

PRET * KUWAIT - NUTRITIONAL GUIDE								15-Apr-2026							
Platters-Sharing Boxes								Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Avo & Beet Labneh Box (165g)								210	14	3	22	2	5	6	510
Pret's Cheese & Crackers Box (186g)								520	34	13	34	24	2	24	400
Rice Bowl & Ready Meals								Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Mexican Style Chicken & Rice (285g)								390	15	4	29	4	3	35	1540
Tawook Chicken (290g)								450	25	6	30	4	3	32	1330
Pret's Murabyan (290g)								370	11	2.5	46	3	1	22	1600
Granary								Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Classic Super Club (Slim) (120g)								220	12	2.5	20	2	3	9	450
Mature Cheddar & Pickle (232g)								490	25	10	50	12	6	21	1080
Smoked Salmon Granary Slim (90g)								190	9	3	20	2	2	10	550
Classic Super Club (241g)								440	25	5	41	5	5	19	890
Free Range Egg Mayo (Slim) (90g)								210	12	2.5	19	1	2	8	330
Free Range Egg Mayo (176g)								390	22	5	39	3	5	16	650
Free Range Egg Mayo & Tomato (Slim) (115g)								210	12	2.5	20	2	3	8	600
Chicken Avocado Basil Slim (118g)								240	15	2.0	22	2	4	9	550
Chicken Avocado Basil (236g)								470	29	4.5	43	4	8	18	750
Cold Baguettes								Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Chicken Caesar & Bacon (233g)								610	31	7.0	62	3	4	24	1130
Chicken Caesar & Bacon -Slim (116g)								300	15	3.0	31	2	2	12	560
Posh Cheddar & Pickle (130g)								341	16	8	36	4	3	14	1222
Egg & Avo Baguette (158g)								354	15	3.0	41	5	3	14	911
Avo, Olives & Toms Baguette (216g)								470	19	2.5	68	3	9	14	830
Tuna Mayo & Cucumber (155g)								344	14	3.2	37	4	2	18	1336
Pesto Caprese baguette (154g)								453	26	11.2	39	6	3	16	1107
Brie & Tapenade Baguette (141g)								355	16	8	38	5	3	14	1382
Turkey & Cheese Baguette (215g)								470	16	3.5	62	5	6	23	870
Turkey & Cheese Baguette - Slim (107g)								230	8	2.0	31	2	3	11	430
Pret Deli Baguette (152g)								369	15	6.2	39	5	2	19	1344
Hot Baguettes								Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Pesto Chicken hot baguette (159g)								413	21	8	33	4	3	24	1243
Cold Wraps								Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Crunchy Chipotle Chicken & Avo Wrap (252g)								430	19	3	50	9	5	18	930
Chicken Caesar Wrap (225g)								580	35	8	44	2	3	24	1050
Pesto Hummus & Veggies (213g)								320	11	2	50	6	6	10	580
Chipotle Egg & Turkey Protein Wrap (186g)								460	33	9	13	2	6	31	880
Mediterranean Egg & Zaatar Protein Wrap (178g)								395	28	7	15	1	6	30	650
Labneh & Veggies Protein Wrap (189g)								390	27	8	18	4	7	24	580
Ciabatta Mini Sandwiches								Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Halloum & Veggies Ciabatta (125g)								310	16	2.5	27	0	2	14	790
Turkey & Pesto Ciabatta (126g)								320	16	6.0	27	1	1	17	580
Hot Wraps								Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Chicken Fajita Hot Wrap (199g)								470	20	8	46	6	4	28	1050
Falafel & Halloumi Hot Wrap (251g)								480	22	2	58	9	5	18	1620
Chicken Mushroom Hot Wrap (212g)								480	25	9	43	4	3	23	1070
Kids Granary								Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Cream Cheese & Cucumber (145g)								270	10	6	40	5	5	9	360
