

Starbucks Caramel Latte Sachets: Getting the Bigger Sachet Right

From the teas.co.uk wiki

Starbucks Caramel Latte Sachets: Getting the Bigger Sachet Right, in summary:

Sweet caramel milk coffee in five 23g sachets, finished with a kettle. Each sachet is heavier than usual, so it needs more water than you might expect: 200 to 220ml, poured after the kettle has stood a minute.

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

The usual mistake with this carton is making it too strong, a rare fault for a sachet drink. Each sachet weighs 23g, against the 16g to 18g of a typical latte sachet, and the extra powder buys a thicker mug rather than a longer one.

What the heavier sachet changes

More powder means more milk solids and more coffee in the mug, so the drink coats the mouth instead of merely tasting of caramel. The coffee is more noticeable than in most flavoured sachets, although caramel still leads, and it is the coffee-shop style of caramel: a burnt-sugar edge rather than a soft toffee note, which keeps it from tasting of plain sweetness.

The label shows how it is built. Skimmed milk powder leads at 39%, followed by sugar and glucose syrup, then coffee at 5.8%, made up of instant coffee with a little roast and ground coffee. Coconut oil, lactose from milk, natural flavouring and acidity regulators complete it. Because the milk is already in the powder, the carton needs no fridge, travels flat and asks nothing of you but hot water.

Water, temperature and a minute's patience

Use 200 to 220ml of water, a more generous measure than most latte sachets ask for. Short of that, the burnt-sugar caramel turns cloying and the whole mug feels heavy. Let the kettle stand for about a minute after it boils so you pour at around 90 degrees Celsius, stir well, and then give the finished drink another minute or two to settle before you drink it.

That pause is worth taking. Straight from a scalding kettle the caramel reads as generic sweetness; a little cooler, the darker, slightly bitter edge of real caramel comes forward and the drink starts to taste like the counter version it is modelled on. It is still not a barista latte and will not have that texture, but made this way it comes recognisably close in flavour.

When it suits and when it does not

The caramel lingers well after the last mouthful. After dinner, or as a mid-afternoon treat, that long finish is the point; mid-morning, next to a sandwich, it can feel like too much, and as the everyday office coffee it wears thin within days. Treat the five sachets as occasional mugs rather than a working supply.

Nor is it the mug for a visitor who takes coffee unsweetened: the sugar comes mixed into the powder with no lighter setting, and it is not a [decaf](#) either. If you own a Dolce Gusto machine, the brand's White Mocha and Madagascar Vanilla Macchiato pods are its flavoured milk coffees for that machine; this carton needs only a kettle. With it, pick [biscuits](#) that echo the caramel, cut it or simply stay out of its way.

The packs we stock

- [Starbucks Caramel Latte Instant Coffee Sachets, 5 Sachets 115g](#) (barcode 8445290041302)

What the label says

The published ingredient list for Starbucks Caramel Latte Instant Coffee Sachets, 5 Sachets 115g (barcode 8445290041302) says it contains milk. Read the current Caramel Latte box, since Starbucks may revise the sachets and their milk labelling.

Ingredients, as published: Skimmed Milk Powder 39%, Sugar, Glucose Syrup, Coffee 5.8% (Instant Coffee 5.7%, Roast and Ground Coffee), Coconut Oil, Lactose (Milk), Natural Flavouring, Acidity Regulators (Sodium Bicarbonate, Citric Acid).

Typical values per 100g Per 100g

Energy	46 kcal
Fat	0.5g
of which saturates	0.5g
Carbohydrate	8.5g
of which sugars	7.5g
Fibre	0.2g
Protein	1.8g
Salt	0.1g

Ingredient and nutrition data for this barcode: Open Food Facts (openfoodfacts.org), ODbL. The Caramel Latte box in your cupboard decides.

What to eat with it

- [Lotus Biscoff Caramelised Biscuits, 250g](#): A caramelised biscuit that matches the burnt-sugar edge of the drink note for note.
- [McVitie's Digestives Dark Chocolate Biscuits, 433g](#): Dark [chocolate](#) brings a bitter counterweight to a sweet, milky mug.
- [McVitie's Digestives Biscuits The Light One, 250g](#): A plain digestive, simple enough to let the caramel in the mug do the talking.

Elsewhere in the Starbucks range

- [Starbucks Americano House Blend By Nescafe Dolce Gusto, Coffee \(12 Servings\), 12 Pods](#)
- [Starbucks Blonde Espresso Roast by NESPRESSO Coffee, Blonde Roast, Box of 10, 53g](#)
- [Starbucks Breakfast Blend by Nespresso Medium Roast Coffee, 10 Capsules 56g](#)
- [Starbucks by Nescafé Dolce Gusto 12 x Madagascar Vanilla Macchiato Coffee \(6 Servings\)](#)
- [Starbucks by Nescafé Dolce Gusto 12 x White Mocha Coffee \(6 Servings\)](#)
- [Starbucks by Nespresso Blonde Espresso Roast Coffee, 10 Pods](#)

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

FAQ

How many drinks are in a carton of Starbucks Caramel Latte? Five. The carton holds five 23g sachets, 115g in all, and each one makes a single mug.

Why does my caramel latte taste cloying? Usually too little water. These sachets are larger than most, so use 200 to 220ml rather than a small cupful.

Do I need to add milk to Starbucks Caramel Latte sachets? No. Skimmed milk powder is already in the sachet, so hot water finishes the drink. For the same reason it is not suitable for anyone avoiding milk.

Does it taste like the coffee-shop caramel latte? Recognisably. The caramel carries the burnt-sugar edge of the counter drink rather than a soft toffee note, although the texture of a barista latte is missing.

Is Starbucks Caramel Latte instant decaf? No. It is a caffeinated coffee drink.

Curator's note: Keep it for after dinner, when that lingering caramel is a pleasure rather than a distraction, and give the mug a minute to settle before the first sip. Lee, teas.co.uk, Tunbridge Wells.

In short: Starbucks Caramel Latte Sachets: Getting the Bigger Sachet Right

Field	Detail
Brand	Starbucks
Packs we stock	5 Sachets 115g
Category	Instant Coffee
Allergens (as published)	It contains milk.
Caffeine	caffeinated

Field	Detail
Water	200 to 220ml at about 90 degrees
Best time	After dinner or a slow afternoon
Best with	A caramelised biscuit

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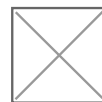
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