

# SLIMTONE



## MEETING A FRIEND FOR COFFEE AND A CAKE? KNOW THE SINNERS FROM THE WINNER.

The following is an approximate guide to most coffee shops.

	<b>Cals</b>
Caffè Latte Skinny/whole milk (Standard)	<b>102/176</b>
Cappuccino Skinny/whole milk (Standard)	<b>64/91</b>
Hot Chocolate with whipped cream Regular/Standard	<b>432/319</b>
Hot Chocolate with Skimmed Milk Regular	<b>262</b>
One cup of Black Coffee/Tea	<b>Nil</b>
Starbucks Americano (Short/Grande)	<b>5/15</b>
With 1 fl oz Silver/Skimmed/Semi Skimmed/Single Cream	<b>19/10/15/40</b>
	<b>Cal Per Cake</b>
Average cals in a coffee shop Chocolate Éclair (large)	<b>398</b>
Average cals in a coffee shop Custard Slice Large/Medium	<b>470/320</b>
Costa Scone with Clotted Cream & Jam	<b>627</b>
Costa Lemon Cup Cake	<b>417</b>
Costa Carrot Cake	<b>514</b>
Harvester Dough, Caramel & Chocolate Fudge Brownie Stack	<b>980</b>
Harvester Chocolate Fudge Cake	<b>720</b>
Marks & Spencer Café Revive Millionaire Shortbread	<b>322</b>
Marks & Spencer Café Revive Chocolate Muffin	<b>525</b>
Marks & Spencer Café Revive Rocky Road	<b>390</b>
McDonald's Belgian Bliss Brownie	<b>390</b>
McDonalds Low Fat Blueberry Muffin	<b>300</b>
Starbucks Carrot Cake	<b>560</b>
Starbucks Classic Blueberry/Skinny Blueberry Muffin	<b>449/361</b>

