

| <i>Regular</i>                            | <i>Energy<br/>KJ</i> | <i>Energy<br/>Kcal</i> | <i>Fat(g)</i> | <i>Sat. Fat(g)</i> | <i>CHO(g)</i> | <i>Sugar(g)</i> | <i>Fibre(g)</i> | <i>Protein(g)</i> | <i>Salt(g)</i> | <i>Sodium(mg)</i> |
|-------------------------------------------|----------------------|------------------------|---------------|--------------------|---------------|-----------------|-----------------|-------------------|----------------|-------------------|
| <b>Brioche</b>                            |                      |                        |               |                    |               |                 |                 |                   |                |                   |
| Chicken Sausage and Egg Brioche           | 2195                 | 525                    | 28            | 12                 | 37            | 6               | 2.6             | 30                | 0.75           | 300               |
| Egg & Bacon Brioche                       | 1697                 | 407                    | 28            | 12                 | 23            | 3.9             | 0.8             | 16                | 0.97           | 388               |
| <b>Hot Croissants</b>                     |                      |                        |               |                    |               |                 |                 |                   |                |                   |
| Cheddar & Tomato Hot Croissant - FB       | 1681                 | 403                    | 25            | 4.8                | 32            | 7.8             | 1.4             | 13                | 1.1            | 440               |
| Zaatar & Halloumi Hot Croissant - FB      | 2004                 | 481                    | 32            | 4.8                | 35            | 7.3             | 3.6             | 11                | 2.3            | 920               |
| Turkey Ham & Cheese Hot Croissant - FB    | 1774                 | 425                    | 25            | 4.8                | 32            | 8.4             | 1.6             | 18                | 1.6            | 640               |
| <b>Breakfast Bun</b>                      |                      |                        |               |                    |               |                 |                 |                   |                |                   |
| Smoked Salmon & Soft Cheese Breakfast Bun | 1229                 | 292                    | 9.3           | 4                  | 36            | 2.8             | 2.3             | 15                | 1.7            | 680               |
| Egg & Avocado Breakfast Bun               | 1459                 | 348                    | 16            | 4.2                | 38            | 1.6             | 4.4             | 10                | 0.6            | 240               |
| <b>Breakfast</b>                          |                      |                        |               |                    |               |                 |                 |                   |                |                   |
| Pret's Soya Porridge                      | 792                  | 189                    | 6.7           | 0                  | 20            | 10              | 3.4             | 10                | 0              | 0                 |
| <b>French Pastries</b>                    |                      |                        |               |                    |               |                 |                 |                   |                |                   |
| Pastel De Nata                            | 569                  | 136                    | 5.1           | 3.4                | 19            | 11              | 0.7             | 2.8               | 0.28           | 112               |
| Butter Croissant - FB                     | 1303                 | 312                    | 18            | 0.5                | 31            | 7.3             | 1.2             | 5.9               | 0.72           | 288               |
| Almond Croissant                          | 1211                 | 289                    | 14            | 9.1                | 32            | 9.6             | 2.2             | 6.7               | 0.73           | 292               |
| Chocolate & Hazelnut Croissant            | 1452                 | 348                    | 20            | 11                 | 36            | 13              | 2.3             | 6.1               | 0.49           | 196               |