Almond Butter & Berries Spread (137g)								410	16	1.5	58	15	8	14	260
Turkey & Cream cheese (131g)								270	8	4.5	39	4	5	16	530
Salads Bowl , Pots, Trays								Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Pesto Pasta & Chicken Salad Bowl (242g)								550	32	6	45	4	4	25	690
Classic Caesar Chicken Salad (216g)								410	29	7	13	3	3	26	450
Tamar & Ginger Chicken Salad Bowl (317g)								240	10	3.0	26	16	3	16	1180
Mozzarella, Pesto & Avo Salad (264g)								470	41	12	14	3	6	18	760
Mediterranean Orzo Salad Pot (120g)								130	4	1.5	21	3	1	4	290
Charred Corn Salad Pot (145g)								200	13	3.5	16	5	3	6	620
Quinoa Feta Shaker								120	5	1.5	14	4	3	3	35
Beets & feta shaker (131g)								80	4	0	9	2	1	2	680
Sweet Pots								Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Protein Date Oats (262g)								440	12	3.5	68	33	6	22	75
Almond Butter & Honey Yoghurt Pot (152g)								330	19	7	29	20	3	13	90
Mango & Banana Sunshine Bowl (186g)								380	17	6	55	29	8	8	65
Honey Granola Pot (138g)								340	15	7	42	28	4	11	105
Coconut Chia bowl (208g)								220	11	2	27	11	8	5	60
Toasties								Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Turkey Melt (249g)								580	29	11.0	49	5	5	30	1060
Classic Cheese Toastie (190g)								580	33	15	44	2	5	28	1010
Super Club Toastie (237g)								570	31	12	45	3	5	28	1150
Halloumi, Red Pepper, & Basil Toastie (218g)								470	22	1	48	5	5	21	1590
Roast beef & mushroom melt toastie (218g)								530	25	11	48	4	5	27	1050
Pasta Box								Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Pink Chicken Penne Pasta (300g)								480	18	6	34	8	4	31	1600
Hot Breakfast Roll								Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Pret's Veggie Roll (222g)								350	12	4	45	6	3	17	770
Egg & Chipotle Bun (205g)								400	17	7	44	6	3	21	920
Rye Rolls								Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Burrata & Balsamic Rye Roll (176g)								390	17	10	50	10	4	13	390
Roast Beef Rye Roll (170g)								320	11	2	44	7	4	17	410
Viennoiserie & Savoury Crossiants								Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Halloumi & Za'atar Hot Croissant (132g)								410	27	12	30	6	2	14	700
Egg & Mushroom Hot Croissant (170g)								460	31	18	30	5	2	17	520
Mozzarella & Tomato x 4 Box (120g)								420	29	16	28	4	2	15	600
Mozzarella & Tomato (120g)								420	29	16	28	4	2	15	600

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Turkey & Cheese Hot Croissant (141g)	480	33	16	29	5	2	18	640
Viennoiserie & Sweet Crossiants	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
French Butter Croissant (67g)	274	16	11	26	4	2	6	255
Almond Croissant (87g)	374	21	11	37	12	3	8	210
Chocolate Croissant (86g)	407	24	14	38	18	4	7	190
Very Berry Croissant (88g)	339	14	8	47	24	3	5	255
Cinnamon Danish (110g)	409	20	13	43	21	2	7	404
Pain au chocolat (75g)	318	18	12	31	10	2	6	279
Bakery	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Carrot Cake (85g)	300	16	2	36	25	1	4	200
Choco Banana Cake (100g)	243	10.8	1.8	34.2	21.6	0.9	3.6	450
Fudgy Brownie (45g)	190	11	6	22	19	0	2	45
Cookies & Muffins	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Choc Chunk Cookie (85g)	368	14	8	54	29	2	5	169
