Tassimo Kenco Café au Lait: The One-Disc Milky Coffee

From the teas.co.uk wiki

> **Tassimo Kenco Café au Lait: The One-Disc Milky Coffee, in summary:** A lightly milky coffee that needs no second disc, because the milk is built in. Think softened coffee rather than milk drink: no foam cap, the coffee still clear underneath, made in one press of the button.

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

Most Tassimo milk drinks take two discs, one of milk and one of coffee; this one fits the whole cup into a single disc. That makes it the least fussy milky coffee on the machine, and it changes what you should expect to find in the cup.

What is inside the disc

The published label shows how one disc manages it. Skimmed milk powder leads the ingredient list, followed by sugar, glucose syrup and soluble coffee, then fully hydrogenated coconut oil, milk proteins, a stabiliser, an anti-caking agent and emulsifiers. Milk and coffee travel together, already sweetened, in one sealed disc, so there is no milk disc to add and no loading order to remember.

That construction is worth understanding before you buy. The label lists milk, so this is not one for a dairy-free household, and the milk cannot be left out or cut back. Nor does a separate milk disc improve it; adding one just produces a different, usually less balanced, drink. What comes out is exactly what the disc was built to make, every time.

Not a latte, not a cappuccino

As the name suggests, a café au lait is only lightly milky. It carries no real foam, the coffee stays audible beneath the milk, and the milk's job is to round the drink off rather than take it over. Picture a mug of white filter coffee rather than anything assembled behind a coffee-shop counter.

Bitterness is low, and the body is rounded without being thick, because the milk here softens the coffee rather than coating the mouth. Anyone who wants a drink that is mostly milk will be happier with a cappuccino or latte box. Anyone who wants coffee with its corners rounded off, made with one press of a button and nothing to build, is exactly who this box is for.

Cup size and counting the discs

Use a medium cup and warm it first. The disc fixes both the milk and the water, since the Tassimo barcode sets brewing time, temperature and volume, so a large mug only adds empty space. On the count, the pack is labelled 184g and the title reads sixteen; that comes to roughly eleven and a half grams for each disc, which fits a one-disc recipe.

That sum is ours, not the manufacturer's, so check the number of drinks stated on your carton if you are buying for a set number of cups. The drink suits the person in the house who wants coffee but not a strong one, and it makes a quiet mid-morning cup beside a biscuit. Like every T DISC, it runs only on a Tassimo.

The packs we stock

- Tassimo Kenco Cafe Au Lait 16 Coffee, 184g (barcode 8711000683583)

What the label says

The published ingredient list for Tassimo Kenco Cafe Au Lait 16 Coffee, 184g says it contains milk. Check the current UK pack before purchase; formulations and allergen advice can change.

Ingredients, as published: Skimmed Milk Powder (32%), Sugar, Glucose Syrup, Soluble Coffee (15%), Fully Hydrogenated Coconut Oil, Milk Proteins, Stabiliser (E340), Anti-Caking Agent (E551), Emulsifiers (E471, E433).

Typical values per 100ml	Per 100ml
Energy	27 kcal
Fat	0.8g
of which saturates	0.8g
Carbohydrate	4.0g
of which sugars	2.6g
Fibre	0.2g
Protein	0.9g
Salt	0.03g

Ingredient and nutrition information for this product, as published on the manufacturer's label. The pack in your hands is the final word.

What to eat with it

- McVitie's Original Hobnobs Biscuits - The Oaty One, 255g: A plain oat biscuit that suits a gentle, lightly milky cup and invites a quick dunk.
- Border Butterscotch Crunch Organic Biscuits, 135g: Butterscotch picks up the sweetness that is already built into the disc.
- Border Classic Biscuit Sharing Pack, 400g: A sharing pack suits a household where several people take turns at the same machine for a quiet mid-morning cup.

Elsewhere in the Tassimo range

- Tassimo Cadbury Hot Chocolate, 8 Pods 240g
- Tassimo Cadbury Mocha, 10 Pods 160g
- Tassimo Costa Americano Coffee, 12 Pods 108g
- Tassimo Costa Cappuccino Coffee, 6 Pods
- Tassimo Costa Caramel Latte Coffee, 6 Pods 173.4g
- Tassimo Costa Latte Coffee, 6 Pods

The full range is on the Tassimo brand page.

FAQ

Do I need a milk disc with Café au Lait? No. The milk is already in the disc, so one disc makes the whole drink.

Is a café au lait the same as a latte? No. It is a lightly milky coffee with no real foam, and the coffee stays noticeable under the milk.

Does Tassimo Kenco Café au Lait contain milk? Yes. Skimmed milk powder heads the published ingredient list, and milk proteins appear further down.

How many cups does a box make? We read it as sixteen single-disc drinks, since sixteen discs sharing 184g gives each one roughly eleven and a half grams. Check the count printed on the pack.

Is it sweetened? Yes. The published label lists sugar and glucose syrup straight after the milk powder.

Curator's note: This is the coffee for whoever in the house finds the others too strong. Medium cup, warmed, and a Hobnob on the side. Lee, teas.co.uk, Tunbridge Wells.

In short: Tassimo Kenco Café au Lait: The One-Disc Milky Coffee

Field	Detail
Brand	Tassimo
Packs we stock	184g
Category	Coffee Pods & Capsules
Allergens (as published)	It contains milk.
Caffeine	caffeinated
Discs per drink	One, milk included
Style	Lightly milky, no foam cap
Best with	An oat biscuit

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