| Pain Au Raisin                            | 1442                 | 345                    | 18            | 8.5                | 39            | 18              | 1.7             | 6.1               | 0.62           | 248               |
| Savoury Croissant- Mozzarella & Tomato    | 1486                 | 357                    | 23            | 13                 | 23            | 3.1             | 1.6             | 13                | 1.2            | 480               |
| Zaatar Croissants                         | 983                  | 236                    | 14            | 6.6                | 23            | 5               | 2               | 4.6               | 0.8            | 320               |
| Chocolate Cookie                          | 1564                 | 374                    | 20            | 11                 | 43            | 16              | 2.1             | 4.6               | 0.77           | 308               |
| Oat Cookie                                | 1390                 | 331                    | 14            | 6.6                | 46            | 6.6             | 2.6             | 4.9               | 0.76           | 304               |
| <b>Bowls/ Pots</b>                        |                      |                        |               |                    |               |                 |                 |                   |                |                   |
| Five Berry Breakfast Bowl                 | 1556                 | 371                    | 14            | 5.8                | 45            | 33              | 2.8             | 14                | 0.13           | 52                |
| Berry Yoghurt Parfait                     | 1047                 | 250                    | 11            | 4.8                | 24            | 15              | 1.7             | 12                | 0.12           | 48                |
| Banana & Honey Bowl                       | 1962                 | 466                    | 15            | 5.8                | 66            | 37              | 3.1             | 15                | 0.14           | 56                |
| <b>Fruits</b>                             |                      |                        |               |                    |               |                 |                 |                   |                |                   |
| Banana                                    | 457                  | 108                    | 0             | 0                  | 24            | 22              | 1.7             | 1.4               | 0              | 0                 |
| Mango & Lime                              | 337                  | 81                     | 0             | 0                  | 23            | 18              | 4               | 1                 | 0              | 0                 |
| Superfruit Salad                          | 293                  | 70                     | 0             | 0                  | 20            | 16              | 4               | 1                 | 0              | 0                 |
| <b>Soup</b>                               |                      |                        |               |                    |               |                 |                 |                   |                |                   |
| Malaysian Chicken Soup                    | 868                  | 207                    | 7.0           | 2.1                | 24.5          | 4.2             | 2.8             | 9.8               | 3.2            | 1274              |
| Carrot and Coriander Soup                 | 603                  | 144                    | 6             | 3                  | 15            | 9               | 3               | 6                 | 1.3            | 520               |
| Cauliflower, Cheddar & Potato Soup        | 1054                 | 252                    | 17            | 7                  | 18            | 2               | 2               | 6                 | 1              | 400               |
| Chicken Laksa                             | 863                  | 206                    | 11            | 3.8                | 15            | 4.5             | 0               | 11                | 0.94           | 376               |
| Souper Tomato Soup                        | 534                  | 128                    | 6.4           | 0                  | 13            | 6.4             | 3.2             | 3.2               | 1.6            | 640               |
| Chickpeas & Barley Mixed Vegetable Soup   | 627                  | 150                    | 6             | 0                  | 18            | 6               | 6               | 3                 | 0.26           | 104               |