Dark Choc & Almond Cookie (85g)	371	15	7	51	32	3	7	261
Choc Chunk Cookie Pot (85g)	368	14	8	54	29	2	5	169
Dark Choc & Almond Cookie Pot (85g)	371	15	7	51	32	3	7	261
Double Berry Muffin (124g)	440	22	3	57	31	3	7	280
Soups	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Souper Tomato Soup (200g)	70	2	0	12	8	2	2	620
Classic Pumpkin Soup (200g)	90	6	4	8	4	2	2	420
Fruit Pots	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Apple & Almond Butter Pot (116g)	220	15	1.0	21	10	6	7	0
Superfruit Salad (138g)	90	0.5	0	22	17	3	1	0
Mango & Lime Pot (139g)	90	0	0	22	16	2	1	0
Mixed Seedless Grape pot (130g)	100	1.0	0	23	22	1	1	0
Mango Yoghurt Pot (155g)	180	6.0	5	24	22	1	7	65
Mini Superfruit Pot (82g)	50	0.0	0	13	10	2	1	0
Dessert Pots	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Sticky Date Pudding (120g)	380	13	6	62	48	6	4	90
Choco Molten (110g)	220	10	1.5	30	22	0	4	125
Chocolate Mousse (100g)	230	11	5	26	16	0	5	50
Lemon Cheesecake (120g)	290	16	10	32	24	1	5	140
Tiramisu (120g)	320	22	12	26	17	0	4	130
Bars & Packs	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Choc Bar (Per100g)	498	32	19	46	35	3	5	180
Chocolate Almonds (Per100g)	565	40	14	33	21	9	14	211
Pret A Mango (Per100g)	339	0	0	77	50	5	2	40
Brownie Bar (Per100g)	485	30	18	47	44	3	7	41
Date Cake- Nagwa (25g)	79	1	0	16	8	2	1	4
Cashew Date Bar- Nagwa (25g)	76	1	0	15	6	2	2	166
Nuts Fruits & Chocolate (100g)	556	40	6	27	25	7	18	15
Chips	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Jalapeno Chips (100g)	502	26	3	63	2	4	4	729
A touch of Sea salt (100g)	517	26	2	61	1	0	6	365
Sea Salt and Balsamic Vinegar (100g)	516	28	2	59	1	4	8	592
Juices & Shots	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Orange Juice (100ml)	38	0.8	0	9	8	0.3	0.8	0
Apple Juice (100ml)	49	0.0	0	12	10	1.0	0.0	5
Daily Greens (100ml)	35	0	0	8	6	2	0.7	22
Roots & Fruits (100ml)	39	0	0	9	5	1.2	0.7	20
Ginger Shot (100ml)	60	0	0	14	1	0.5	1	16
Hot Shot (100ml)	42	0	0	10	9	0	0.4	0
Mint Lemonade (100ml)	60	0	0	14	13	1	0.0	0
Smoothies	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Cocktail Smoothie (100ml)	60	1	0	13	9	2	1	0
Berry Blast (100ml)	47	0.4	0	10	6	3.4	1	0
Mango Passion (100ml)	57	0	0	14	12	0.5	0.3	4
Water	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
San Pellegrino Water Sparkling (500ml)	0	0	0	0	0	0	0	0
Acqua Eva Natural Mineral Water (Still) (500 ml)	0	0	0	0	0	0	0	0.32 mg/L
Cans	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Apple Fizz (100ml)	34	0	0	8	8	0	0	0
Grape & Elderflower (100ml)	33	0	0	7	7	0	0	0
Organic Ginger Komboucha (100ml)	18	0	0	5	5	0	0	0
Rhuhrb Lemonade (100ml)	36	0	0	8	8	0	0	0

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Iced Drinks	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)	
White Mocha Latte (12Oz) Iced	300	19	4	26	22	0	6	100	
White Mocha Latte (16Oz) Iced	430	28	6	37	31	0	8	170	
Iced Salted Maple Matcha Latte (12Oz)	190	4	2.5	37	33	0	6	65	
Pumpkin Spice Cold foam Latte (16 Oz) Iced	310	7	5	51	49	1	10	170	
Almond Caramel Latte With(16 Oz) Iced	185	3	1	40	25	NA	NA	150	
Almond Caramel Latte With Almond Milk (12 Oz) Iced	144	2	1	31	19	NA	NA	130	
Vanilla Oat Latte With Oat Milk (16oz) Iced	173	4	1	33	23	2	1	170	
