

Granary	No. of Products:06	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Tuna & Jalapeno (Slim) Granary (136)g		300	17	2.5	22	3	3	15	550
Chicken Avocado Basil Granary (235)g		540	30	4.5	43	8	4	23	1440
Mature Cheddar & Pickle Granary(234)g		510	25	10	50	6	12	19	1260
Classic Super Club Granary(244)g		480	24	3.5	42	6	4	24	1470
Egg Mayo Granary(174)g		450	24	5	38	5	4	17	840
Smoked Salmon (Slim) Granary (92g)		160	4	2	20	3	2	10	720
Cold Baguettes	No. of Products: 10	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Brie & Tapenade Baguette (136)g		360	16	8	39	2	2	12	920
Pesto Caprese Baguette (118)g		330	15	4.5	38	2	2	11	570
Posh Cheddar & Pickle Baguette(132)g		380	15	5	46	2	9	12	1080
Tuna Mayo & Cucumber Baguette (146)g		410	22	3.5	38	2	2	14	950
Turkey & Cheese Baguette(125)g		310	11	2.5	39	2	3	14	810
Chicken Caesar & Bacon Baguette(146)g		370	16	3.5	39	2	2	20	1040
Egg & Avo Baguette(183)g		540	35	7.0	39	3	3	15	880
Avo, Olives & Toms Cereal Baguette (235)g		480	19	2.5	64	10	5	13	920
Turkey & Cheese Cereal Baguette (224)g		490	18	4	59	5	5	23	1060
Pret Deli baguette (183)g		440	21	7	41	3	4	21	1320
Hot Baguettes	No. of Products:01	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Pesto Chicken hot baguette (138)g		350	13	5	39	2	3	20	1090
Cold Wraps	No. of Products: 04	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Crunchy Chipotle Chicken & Avo Wrap (260)g		460	20	3	50	6	10	25	1440
Chicken Caesar Wrap (225)g		530	27	7	40	3	3	31	1360
Chicken Pesto & Rocket Wrap (213)g		480	26	4	39	3	3	22	1430
Mediterranean Egg & Zaatar Protein Wrap (179g)		400	26	10	14	6	3	28	800
Chipotle Egg & Turkey Protein Wrap (186g)		460	32	10	14	6	3	31	970
Hot Wraps	No. of Products:03	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Chicken Fajita Hot Wrap (199)g		490	21	9	43	4	6	33	1220
Falafel & Halloumi Hot Wrap (251)g		580	24	10	70	9	14	22	1850
Chicken Mushroom Hot Wrap (207)g		530	27	9	44	3	5	28	1380
Kids Granary	No. of Products: 02	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Cream Cheese & Cucumber-Kids (145)g		260	7	4	40	5	5	9	350
Turkey & Cream Cheese-Kids (131)g		270	5	3	38	5	4	16	530
Salads Bowl , Pots,Tray	No. of Products: 07	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Tamari & Ginger Chicken Salad Bowl(324)g		340	14	3.5	36	4	13	22	1610
Greek Salad & Vinaigrette Bowl(250)g		430	37	9	16	3	4	9	1390
Pesto Pasta & Chicken Salad Bowl(247)g		480	29	5	34	3	4	19	1340
Classic Caesar Chicken Salad Bowl (226)g		360	23	5	14	3	3	25	1240
Shakers	No. of Products:03	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Mediterranean Orzo shaker (125)g		130	6	1.5	15	1	2	3	750
Charred Corn Shaker (124)g		130	9	2	11	3	5	4	690
Beetroot Shaker (136)g		90	4.5	1.5	10	3	8	3	1090
Pastas	No. of Products:01	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Chicken Penne Pasta Bowl (267)g		420	11	4	56	4	3	20	1070
Pret Pots	No. of Products:06	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Almond Butter & Honey Yoghurt pot(152)g		260	16	6	19	2	14	12	80
Protein Date Oats (262)g		460	14	4.5	63	7	34	23	80
Raspberry & Yoghurt pot (129)g		220	10	5	22	2	14	10	80
Honey Granola Pot(137)g		240	10	5	26	2	17	10	80
Coconut Chia Pot (208)g		210	10	2.5	27	9	14	5	65
Mango & Banana Sunshine Bowl (190)g		320	10	4	53	6	35	7	35
Toasties	No. of Products:05	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Classic Cheese Toastie (188)g		590	33	15	44	5	2	28	1010
Turkey Melt Toastie(231)g		490	22	9	45	5	3	29	1200
Halloumi, Red Pepper & Basil Toastie (219)g		480	22	11	51	6	7	21	1490
Super Club Toastie(237)g		570	30	10	46	5	2	32	1310
Roast beef and Mushroom Toastie (231)g		580	32	11	47	5	5	24	1500
Hot Breakfast Roll	No. of Products: 02	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Egg & Chipotle Bun (164)g		360	14	6	42	3	5	17	860
Egg & Bacon Bun (169)g		380	17	5	40	2	4	17	860