| Soup Bread                                | 869                  | 196                    | 2.8           | 0                  | 36            | 0               | 3.5             | 7                 | 0.91           | 364               |
| <b>Toasties</b>                           |                      |                        |               |                    |               |                 |                 |                   |                |                   |
| Mozzarella & Pesto Toastie                | 1705                 | 406                    | 17            | 12                 | 44            | 2.1             | 4.3             | 18                | 1.6            | 640               |
| Classic Cheese Toastie                    | 2762                 | 662                    | 39            | 24                 | 44            | 1.9             | 4.1             | 32                | 3.5            | 1400              |
| Tuna Melt Toastie                         | 2134                 | 510                    | 24            | 14                 | 43            | 1               | 4.1             | 28                | 2.7            | 1080              |
| <b>Salads</b>                             |                      |                        |               |                    |               |                 |                 |                   |                |                   |
| Chef's Italian Chicken Salad              | 2080                 | 501                    | 36            | 6.6                | 15            | 7               | 3.1             | 27                | 1.4            | 560               |
| Chicken & Quinoa Salad                    | 2043                 | 487                    | 17            | 2.8                | 41            | 7.2             | 7.3             | 38                | 1.1            | 440               |
| Crayfish & Avocado Salad                  | 1369                 | 330                    | 24            | 2.3                | 13            | 3.2             | 5.8             | 14                | 0.73           | 292               |
| Egg & Avo Protein Pot                     | 797                  | 191                    | 10            | 2.4                | 8.1           | 0               | 4.5             | 15                | 0.02           | 8                 |
| Chicken & Smashed Avo Protein Pot         | 1226                 | 293                    | 15            | 4.6                | 11            | 0.5             | 5.6             | 26                | 1.2            | 480               |
| <b>Granary</b>                            |                      |                        |               |                    |               |                 |                 |                   |                |                   |
| Chicken Avocado Sandwich                  | 1747                 | 416                    | 12            | 2.1                | 46            | 3.5             | 9.1             | 27                | 1.5            | 600               |
| Tuna Mayo Sandwich                        | 1931                 | 462                    | 25            | 3.8                | 39            | 4               | 4.8             | 19                | 2.1            | 840               |
| Wild Crayfish & Rocket Sandwich           | 1722                 | 411                    | 17            | 2.8                | 41            | 3.5             | 4.9             | 21                | 2              | 800               |
| Classic Super Club                        | 2201                 | 527                    | 28            | 5.4                | 39            | 4.2             | 4.9             | 26                | 1.5            | 600               |

|                                                    |      |     |     |     |    |     |     |     |      |      |
|----------------------------------------------------|------|-----|-----|-----|----|-----|-----|-----|------|------|
| Veggie New Yorker Sandwich                         | 2020 | 483 | 25  | 9.1 | 42 | 5.9 | 5.4 | 19  | 2.9  | 1160 |
| BLT                                                | 1762 | 422 | 22  | 5.4 | 40 | 4.7 | 5.2 | 13  | 1.8  | 720  |
| Mature Cheddar & Pickle Sandwich                   | 2073 | 496 | 25  | 9.9 | 46 | 10  | 5.7 | 19  | 1.7  | 680  |
| Cracking Egg Salad Sandwich                        | 1913 | 458 | 25  | 4.5 | 40 | 5.1 | 5.1 | 17  | 1.7  | 680  |