Vanilla Oat Latte With Oat Milk (12oz) Iced	134	3	1	25	17	2	1	150	
Rice Coconut Flat White With Rice And Coconut Drink (12 Oz) Iced	171	2	2	38	26	NA	1	60	
French Rose Tea Latte With whole Milk (16 Oz) Iced	173	6	4	24	24	NA	6	75	
French Rose Tea Latte-12 Oz With whole Milk Iced	137	5	3	19	19	NA	5	60	
Chocolate With whole Milk (16Oz) Iced	340	14	9	44	42	3	14	150	
Chocolate With whole Milk (12Oz) Iced	210	6	4	34	32	3	7	55	
Chai Latte With Whole Milk (16Oz) Cold	310	9	6	48	44	0	9	120	
Chai Latte With Whole Milk (12Oz) Cold	230	7	4	36	33	0	7	90	
Flat White With whole Milk (12oz) Iced	227	12	8	16	16	0	12	210	
Cappucino With whole Milk (16 Oz) Iced	147	8	5	11	11	0	8	160	
Cappucino With whole Milk (12 Oz) Iced	90	5	3	8	8	0	5	125	
Mocha With whole Milk (16 Oz) Iced	237	9	6	27	28	2	10	170	
Mocha With whole Milk (12 Oz) Iced	220	8	5	29	28	2	8	160	
Latte With whole Milk (16 Oz) Iced	156	9	5	11	11	0	8	170	
Latte With whole Milk (12 Oz) Iced	100	5	3	8	8	0	5	135	
Americano (16 Oz) Iced	0	0	0	0	0	0	0	120	
Americano (12 Oz) Iced	0	0	0	0	0	0	0	80	
Salted Caramel Hot Chocolate with Whole Milk (12)oz Iced	490	20	12	69	66	4	12	1790	
Salted Caramel Hot Chocolate with Whole Milk(16)oz Iced	350	19	11	39	38	1	9	2040	
Spanish Matcha Latte with Whole Milk (12 Oz) Iced	240	11	3.5	28	27	0	7	95	
Spanish Latte with Whole Milk(16Oz) Iced	330	16	4.5	37	35	0	10	280	
Spanish Latte with Whole Milk(12Oz) Iced	240	11	3	28	27	0	7	150	
Iced Matcha Latte (12 Oz)	270	18	3.5	25	17	0	7	60	
Pret Cold Brew (16 Oz) Iced	0	0	0	0	0	0	0	25	
Pret Cold Brew (12 Oz) Iced	0	0	0	0	0	0	0	45	
Salted Caramel Mocha with Whole Milk (12)oz Iced	470	25	15	52	51	1	11	2730	
Turkish Latte Cold (12Oz)	250	12	3.5	29	27	0	8	140	
Filter Coffee (16 Oz)	0	0	0	0	0	0	0	150	
Filter Coffee (12 Oz)	0	0	0	0	0	0	0	130	
Iced Spanish Latte canteen (per 100g)	230	15	2	21	17	0	2	50	
Iced Latte canteen (per 100g)	603	3	2	4	4	0	2	40	
Vanilla Iced Shaken (8 Oz)	150	10	6	13	13	0	3	130	
White Mocha Iced Shaken (8 Oz)	310	23	7	24	19	0	3	115	
Salted Maple Iced Shaken (8 Oz)	200	10	6	27	27	0	3	95	
Turkish Iced Shaken (8 Oz)	230	15	6	20	18	0	5	75	
Hot Drinks	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)	
Turkish Latte Hot (12Oz)	290	14	5	32	30	0	10	160	
Salted Maple Matcha Latte (12Oz)	230	6	4	40	36	0	8	100	
White Mocha Latte (12Oz) Hot	360	22	6	31	26	0	9	140	
White Mocha Latte (16Oz) Hot	460	29	7	39	33	0	10	190	
Marvelous Hot Chocolate (8 Oz)	430	24	15	45	42	3	10	280	
Pumpkin Spice Latte (16 Oz) Hot	340	9	5	54	52	1	11	200	
Americano (16 Oz)	0	0	0	0	0	0	0	100	
Americano (12 Oz)	0	0	0	0	0	0	0	60	
Cappuccino (16 Oz)	162	9	5	13	13	0	9	180	
Cappuccino (12 Oz)	150	8	5	12	12	0	8	170	
Espresso (4 Oz)	2	0	0	0	0	0	0	75	
Espresso Decaf (4 Oz)	0	0	0	0	0	0	0	75	
Filter Coffee (16 Oz)	0	0	0	0	0	0	0	170	
Filter Coffee (12 Oz)	0	0	0	0	0	0	0	150	
Flat White With whole Milk (8 Oz)	120	6	4	9	9	0	6	150	
Latte With whole Milk (16 Oz)	236	13	8	17	17	0	13	220	
Latte With whole Milk (12 Oz)	170	9	5	13	13	0	9	190	
Macchiato With whole Milk (4 Oz)	14	1	1	1	1	0	1	70	
Mocha With whole Milk (16 Oz)	311	14	8	34	33	2	14	260	
Mocha With whole Milk (12 Oz)	240	10	6	31	29	2	10	180	
Spanish Latte with Whole Milk- (16Oz) Hot	410	20	7	43	42	0	15	260	