Rye Rolls	No. of Products: 03	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Burrata & Balsamic Rye Roll (170)g		420	20	9	48	4	11	12	890
Scandi Style Salmon Rye Roll(179)g		350	11	2	44	4	7	17	650
Roast Beef Rye Roll (202)g		400	18	2.5	47	4	8	12	1010
Porridge and add ons	No. of Products:01	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Porridge and crunchy granola (220)g		310	7	0	54	3	35	8	55
Viennoiserie & Savoury Crossiants	No. of Products: 06	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Cheese & Jalapeno Hot Croissant (128g)		510	35	20	30	2	6	18	670
Halloumi & Za'atar Croissant (145g)		410	26	17	29	2	6	14	690
Cheese Twist & Za'atar (83g)		280	16	10	27	2	5	9	270
Egg & Mushroom Hot Croissant (168g)		450	29	17	30	2	6	19	890
Turkey & Cheese Croissant (143g)		490	33	16	28	2	5	21	890
Mozzarella & Tomato Croissant (140g)		440	29	16	29	2	5	15	600
Viennoiserie & Sweet Crossiants	No. of Products:06	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
French Butter Croissant (67)g		270	16	11	26	1	4	6	260
Almond Croissant (87)g		370	21	11	36	3	12	8	210
Chocolate Croissant (86)g		350	21	12	33	4	16	6	160
Very Berry Croissant (88)g		300	12	7	42	2	22	4	220
Cinnamon Danish (110)g		410	21	13	48	3	23	7	400
Pain Au Chocolat (75)g		310	18	12	31	2	10	6	290
Cinnamon Pecan Bites (187)g		700	44	24	70	4	42	8	480
Cinnamon Pecan Bites with Toffee sauce (915)g		3370	196	115	363	18	206	45	2680

Hot Drinks	No. of Products: 22	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Espresso 4 oz		0	0	0	0	0	0	0	60
Macchiato 4 oz		10	0	0	1	0	1	0	65
Flat White 8 oz		120	6	3.5	9	0	9	6	150
Filter Coffee 12 oz		0	0	0	0	0	0	0	135
Filter Coffee 16 oz		0	0	0	0	0	0	0	160
Americano 12 oz		0	0	0	0	0	0	0	60
Americano 16 oz		0	0	0	0	0	0	0	75
Cappuccino 12 oz		160	8	4.5	13	0	13	8	180
Cappuccino 16 oz		170	9	5	14	0	14	9	200
Latte 12 oz		170	9	5	13	0	13	9	190
Latte 16 oz		230	12	7	18	0	18	12	250
Mocha 12 oz		250	9	5	31	2	29	10	180
Mocha 16 oz		320	13	7	37	2	34	13	250
Matcha Latte 12 oz		480	22	5	42	1	37	16	220
Hot Chocolate 12 oz		320	11	6	43	3	39	12	150
Hot Chocolate 16 oz		370	13	8	47	3	43	15	200
Spanish Latte 12 oz		320	14	6	33	0	32	12	210
Spanish Latte 16 oz		360	15	7	41	0	40	13	230
White Mocha 12 oz		420	21	5	31	1	27	15	180
White Mocha 16 oz		550	28	6	39	2	34	19	210
Babycino		140	7	4.5	12	0	12	7	120
Marvelous Hot Chocolate		220	7	4	33	1	19	6	95
Hot Tea	No. of Products: 04	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Ceylon Tea - 16 Oz		0	0	0	0	0	0	0	0
Green Tea 16 oz		0	0	0	0	0	0	0	0
Peppermint Tea 16 oz		0	0	0	0	0	0	0	0
Earl Grey Tea 16 oz		0	0	0	0	0	0	0	0
Beverage Add Ons	No. of Products: 09	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
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)		3	0	0	2	0	0	0	10
Hazelnut - Nut Free Syrup (15ml)		47	0	0	12	0	12	0	0
Simple Syrup (15ml)		50	0	0	13	0	13	0	0
Vanilla Syrup (15ml)		50	0	0	13	0	13	0	0
Vanilla - Sugar Free Syrup (15ml)		6	0	0	2	0	0	0	10
Whipped Cream (30ml)		100	11	7	1	0	1	1	10
Spanish Sauce (15ml)		50	1	1	8	0	8	1	15
Milk & Alternative Milk	No. of Products: 06	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Organic Almond Milk (100ml)		56	1.5	0.3	10	0.5	4.7	0.5	32
Organic Coconut Milk (100ml)		30	0.7	0.7	5.2	0.2	4.2	0.2	40
Organic Oat Milk (100ml)		50	2.4	0.4	6.3	0.5	3.5	0.5	36
Organic Soya Milk (100ml)		45	2.1	0.4	2.4	0.6	2.4	3.7	60
Pasteurized fresh Full Fat Milk (250ml)		152	8	4.7	12	0	12	7.8	129
Pasteurized fresh Low Fat Milk (250ml)		107	2.7	1.6	12.2	0	12.2	7.8	129
CPG	No. of Products: 03	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(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
NEW LAUNCHES									
Cold Foam Matchas	No. of Products: 02	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Vanilla cold foam matcha 16oz		410	16	2	41	1	36	13	150
Strawberry cold foam matcha 16oz		420	16	2	42	1	37	13	150