| Smoked Salmon Sandwich                             | 1757 | 419 | 19  | 8.5 | 38 | 3.3 | 4.5 | 23  | 3    | 1200 |
| Turkey Ham Pickle & Cheese Sandwich                | 2239 | 535 | 26  | 11  | 40 | 4.1 | 4.9 | 33  | 4.2  | 1680 |
| Granary - ADNEC                                    |      |     |     |     |    |     |     |     |      |      |
| Chicken Avocado Sandwich                           | 1901 | 452 | 13  | 3.2 | 52 | 1.7 | 9.4 | 27  | 0.98 | 392  |
| Tuna Mayo Sandwich                                 | 2126 | 509 | 27  | 5   | 44 | 1.7 | 5.3 | 20  | 1.7  | 680  |
| Wild Crayfish & Rocket Sandwich                    | 1846 | 440 | 18  | 3.8 | 45 | 1.5 | 5.1 | 22  | 1.5  | 600  |
| Classic Super Club                                 | 2346 | 561 | 29  | 6.4 | 44 | 2.3 | 5.3 | 27  | 1    | 400  |
| Veggie New Yorker Sandwich                         | 2326 | 556 | 27  | 12  | 51 | 7.2 | 5.8 | 24  | 3.2  | 1280 |
| BLT                                                | 1907 | 456 | 23  | 6.4 | 45 | 2.7 | 5.6 | 14  | 1.4  | 560  |
| Mature Cheddar & Pickle Sandwich                   | 2310 | 552 | 27  | 12  | 51 | 8.3 | 5.8 | 23  | 1.7  | 680  |
| Cracking Egg Salad Sandwich                        | 2061 | 493 | 26  | 5.5 | 45 | 2.9 | 5.6 | 18  | 1.2  | 480  |
| Smoked Salmon Sandwich                             | 1904 | 454 | 20  | 9.3 | 43 | 1.2 | 4.9 | 24  | 2.7  | 1080 |
| Turkey Ham Pickle & Cheese Sandwich                | 2363 | 565 | 27  | 12  | 45 | 2.1 | 5.2 | 33  | 3.7  | 1480 |
| Baguettes                                          |      |     |     |     |    |     |     |     |      |      |
| Chicken Ceasar and Bacon Baguette                  | 2838 | 676 | 24  | 7.3 | 72 | 2.8 | 7   | 38  | 2.7  | 1080 |
| Tuna Mayo & Cucumber Baguette                      | 2259 | 539 | 25  | 3.7 | 56 | 1.5 | 3.2 | 20  | 2.5  | 1000 |
| Posh Cheddar & Pickle Baguette                     | 3199 | 764 | 33  | 11  | 86 | 8.5 | 9.5 | 26  | 4.1  | 1640 |
| Egg Mayo & Roasted Tomato Baguette                 | 2505 | 599 | 30  | 5.7 | 60 | 1.2 | 5.3 | 19  | 3.6  | 1440 |
| Smoked Salmon & Egg Mayo Baguette                  | 2466 | 589 | 29  | 5.2 | 55 | 1.2 | 3.1 | 25  | 3.2  | 1280 |
| Chicken Salad Baguette - Bakemart                  | 2253 | 537 | 22  | 6.2 | 56 | 1.7 | 3.6 | 26  | 2.4  | 960  |
| Salad Wraps                                        |      |     |     |     |    |     |     |     |      |      |
| Chicken Caesar & Bacon Salad Wrap                  | 2463 | 586 | 20  | 7.2 | 68 | 4.1 | 1.2 | 32  | 2.1  | 840  |
| Chicken Pesto Rocket Salad Wrap                    | 2764 | 660 | 34  | 4.5 | 59 | 3.1 | 0.6 | 30  | 2    | 800  |
| Hummus & Chipotle Salad Wrap                       | 1288 | 309 | 18  | 2.3 | 23 | 11  | 7.4 | 9.1 | 1.4  | 560  |
| Halloumi Salad Wrap                                | 2970 | 714 | 51  | 13  | 21 | 5.2 | 5.3 | 41  | 5    | 2000 |
| Flat Breads                                        |      |     |     |     |    |     |     |     |      |      |
| Chipotle Chicken & Avo Flatbread                   | 1937 | 462 | 17  | 2   | 27 | 9.8 | 5.9 | 46  | 1.3  | 520  |
| Mediterranean Halloumi & Zaatar Flatbread          | 2180 | 522 | 32  | 12  | 16 | 4.9 | 0.9 | 42  | 3.1  | 1240 |
| Mexican Avocado Flatbread                          | 1603 | 382 | 14  | 1.6 | 26 | 4.3 | 8.3 | 34  | 1.4  | 560  |
| Hot Wraps                                          |      |     |     |     |    |     |     |     |      |      |
| Halloumi & Falafel Hot Wrap - Local Tortilla       | 2605 | 621 | 24  | 10  | 70 | 7.1 | 7.2 | 27  | 3    | 1200 |
| Chicken & Mushroom Hot Wrap - Local Tortilla       | 2281 | 547 | 35  | 13  | 19 | 5.3 | 1.4 | 39  | 3.1  | 1240 |
| Chipotle Chicken Hot Wrap - Local Tortilla         | 2112 | 505 | 27  | 13  | 18 | 9.3 | 4.9 | 45  | 3.1  | 1240 |
| Meatball Hot Wrap - Local Tortilla                 | 2225 | 533 | 30  | 13  | 24 | 11  | 2.2 | 40  | 4.1  | 1640 |
| Toasted Tortilla                                   |      |     |     |     |    |     |     |     |      |      |
| Chipotle Chicken Toasted Tortilla - Local Tortilla | 2011 | 481 | 26  | 14  | 14 | 6.5 | 3.5 | 45  | 1.5  | 600  |
| Drinks                                             |      |     |     |     |    |     |     |     |      |      |
| Cold Pressed Orange Juice                          | 295  | 70  | 0   | 0   | 17 | 15  | -   | 1   | 0    | 0    |
| Cold Pressed Pomegranate Juice                     | 883  | 210 | 2.5 | 0   | 48 | 35  | 10  | 4   | 0    | 10   |
| Pineapple Powwow                                   | 336  | 80  | 0   | 0   | 19 | 16  | 0   | 0   | 0    | 0    |