Spanish Latte with Whole Milk- (12Oz) Hot	300	14	5	32	31	0	10	200	
Fudgy Hot chocolate (8Oz)	900	50	29	103	76	8	13	270	
Hot cocoa shot (4Oz)	420	26	15	46	38	4	6	55	
Hot Chocolate With whole Milk (16 Oz) Hot	390	16	10	46	45	3	17	180	
Hot Chocolate With whole Milk (12 Oz) Hot	290	11	7	39	37	3	11	115	
Chai Latte With whole Milk (16 Oz) Hot	330	13	9	46	40	0	12	170	
Chai Latte With whole Milk (12 Oz) Hot	280	11	7.0	35	33	0	11	130	
Matcha Latte (12 Oz)	330	21	6	29	21	0	9	105	
Turkish Latte Hot (12 Oz)	290	14	5	32	30	0	10	160	
Turkish Coffee (4 Oz)	0	0	0	0	0	0	0	15	
Babycino (8oz)	150	8	5	11	11	0	8	100	
Spanish Matcha Latte with Whole Milk- (12 Oz) Hot	300	14	5	32	31	0	10	130	
Coffee Latte Canteen (per 100g)	60	3	2	5	5	0	3	60	
Coffee Canteen Hot Mocha (per 100g)	80	3	2	10	10	1	3	65	
Hot Tea	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)	
Ceylon Tea - 16 Oz	2	0	0	1	0	0	0	0	
Earl Grey Tea - 16 Oz	2	0	0	1	0	0	0	0	
French Rose Tea Latte With whole Milk (16 Oz)	195	8	5	0	0	NA	0	100	

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French Rose Tea Latte With whole Milk (12 Oz)	156	6	4	0	0	NA	0	75
Green Tea - 16 Oz	1	0	0	0	0	0	0	7
Peppermint Tea - 16 Oz	1	0	0	0	0	0	0	9

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Beverage Add Ons	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)	
Caramel Syrup (15ml)	48	0	0	12	12	0	0	0	
Extra Shot (50ml)	0	0	0	0	0	0	0	50	
Make It Strong (75ml)	1	0	0	0	0	0	0	60	
Make It Strong Decaf (75ml)	0	0	0	0	0	0	0	75	
Hazelnut - Nut Free & Sugar Free Syrup (15ml)	6	0	0	2	0	0	0	10	
Hazelnut - Nut Free Syrup (15ml)	47	0	0	12	12	0	0	0	
Rose (15ml)	50	0	0	13	13	0	0	NA	
Simple Syrup (15ml)	51	0	0	13	13	0	0	0	
Vanilla Syrup (15ml)	51	0	0	13	13	0	0	0	
Vanilla - Sugar Free Syrup (15ml)	6	0	0	2	0	0	0	10	
Whipped Cream (30ml)	100	11	7	1	1	0	1	5	
Spanish Sauce (15ml)	50	1	0	8	8	0	1	10	
Milk & Alternative Milk	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)	
Organic Almond Milk (100ml)	34	1.5	0	4	2.8	0.5	0.8	0	
Organic Coconut Milk (100ml)	29	0.7	0.7	5.2	4.2	0.2	0.2	50	
Organic Oat Milk (100ml)	47	1.2	0.2	8.0	6.0	1	0.5	0	
Organic Soya Milk (100ml)	45	2.1	0.4	2.4	2.4	0.6	3.7	0.2	
Fresh Milk Full Fat (100ml)	60	3.1	1.9	4.7	4.7	0	3.1	50	
Fresh Milk Skimmed milk (100ml)	34	0.1	0.1	4.8	4.8	0	3.2	43	
CPG	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)	
Espresso Whole Bean (100g)	10	1	0	0	0	0	0	420	
Peru Single Origin Ground (100g)	12	1	0	0	0	0	0	420	
Classic Blend Ground (100g)	12	1	0	0	0	0	0	420	
Cold Canteen drinks	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)	
Cold Canteen Latte (1400) ml	710	39	24	52	52	0	39	790	
Cold Canteen Cold Brew (1400) ml	0	0	0	0	0	0	0	90	
Cold Canteen Americano (1400) ml	5	1	0	0	0	0	0	350	
Cold Canteen Spanish Latte (1400) ml	1340	59	29	116	112	2	47	860	
Iced Spanish Latte canteen (1110) ml	1250	58	17	143	137	0	38	800	
Iced Latte canteen (1160) ml	670	35	21	52	52	0	34	800	
Coffee Latte Canteen (1360) ml	790	41	25	61	61	0	40	900	
Coffee Canteen Hot Mocha (1280) ml	1020	41	25	126	121	5	3	820	
Foam Matcha Drinks	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)	
Salted Maple Cold foam Matcha (16 Oz)	220	3	2	45	42	0	7	90	
Vanilla Cloud Matcha (16 oz)	310	16	2	36	27	0	8	85	