocolate Rice Cakes	81	1	11	0.3	5	3	0
Bear Yo Yo's	54	0	13	1.6	8	0	0

SAVOURY SNACKS

Totally Nuts	317	9	6	2.8	2	28	0
Fruit & Nuts	236	5	18	2.8	17	16	0
Lightly Salted Kettle Chips	205	2	21	2.6	0	12	0.4
Cheddar & Onion Kettle Chips	202	3	20	2.5	1	12	0.4
Sea Salt & Vinegar Kettle Chips	201	2	21	2.4	1	11	0.8
Sweet & Salty Popcorn	114	2	15	2.4	4	4	0.1
Sea Salt Popcorn	87	2	11	2.5	0	3	0.1