| Root Reboot                                        | 252  | 60  | 0   | 0   | 16 | 11  | -   | 1   | 0    | 85   |
| Essential Green                                    | 210  | 50  | 0   | 0   | 11 | 8   | -   | 1   | 0    | 60   |
| Sunny Dayz                                         | 630  | 150 | 1.5 | 0   | 36 | 26  | 2   | 2   | 0    | 10   |
| Ginger Shot                                        | 105  | 25  | 0   | 0   | 6  | 4   | 0   | 0   | 0    | 5    |
| Tumeric Shot                                       | 188  | 45  | 0   | 0   | 10 | 4   | 0   | 0   | 0    | 0    |
| San Pelegrino 500ml                                | 0    | 0   | 0   | 0   | 0  | 0   | 0   | 0   | 0    | 0    |
| Aqua Panna Small                                   | 0    | 0   | 0   | 0   | 0  | 0   | 0   | 0   | 0    | 0    |
| Aqua Panna Large                                   | 0    | 0   | 0   | 0   | 0  | 0   | 0   | 0   | 0    | 0    |

|                                                      |       |       |       |      |       |      |      |      |       |       |
|------------------------------------------------------|-------|-------|-------|------|-------|------|------|------|-------|-------|
| Arwa 500ml                                           | 0     | 0     | 0     | 0    | 0     | 0    | 0    | 0    | 0     | 0     |
| Coke                                                 | 900   | 210   | 0     | 0    | 53    | 53   |      | 0    | 0     | 0     |
| Coke Zero                                            | 7     | 2     | 0     | 0    | 0     | 0    | 0    | 0    | 0.1   | 40    |
| Sprite                                               | 590   | 135   | 0     | 0    | 33    | 33   | 0    | 0    | 0     | 0     |
| Coconut Water                                        | 293   | 70    | 0     | 0    | 17    | 16   | 0    | 0    | 0     | 25    |
| HalaPop Prebiotic Soda Ginger Lemon                  | 118   | 29    | 0     | 0    | 4     | 3.8  | 6    | 0.1  | 0.1   | 50    |
| HalaPop Prebiotic Soda Pomegranate Hibiscus          | 118   | 29    | 0     | 0    | 4     | 3.8  | 6    | 0.1  | 0.1   | 50    |
| HalaPop Prebiotic Soda Strawberry Vanilla            | 118   | 29    | 0     | 0    | 4     | 3.8  | 6    | 0.1  | 0.1   | 50    |
| HalaPop Prebiotic Soda Tangerine                     | 118   | 29    | 0     | 0    | 4     | 3.8  | 6    | 0.1  | 0.1   | 50    |
| <b>Snacks &amp; Desserts</b>                         |       |       |       |      |       |      |      |      |       |       |
| Pret Crisps - Sea Salt & Black Pepper                | 870   | 208   | 12.48 | 5.76 | 22.56 | 0.16 | 2.4  | 3.2  | 0.368 | 147.2 |
| Pret Crisps - Sea Salt & Cider Vinegar               | 877   | 210   | 12.96 | 6.08 | 21.92 | 0.16 | 2.24 | 3.04 | 0.368 | 147.2 |
| Pret Crisps - Cheese & Chives                        | 857   | 205   | 12    | 5.6  | 22.56 | 0.96 | 2.4  | 3.2  | 0.368 | 147.2 |
| Choc Bar                                             | 2075  | 498   | 32.4  | 19.4 | 45.5  | 35   | -    | 4.5  | 0.45  | 180   |
| Love Bar                                             | 1947  | 465   | 24.5  | 12.2 | 54.1  | 31   | -    | 5.6  | 0.61  | 244   |
| Popcorn Bar                                          | 719   | 172   | 8     | 4.7  | 22.8  | 13.9 | 0.7  | 1.7  | 0.09  | 36    |
| Lemon Cheesecake                                     | 1456  | 348   | 18.3  | 9.7  | 46.7  | 30.8 | 0.7  | 6    | 0.54  | 209   |
| Chocolate Mousse                                     | 1665  | 398   | 30    | 21   | 25    | 4    | 0.3  | 5    | 0.08  | 30    |
| Chocolate Brownie                                    | 2023  | 485   | 29.5  | 18   | 46.7  | 43.5 | -    | 6.6  | 0.11  | 44    |
| <b>Catering</b>                                      |       |       |       |      |       |      |      |      |       |       |
| Large Cookie Platter                                 | 23717 | 5664  | 269   | 143  | 717   | 180  | 38   | 76   | 12.2  | 4880  |
| Small Cookie Box                                     | 8894  | 2124  | 101   | 54   | 269   | 68   | 14   | 28   | 4.6   | 0.59  |
| Bar Platter                                          | 2009  | 482   | 30    | 17   | 48    | 37   | -    | 5.9  | 0.36  | 144   |
| Baguette Platter                                     | 16656 | 3962  | 128   | 47   | 497   | 26   | 50   | 181  | 20.3  | 8120  |
| Best of Pret Platter                                 | 8800  | 2098  | 83    | 41   | 216   | 26   | 29   | 107  | 7.1   | 2840  |
| All Time Classic Selection                           | 9372  | 2236  | 92    | 27   | 221   | 26   | 34   | 114  | 9.4   | 3760  |
