

Costa Coffee Smooth Medium Roast Instant: the gentle one for milk

From the teas.co.uk wiki

Costa Coffee Smooth Medium Roast Instant: the gentle one for milk, in summary:

Costa's gentle jar: toasted, lightly nutty and very low in bitterness, built to be drunk with milk. The 150g jar makes roughly 83 mugs, and a paste-first stir keeps the granules from settling at the bottom.

Last reviewed by the teas.co.uk team in September 2026.

Smooth Medium Roast is the gentlest of Costa's instant jars: rounded, low in bitterness and made for a mug with milk rather than as a stand-in for espresso. It is the jar for anyone who has always found coffee a bit much.

Why a new jar smells best

To make instant, coffee is brewed, concentrated and dried, and the aroma is the first casualty. Manufacturers capture some of it and put it back, which is the smell that rushes out when you break the seal on a fresh jar. It fades over the weeks that follow, so screw the lid down firmly after every spoonful and keep the jar away from the steam of the kettle.

It is also why a cafetiere always smells more of coffee than a mug of instant, even at a similar strength in the mouth. The taste itself is gentle by design: toasted, a little nutty and softly sweet from the roast, with no sharp edge. The granules are fully extracted already, so you cannot brew them longer for more flavour; strength comes from the spoon alone.

No grit, and the right milk

Aim for water at about 95 degrees: give the kettle half a minute to settle once it has clicked, because a rolling boil scorches the granules. If grit gathers at the bottom of the mug, change the order. Coffee goes in first, then a splash of hot water, stirred to a smooth paste, then top up with water and finish with milk. Cold milk poured onto granules that have not dissolved is what causes the sludge.

Milk matters more with a mild instant than with a dark one, because there is less coffee to push back. Ordinary dairy milk is the easy choice. Oat milk is a good match because it brings the body that a gentle jar lacks, while almond milk tends to dilute the cup further and can leave it tasting watery.

Which Costa jar to pick

Among the Costa instants we stock, this Smooth Medium Roast comes in 150g, the Smooth Medium Blend in 190g, and the Smooth [Decaf](#) Blend covers the evening. A 1.8g rounded teaspoon gets you roughly 83 mugs from this jar; heap the spoon and the count drops. That figure is our own sum from the weight, not a claim on the label.

It is the right jar for the colleague or relative who finds most coffee harsh, and for anyone who drinks several milky mugs a day at a desk or kitchen table. Anyone after something bolder should skip it and try the Costa Intense Amazonian Blend, which we sell as whole beans and as ground coffee. Oaty Hobnobs and caramelised Biscoff both match this jar's toasted sweetness.

The packs we stock

- [Costa Coffee Smooth Medium Roast instant, 150g](#) (barcode 5039303007558)

What the label says

The published ingredient list for Costa Coffee Smooth Medium Roast instant, 150g (barcode 5039303007558) names none of the 14 major allergens. Costa sometimes revises recipes and allergen wording, so read the Medium Roast jar on sale now.

Ingredient and nutrition data for this barcode: [Open Food Facts \(openfoodfacts.org\)](https://openfoodfacts.org), ODbL. For this gentle instant, the label on your jar decides.

What to eat with it

- [McVitie's Original Hobnobs Biscuits - The Oaty One, 255g](#): a plain oat biscuit that echoes the toasted, lightly nutty side of the jar.
- [Lotus Biscoff Snack Pack, 248g](#): Biscoff in a snack pack, easy to keep in a desk drawer beside the mid-morning mug.
- [McVitie's Hobnobs Milk Chocolate Biscuits, 262g](#): milk [chocolate](#) and oats for the milky mid-morning mug.

Elsewhere in the Costa range

- [Costa Coffee Intense Amazonian Blend Beans, 200g](#)
- [Costa Coffee Intense Amazonian Blend Coffee Beans, 1kg](#)
- [Costa Coffee Intense Amazonian Blend Ground Coffee, 200g](#)
- [Costa Coffee Latte, 10 x 16g](#)
- [Costa Coffee Mocha Italia Signature Blend Coffee Beans, 200g](#)

- [Costa Coffee Smooth Decaf Blend Instant Coffee, 190g](#)

The full range is on the [Costa brand page](#).

FAQ

Is Costa Smooth Medium Roast a strong coffee? No. It sits at the mild end of the Costa instant range: rounded, low in bitterness and easy with milk.

How far does a 150g jar go? Roughly 83 at a 1.8g rounded teaspoon, fewer with a heaped one. That is our sum from the weight, not a label figure.

Why does a new jar smell stronger than one I opened weeks ago? Aroma captured during manufacture is added back to the granules, and it fades after opening. Keep the lid screwed down tight.

How do I stop grit at the bottom of the mug? Stir the coffee into a paste with a splash of hot water first, then top up with water and pour the milk in last.

Which milk goes best with it? Dairy milk or oat milk, with oat adding a little body. Almond milk can make the cup taste watery.

Curator's note: Hand this to anyone who swears coffee is too strong for them. Make the paste first, add the milk last and see if they change their mind. Lee, teas.co.uk, Tunbridge Wells.

In short: Costa Coffee Smooth Medium Roast Instant: the gentle one for milk

Field	Detail
Brand	Costa
Packs we stock	150g
Category	Instant Coffee
Allergens (as published)	Among the published Medium Roast ingredients, Costa names none of the 14 major allergens.
Caffeine	caffeinated
Strength	Mild, the gentle end of the range
Best with	Milk or oat milk, and an oat biscuit
Kettle	Half a minute off the boil

More from the tea wiki

- [Costa at Home: The Coffee Shop Range](#)
- [Tea vs Coffee: Taste, Caffeine and Switching](#)
- [Caffeine in Tea](#)
- [Tea vs Coffee](#)
- [Tea for Coffee Drinkers: Where to Start](#)
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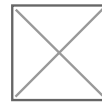
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