

Nescafé Latte: The Plain Sachet and How to Get It Right

From the teas.co.uk wiki

Nescafé Latte: The Plain Sachet and How to Get It Right, in summary: The plain latte of the Nescafé sachet range: milk powder and coffee, with no caramel or vanilla. Use about 180ml of water from a rested kettle, and stir in a little plain instant if you want more coffee.

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

Skimmed milk powder makes up nearly half of every sachet, at 47%, which tells you where the real engineering in a latte sachet sits. With no caramel, vanilla or [chocolate](#) on top, what you taste is milk and roast, and how you treat the water shows in every sip.

The base the flavoured sachets are built on

Nescafé's flavoured latte sachets start from this drink and add a flavour system on top, so the plain carton is the reference point for the whole family. Its published ingredients begin with skimmed milk powder at 47%, then glucose syrup and coffee at 12%, of which 11% is instant and the rest roast and ground. Coconut oil, lactose, acidity regulators, salt and a natural flavouring complete the list.

The allergen statement for this barcode says it contains milk, so it is not for a milk-free household. Because the milk arrives already in the powder, nothing has to be chilled and the box packs flat, which makes it handy for a desk drawer, a caravan or a weekend bag. Next to the dessert-style sachets the sweetness is light, and the coffee sits further forward.

Water: the one measurement that matters

Each sachet is 18g, so it is sized for a standard mug rather than a large one. Aim for about 180ml of water. Topping it up to fill a big mug is the usual reason people find it weak, and the fix is simply less water. A mug that holds roughly that amount, or a mental mark on a favourite one, solves the problem for good.

Temperature matters more here than with a flavoured sachet. A kettle at full boil gives milk powder a cooked, tinned-milk taste, and there is no caramel or toffee in this carton to cover it. Let the kettle rest for about a minute so you pour at around 90 degrees, and the mug smells of coffee instead. Pour briskly for a light head, then keep stirring to a minimum.

When the plain latte needs a nudge

If the coffee feels too far back, stir half a spoon of a plain instant into the powder before the water goes in. It brings the roast forward without touching the sweetness, and whatever jar you already own will do. For a richer mug, swap some of the water for hot milk. Neither step is needed, but both suit people who find the plain latte a little modest as it comes.

Plain tends to be the box people come back to. A loud flavour is fun for a week and wearing after a month, so plenty of drinkers start with caramel and settle on this one. Seven sachets is one a day for a week with nothing spare, which is why regular drinkers keep a second carton in the cupboard. The carton comes under two barcodes, but both hold the same seven sachets and 126g, so either will do.

The packs we stock

- [Nescafe Latte Instant Coffee, 7 Sachets](#) (barcode 8445291747128)
- [Nescafe Latte Instant Coffee, 7 Sachets 126g](#) (barcode 7613287074638)

What the label says

The published ingredient list for Nescafe Latte Instant Coffee, 7 Sachets 126g (barcode 7613287074638) says it contains milk. Read the plain latte box on sale now; Nescafé sometimes updates both the recipe and the milk statement.

Ingredients, as published: Skimmed MILK Powder (47%), Glucose Syrup, Coffee (12%) [Instant Coffee (11%), Roast and Ground Coffee], Coconut Oil, LACTOSE, Acidity Regulators (Sodium Bicarbonate, Citric Acid), Salt, Natural Flavouring.

Typical values per 100g Per 100g

Energy	385 kcal
Fat	10.8g
of which saturates	9.1g
Carbohydrate	50.8g
of which sugars	33.4g
Protein	18.3g
Salt	1.7g

Ingredient and nutrition data for this barcode: Open Food Facts (openfoodfacts.org), ODbL. Your plain latte box has the final say.

What to eat with it

- [Maryland Minis Cookies - Choc Chip 6 Mini Bags, 118.8g](#): Small bags of choc chip cookies that travel as easily as the sachets, for a desk-drawer coffee break.
- [McVitie's Hobnobs Milk Choc Jumbo Pack Biscuits, 431g](#): A sturdy milk chocolate biscuit for dipping into a mild, milk-led mug.

- [Border Lemon Drizzle Melts Organic Biscuits, 150g](#): A bright lemon biscuit that livens up a gentle, milky cup.

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

How much water should I use with a Nescafé Latte sachet? About 180ml. The sachet is 18g and sized for a standard mug, so a large mug will taste weak.

Is Nescafé Latte flavoured? It is the plain latte, with no caramel, vanilla or chocolate, although the published ingredient list does include a natural flavouring.

Do I need to add milk? No. The milk is already in the powder, so hot water finishes the drink.

Can I make it stronger? Yes. Stir a little plain instant coffee into the powder before adding the water.

Is there milk in Nescafé Latte? Yes. The allergen statement for this barcode says it contains milk, and skimmed milk powder is 47% of the recipe.

Curator's note: Measure the water once and find the line on your favourite mug. After that it is the least fussy decent coffee you can make without a machine. Lee, teas.co.uk, Tunbridge Wells.

In short: Nescafé Latte: The Plain Sachet and How to Get It Right

Field	Detail
Brand	Nescafé
Packs we stock	7 Sachets; 7 Sachets 126g
Category	Instant Coffee
Allergens (as published)	It contains milk.
Caffeine	caffeinated
Water	About 180ml, from a rested kettle
Sweetness	Light, next to the flavoured sachets
Best with	A plain or choc chip biscuit

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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