| Chef Salad Platter                                   | 8321  | 2002  | 146   | 26   | 60    | 28   | 12   | 107  | 5.7   | 2280  |
| Sweet Pastry Selection Box                           | 13624 | 3260  | 177   | 65   | 342   | 98   | 19   | 65   | 7.5   | 3000  |
| Breakfast Baguette Platter                           | 1443  | 16431 | 3922  | 178  | 33    | 413  | 6.3  | 32   | 152   | 60800 |
| Brioche Platter                                      | 862   | 10223 | 2448  | 142  | 35    | 185  | 26   | 7.2  | 105   | 42000 |
| Chicken Supreme Platter (Amended Recipe)             | 10221 | 2441  | 109   | 21   | 213   | 20   | 33   | 135  | 8     | 3200  |
| Fish Selection Platter                               | 8323  | 1985  | 81    | 25   | 194   | 19   | 24   | 107  | 10.6  | 4240  |
| Mixed Wrap Selection Platter( Amended Recipe)        | 18212 | 4340  | 177   | 33   | 495   | 36   | 22   | 181  | 15.1  | 6040  |
| Chicken Wraps Selection Platter - Local Tortillas    | 20282 | 4834  | 208   | 46   | 494   | 28   | 8.1  | 242  | 15.9  | 6360  |
| Chicken & Quinoa Salad Platter                       | 8326  | 2003  | 146   | 26   | 60    | 28   | 12   | 107  | 5.7   | 2280  |
| Veggie Salad Wrap Selection Platter (Amended Recipe) | 17715 | 4232  | 203   | 39   | 412   | 47   | 37   | 170  | 20.7  | 8280  |
| Hummus & Chickpea Salad Platter                      | 6721  | 1615  | 100   | 13   | 111   | 27   | 37   | 49   | 8.8   | 3520  |
| Tuna & Quinoa Salad Platter                          | 8920  | 2139  | 126   | 13   | 152   | 23   | 26   | 86   | 5.6   | 2240  |
| Meat Baguette Platter                                | 15539 | 3696  | 121   | 36   | 435   | 13   | 37   | 199  | 17.3  | 6920  |
| Veggie lovers mix Platter                            | 1180  | 11183 | 2674  | 134  | 41    | 252  | 41   | 31   | 100   | 40000 |
| Avocado Mozzarella Platter                           | 1390  | 11112 | 2687  | 235  | 47    | 69   | 31   | 30   | 59    | 23600 |
| Brownie Bag (300 g)                                  | 6007  | 1439  | 89    | 54   | 140   | 131  | -    | 21   | 0.33  | 132   |
| Love Bar Bag (350 g)                                 | 6801  | 1625  | 86    | 43   | 189   | 109  | -    | 24   | 2.1   | 840   |
| Crisps Selection( 320 g)                             | 6790  | 1626  | 90    | 8.7  | 178   | 6.7  | 12   | 19   | 4.3   | 1720  |
| Breakfast Bun Platter                                | 10751 | 2563  | 102   | 33   | 296   | 18   | 27   | 102  | 9     | 3600  |
| Kids Cheese Triangle Platter                         | 7535  | 1796  | 70    | 41   | 189   | 16   | 22   | 91   | 6.8   | 2720  |
| Kids Egg Trinagles Platter                           | 7394  | 1764  | 75    | 11   | 189   | 16   | 22   | 73   | 7.1   | 2840  |
| Kids Chicken Trinagles Platter                       | 6856  | 1626  | 36    | 7.3  | 191   | 18   | 23   | 122  | 4.3   | 1720  |
| Kids Mix Traiangles Platter                          | 7411  | 1766  | 68    | 17   | 190   | 16   | 22   | 87   | 6.8   | 2720  |
| Filter Coffee Box                                    | 666   | 157   | 0     | 0    | 6.6   | 0    | 0    | 33   | 0.45  | 180   |
| Tea Box                                              | 4     | 1     | 0     | 0    | 0     | 0    | 0    | 0    | 0     | 0     |
| Vegeterian Selection                                 | 9993  | 2391  | 123   | 39   | 215   | 37   | 27   | 91   | 9.7   | 3880  |
| Mini Mix Lattice Platter                             | 5299  | 1265  | 56    | 36   | 163   | 69   | 8.9  | 22   | 2.8   | 1120  |
| Mini Mango Lattice                                   | 437   | 104   | 4.5   | 2.9  | 14    | 6.1  | 0.7  | 1.8  | 0.24  | 96    |
| Mini Cherry Lattice                                  | 430   | 102   | 4.4   | 2.9  | 14    | 5.6  | 0.6  | 1.8  | 0.24  | 96    |
| Mini Apple Lattice                                   | 454   | 108   | 5.2   | 3.2  | 13    | 5.6  | 0.8  | 1.8  | 0.23  | 92    |
| Mini Strawberry Lattice                              | 430   | 102   | 4.4   | 2.9  | 14    | 5.6  | 0.7  | 1.8  | 0.24  | 96    |

|                                                         |       |      |     |     |     |      |     |     |      |      |
|---------------------------------------------------------|-------|------|-----|-----|-----|------|-----|-----|------|------|
| Orange Juice 1.5 L                                      | 2355  | 555  | 0   | 0   | 135 | 120  | 15  | 15  | 0    | 0    |
| Watermelon Juice 1.5 L                                  | 2055  | 483  | 0   | 0   | 105 | 105  | 0   | 15  | 0    | 0    |
