

Nescafé Dolce Gusto Café au Lait: The Mild Breakfast Pod

From the teas.co.uk wiki

Nescafé Dolce Gusto Café au Lait: The Mild Breakfast Pod, in summary: The gentlest milk coffee in the Dolce Gusto range, made from one pod of whole milk powder and soluble coffee. Thirty pods make thirty long, mild cups for whoever always asks for it not too strong.

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

In France, café au lait is what goes on the breakfast table: coffee stretched with plenty of hot milk and drunk long, often from a wide, bowl-like cup. The Dolce Gusto version seals the milk and the coffee into the same capsule, so one pod makes one finished drink.

Milk first, coffee second

The published ingredients make the balance plain. Whole milk powder accounts for 80.2% of the capsule's contents and soluble coffee for 17.3%, with stabilisers and butter oil making up the rest. The machine dissolves that powder into a long milky drink, so this is not an espresso capsule with milk added afterwards. It is a hot milk drink with the coffee running through it.

In the cup that means very little bitterness, a smooth and rounded middle and a soft foam rather than a firm cap. Milk fat holds the coffee aroma back, so the scent is quiet and the flavour opens up once you start drinking. If every pod milk drink you have tried seemed too strong, this one sits at the opposite end of the scale, with the milk in front and the roast a long way behind.

One pod, thirty cups

Because the milk and coffee share one capsule, a box of thirty pods gives thirty drinks. By contrast, the range's cappuccino and latte need a milk pod and a coffee pod for every cup, so their sixteen-pod boxes make eight. For a household that drinks milky coffee every morning, that one-pod build is the practical point of this box.

Run it to the fill line printed on the capsule rather than to the brim of the mug. The drink is mild already, and extra water only thins it further. Use a wide, generous cup if you have one: a café au lait is meant to be held in both hands, with toast and jam or a plain biscuit alongside, rather than sipped standing up.

Where it sits among the milk pods

Think of the Dolce Gusto milk drinks as a line. At one end is the flat white, compact and roast-forward; the cappuccino takes the middle under its foam cap; and the café au lait is the long, gentle breakfast end. Knowing that scale makes it much easier to choose the right box for each person in the house.

A useful arrangement is a box of this beside a box of Flat White pods, so the person who wants it mild and the person who wants more roast each get their own cup. It contains milk and is not suitable for vegans or anyone avoiding dairy, and like every Dolce Gusto capsule it fits Nescafé Dolce Gusto machines only, not Nespresso, Tassimo or A Modo Mio.

The packs we stock

- [Nescafe Dolce Gusto Café Au Lait Coffee \(30 Servings\), 30 Pods](#) (barcode 7613034365774)

What the label says

Ingredients, as published: Whole Milk Powder (80.2%), Soluble Coffee (17.3%), Stabilisers (Dipotassium Phosphate, Trisodium Citrate), Butter Oil (Milk).

Typical values per 100ml Per 100ml

Energy	24 kcal
Fat	1,2g
of which saturates	0,7g
Carbohydrate	1,9g
of which sugars	1,6g
Fibre	0,4g
Protein	1,2g
Salt	0,05g

Ingredient and nutrition information for this product, as published on the manufacturer's label. The box of Café au Lait pods you own decides.

What to eat with it

- [Lu Le Petit Cookie with Chunky Rich Chocolate Chips, 184g](#): A [chocolate](#) chip cookie adds the chocolate note a mild, milky cup lacks, and it sits well beside a breakfast mug.
- [Maryland Minis Cookies - Choc Chip 6 Mini Bags, 118.8g](#): Small bags of choc chip cookies suit a breakfast-table cup without opening a whole packet.
- [Border Butterscotch Crunch Organic Biscuits, 135g](#): Butterscotch sweetness sits comfortably against a mild, barely bitter milk coffee.

Elsewhere in the Nescafé range

- [Nescafe Azera Americano Decaff Instant Coffee, 90g](#)
- [Nescafe Azera Americano Instant Coffee, 140g](#)

- [Nescafe Azera Americano Intense Instant Coffee with Finely Ground Beans, 140g](#)
- [Nescafe Azera Decaf Americano Instant Coffee with Finely Ground Beans, 135g](#)
- [Nescafe Cappuccino Decaf Unsweetened Taste Instant Coffee Sachets, 7 Sachets 105g](#)
- [Nescafe Cappuccino Instant Coffee, 7 Sachets](#)

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

FAQ

What is a café au lait? Coffee lengthened with a generous amount of hot milk and served long and mild. It is the classic French breakfast cup.

How many capsules go into each cup? One. The milk and coffee are in the same pod, so thirty pods make thirty cups.

Does it contain milk? Yes. Whole milk powder is the main ingredient, so it is not for vegans or anyone avoiding dairy.

How is it different from a flat white? The flat white is shorter, with the roast further forward; the café au lait is longer, milder and milkier.

Does it fit a Nespresso machine? No. It is a Nescafé Dolce Gusto capsule and fits only Dolce Gusto machines.

Curator's note: Pour it into the widest mug you own and have toast with it. It is breakfast rather than a coffee order, and it is at its best treated that way. Lee, teas.co.uk, Tunbridge Wells.

In short: Nescafé Dolce Gusto Café au Lait: The Mild Breakfast Pod

Field	Detail
Brand	Nescafé
Packs we stock	30 Pods
Category	Coffee Pods & Capsules
Caffeine	caffeinated
Strength	The mildest milk pod in the range
Best with	Toast and jam, or a chocolate chip cookie
Occasion	Breakfast

More from the tea wiki

- [Nescafé: The Instant Coffee Benchmark](#)
- [Tea vs Coffee: Taste, Caffeine and Switching](#)
- [Caffeine in Tea](#)
- [Tea vs Coffee](#)
- [Tea for Coffee Drinkers: Where to Start](#)
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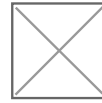
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