| Kimchi Chicken Salad Platter                            | 5667  | 1364 | 99  | 16  | 39  | 12   | 13  | 73  | 7.8  | 3120 |
| Mini Croissant Selection (12)                           | 8257  | 1978 | 115 | 63  | 193 | 60   | 11  | 37  | 4.9  | 1960 |
| Mini Croissant Selection (24)                           | 16513 | 3956 | 230 | 126 | 386 | 121  | 22  | 75  | 9.7  | 3880 |
| Mini Choc Croissant Selection (12)                      | 9427  | 2258 | 130 | 62  | 226 | 86   | 14  | 40  | 5.3  | 2120 |
| Mini Lattice Selection (12)                             | 5264  | 1256 | 56  | 36  | 163 | 69   | 8.6 | 22  | 2.8  | 1120 |
| Mini Lattice Selection (24)                             | 10596 | 2528 | 113 | 72  | 326 | 138  | 17  | 43  | 5.7  | 2280 |
| Mini Yogurt Pot Selection                               | 8540  | 2044 | 117 | 60  | 173 | 101  | 7.4 | 72  | 1.6  | 640  |
| Halloumi & Zaatar Mini Croissant                        | 842   | 202  | 13  | 7.7 | 16  | 3.2  | 1.3 | 5.7 | 1.1  | 440  |
| Salmon & Egg Mini Croissant                             | 849   | 204  | 12  | 6.3 | 13  | 2.9  | 0.7 | 9.4 | 0.61 | 244  |
| Turkey & Egg Mini Croissant                             | 961   | 230  | 14  | 6.4 | 14  | 3    | 0.9 | 11  | 1.1  | 440  |
| Cheddar & Tomatoes Mini Croissant                       | 785   | 188  | 12  | 7.4 | 14  | 3.1  | 0.8 | 6.4 | 0.56 | 224  |
| Mini Filled Croissant Selection Platter                 | 1344  | 322  | 20  | 11  | 22  | 4.6  | 1.6 | 12  | 1.3  | 520  |
| Mini Blackberry & Apple Crumble Muffin Box (GF & Vegan) | 1224  | 292  | 13  | 4.4 | 41  | 20   | 2.9 | 2.4 | 0.1  | 40   |
| Mini Berry & Chocloate Muffin Box (GF & Vegan)          | 1529  | 365  | 18  | 2.9 | 47  | 23   | 2   | 3.5 | 0.02 | 8    |
| Vine Leaves Pot                                         | 458   | 109  | 3.1 | 0.5 | 15  | 3.6  | 4.1 | 3.3 | 1    | 400  |
| Mini Cheese Manakish Box                                | 1113  | 266  | 13  | 5   | 24  | 2    | 2.5 | 12  | 1.3  | 520  |
| Mini Zaatar Manakish Box                                | 1097  | 262  | 12  | 5.5 | 30  | 2    | 3   | 7   | 1.1  | 440  |
| Mini Laham Bi Ajeen Box                                 | 1113  | 266  | 13  | 5   | 24  | 2    | 2.5 | 12  | 1.2  | 480  |
| Arabic Snacks Box                                       | 1108  | 265  | 13  | 5.2 | 26  | 2    | 2.7 | 10  | 1.2  | 480  |
| Berry Muffin Box                                        | 16319 | 3894 | 179 | 18  | 506 | 296  | 13  | 58  | 6.1  | 2440 |
| Ramadan Platter                                         | 838   | 201  | 11  | 2   | 13  | 3    | 2.4 | 11  | 1    | 400  |
| HalaPop Prebiotic Soda Ginger Lemon Box of 4            | 472   | 116  | 0   | 0   | 16  | 15.2 | 24  | 0.4 | 0.4  | 160  |
| HalaPop Prebiotic Soda Pomegranate Hibiscus Box of 4    | 472   | 116  | 0   | 0   | 16  | 15.2 | 24  | 0.4 | 0.4  | 160  |
| HalaPop Prebiotic Soda Strawberry Vanilla Box of 4      | 472   | 116  | 0   | 0   | 16  | 15.2 | 24  | 0.4 | 0.4  | 160  |
| HalaPop Prebiotic Soda Tangerine Box of 4               | 472   | 116  | 0   | 0   | 16  | 15.2 | 24  | 0.4 | 0.4  | 160  |
| Breakfast Sandwich Platter                              | 10322 | 2468 | 125 | 42  | 206 | 28   | 26  | 117 | 14   | 5600 |
| <b>MTS Drinks</b>                                       |       |      |     |     |     |      |     |     |      |      |
| Extra Shot                                              | 11    | 3    | 0   | 0   | 0   | 0    | 0   | 0   | 0.23 | 92   |
| Spanish Latte                                           | 1340  | 319  | 12  | 7.8 | 40  | 38   | 0   | 12  | 0.4  | 160  |
| Filter- Black                                           | 83    | 20   | 0   | 0   | 0.8 | 0    | 0   | 4.1 | 0.05 | 20   |
| Filter- White                                           | 242   | 57   | 2.1 | 1.3 | 3.6 | 2.8  | 0   | 6.1 | 0.13 | 52   |
| Americano Black                                         | 6     | 1    | 0   | 0   | 0   | 0    | 0   | 0   | 0.13 | 52   |
| Americano White                                         | 45    | 11   | 0.6 | 0.3 | 0.7 | 0.7  | 0   | 0.5 | 0.15 | 60   |
| Pret's Matcha Latte                                     | 697   | 167  | 9.1 | 5.7 | 12  | 12   | 0.5 | 8.9 | 0.34 | 136  |
| Latte                                                   | 725   | 173  | 9.7 | 6   | 13  | 13   | 0   | 9   | 0.49 | 196  |
| Cappuccino                                              | 629   | 150  | 8.2 | 5.1 | 11  | 11   | 0   | 7.7 | 0.41 | 164  |
| Mocha                                                   | 1024  | 244  | 11  | 6.8 | 25  | 24   | 1.5 | 11  | 0.48 | 192  |
| Organic Chocolate                                       | 1006  | 240  | 9.8 | 6.2 | 26  | 25   | 3.1 | 10  | 0.36 | 144  |
| Macchiato                                               | 35    | 8    | 0.5 | 0.3 | 0.5 | 0.5  | 0   | 0.5 | 0.13 | 52   |
| Espresso                                                | 7     | 2    | 0   | 0   | 0   | 0    | 0   | 0   | 0.14 | 56   |
| Flat White                                              | 534   | 128  | 7.1 | 4.4 | 9.2 | 9.2  | 0   | 6.7 | 0.38 | 152  |
| Rice Coconut Milk                                       | 256   | 61   | 0.8 | 0.8 | 13  | 7.7  | 0   | 0.2 | 0.13 | 52   |
| Almond Milk                                             | 236   | 56   | 1.5 | 0.3 | 10  | 4.7  | 0.5 | 0.5 | 0.08 | 32   |
| Oat Milk                                                | 254   | 61   | 3.1 | 0.4 | 7.9 | 3.8  | 0   | 0.3 | 0.1  | 40   |
| Soya Milk                                               | 132   | 32   | 1.9 | 0.3 | 0   | 0    | 0.6 | 3.3 | 0.3  | 120  |
| Cup of Milk 80z                                         | 950   | 227  | 13  | 7.9 | 17  | 17   | 0   | 12  | 0.47 | 188  |
| Hot Tea- Breakfast                                      | 5     | 1    | 0   | 0   | 0.5 | 0    | 0   | 0   | 0    | 0    |
| Hot Tea- Earl Grey                                      | 5     | 1    | 0   | 0   | 0.5 | 0    | 0   | 0   | 0    | 0    |
| Hot Tea- Green                                          | 2     | 1    | 0   | 0   | 0   | 0    | 0   | 0   | 0    | 0    |
| Hot Tea- Jasmine                                        | 18    | 4    | 0   | 0   | 1.1 | 0    | 0   | 0   | 0    | 0    |
| Hot Tea- Chamomille                                     | 18    | 4    | 0   | 0   | 1.1 | 0    | 0   | 0   | 0    | 0    |

|                                       |       |       |     |     |      |      |     |     |        |     |
|---------------------------------------|-------|-------|-----|-----|------|------|-----|-----|--------|-----|
| Hot Tea- Lemon & Ginger               | 18    | 4     | 0   | 0   | 1.1  | 0    | 0   | 0   | 0      | 0   |
| Hot Tea- Peppermint                   | 5     | 1     | 0   | 0   | 0.5  | 0    | 0   | 0   | 0      | 0   |
| Raspberry Mint Iced Tea               | 432   | 102   | 0   | 0   | 25   | 25   | 0.5 | 0   | 0      | 0   |
| Peach & Hibiscus Iced Tea             | 454   | 107   | 0   | 0   | 26   | 26   | 0.5 | 0   | 0      | 0   |
| Iced Latte                            | 745   | 178   | 9.9 | 6.2 | 13   | 13   | 0   | 9.3 | 0.48   | 192 |
| Iced Americano                        | 6     | 1     | 0   | 0   | 0    | 0    | 0   | 0   | 0.12   | 48  |
| Iced Filter                           | 479   | 114   | 5.3 | 3.3 | 7.7  | 6.9  | 0   | 9   | 0.24   | 96  |
| Iced Mocha                            | 561   | 134   | 5.7 | 3.5 | 14   | 14   | 1.6 | 5.8 | 0.32   | 128 |
| Iced Chocolate                        | 908   | 216   | 7   | 4.4 | 29   | 28   | 2.8 | 7.5 | 0.2    | 80  |
| Iced Matcha Latte                     | 418   | 100   | 5.3 | 3.3 | 7.1  | 6.9  | 0.8 | 5.6 | 0.2    | 80  |
| Iced Spanish Latte                    | 1340  | 319   | 12  | 7.8 | 40   | 38   | 0   | 12  | 0.4    | 160 |
| Syrup Vanilla                         | 429   | 101   | 0   | 0   | 25   | 25   | -   | 0   | 0      | 0   |
| Syrup Salted Caramel - Sweetbird 25ml | 375.3 | 88.25 | 0   | 0   | 21.9 | 21.9 | 0   | 0   | 0.5    | 200 |
| Syrup Hazelnut - Sweetbird 25ml       | 388   | 89.5  | 0   | 0   | 22.3 | 22.3 | 0   | 0   | 0.0075 | 3   |
| Classic Frappe                        | 1374  | 327   | 13  | 8.2 | 40   | 39   | 0.6 | 12  | 0.84   | 336 |
| Salted Caramel Frappe                 | 1790  | 426   | 16  | 9.8 | 57   | 56   | 0.6 | 15  | 1.1    | 248 |
| Berries & Cherries Smoothie           | 981   | 231   | 0   | 0   | 55   | 19   | 3.2 | 1   | 0.02   | 8   |
| Tropical Mango Smoothie               | 921   | 217   | 0   | 0   | 51   | 17   | 4.2 | 1   | 0.02   | 8   |
| Matcha Frappe                         | 1632  | 389   | 16  | 10  | 45   | 44   | 0.6 | 15  | 0.86   | 344 |
| Iced Strawberry Matcha Latte 12oz     | 850   | 201   | 4.6 | 2.9 | 35   | 34   | 0.5 | 4.4 | 0.18   | 72  |
| Iced Strawberry Matcha Latte 16oz     | 935   | 222   | 5.2 | 3.3 | 38   | 36   | 0.7 | 5.1 | 0.2    | 80  |
| Passion Fruit & Pineapple Frappe      | 1537  | 366   | 14  | 9.5 | 44   | 41   | 1.9 | 15  | 0.79   | 316 |
| Mango & Ginger Smoothie               | 1140  | 270   | 5.4 | 5.1 | 53   | 13   | 3.6 | 1.1 | 0.02   | 8   |
| Açaí & Berry Smoothie                 | 1055  | 249   | 0.9 | 0.3 | 57   | 18   | 3.4 | 1.2 | 0.02   | 8   |