

Date: 24 July 2025								
BREAKFAST ROLLS	Energy Kcal	Protein(g)	Fat(g)	Sat. Fat(g)	Fiber(g)	CHO(g)	Sugar(g)	Sodium(mg)
EGG & PULLED BEEF BUN (200g)	428.59	21.34	15.43	6.58	3.35	49.73	5.42	1496.16
PRET'S VEGGIE ROLL (210g)	366.16	17.33	11.2	4.33	3.61	47.51	4.67	997.05
EGG & CHIPOTLE BUN (205g)	412.2	21.04	16.36	7.12	2.66	43.39	4.43	766.92
CHIPOTLE MOZZARELLA BUN (150g)	346.1	13.89	11.9	4.14	4.41	47.99	9.1	458.35
COLD BAGUETTES								
CHICKEN CAESAR & BACON BAGUETTE (235g)	615.65	26.5	30.63	6.09	4.65	56.03	2.7	874.05
EGG & AVO SLIM BAGUETTE (125g)	299.89	9.63	15.24	2.83	3.68	31.51	1.71	617.86
TUNA & CUCUMBER SLIM BAGUETTE (300g)	786.76	32.34	22.56	3.48	5.14	111.58	5.23	1847.64
TURKEY & CHEESE BAGUETTE (220g)	543.04	34.15	17.33	4.07	4.84	59.69	4.77	1828.42
PESTO CAPRESE (110g)	327.5	12.18	17.35	5.71	1.94	29.77	3.53	474.91
POSH CHEDDAR & PICKLE BAGUETTE (210g)	595.15	21.08	24.78	9.02	4.59	71.73	16.03	886.02
CROISSANTS								
MOZZARELLA & TOMATO CROISSANT WITH TOMATO SLICE (108 g)	375.7	13.02	24.56	13.86	2.02	24.9	4.22	508.52
MOZZARELLA & TOMATO CROISSANT (108 g)	371.3	12.84	24.49	13.85	1.76	24.01	3.64	507.64
CHEESE TWIST & ZAATAR (90g)	335.99	10.09	18.4	11.76	1.67	31.83	6.27	340.98
TURKEY & CHEESE CROISSANT (145g)	569.93	36.36	30.39	17.04	1.96	35.45	0.39	1816.05
CHEESE & JALAPENO HOT CROISSANT(135g)	545.63	17.79	37.05	21.46	2.47	34.28	0.61	701.77
EGG & MUSHROOM HOT CROISSANT(180g)	505.51	17.58	32.58	19.8	2.33	34.24	1.22	580.22
FRUIT POT								
MANGO & LIME POT (125g)	73.5	1.01	0.47	0.11	2.06	18.53	16.52	1.3
SUPER FRUIT SALAD POT (155g)	95.86	1.33	0.88	0.16	3.51	22.15	13.01	2.28
POMS POT (125g)	91.3	1.84	1.29	0.13	4.4	20.57	15.07	3.3
CANTALOUPE MELON & BLUEBERRY POT (150g)	49.92	1.1	0.27	0.06	1.34	12.11	11.05	36.16
WATERMELON & LIME POT (170g)	46.5	0.95	0.24	0.03	0.86	12	9.16	1.65
GRANARY								
BACON LETTUCE TOMATO (210g)	384.28	13.06	19.37	3.51	5.89	43.27	4.37	736.62
CHICKEN AVOCADO & BASIL (245g)	548.91	20.75	31.15	5.02	9.41	44.31	3.7	997.91
CLASSIC SUPER CLUB GRANARY (210g)	424.09	20.98	19.74	3.08	5.42	40.14	3.58	565.22
EGG MAYO & TOMATO GRANARY (190g)	414.02	15.68	20.16	4.19	5.26	39.65	4.22	671.7
MATURE CHEDDAR & PICKLE GRANARY (210g)	485.03	19.02	23.4	9.41	6.29	46.96	8.83	789.35
TUNA & JALAPENO SANDWICH (245g)	580.81	28.23	33.26	5.13	5.6	39.84	3.55	1023.41
HOT BAGUETTE								
CHICKEN PESTO BAGUETTE (260g)	762.61	35.47	36.36	12.56	4.76	63.77	7.16	1388.49
CHIPOTLE MOZZARELLA BAGUETTE (180g)	441.07	19.28	12.88	5.3	5.78	62.4	7.05	613.43
HOT BOXES								
ARRABIATA PENNE (315g)	213.28	9.26	10.35	4.65	2.88	21.23	5.4	877.48
CHICKEN & MUSHROOM PASTA BOX (370g)	408.54	23.79	24.63	11.83	1.78	22.58	7.97	1479.46
HOT WRAPS								
CHICKEN FAJITA HOT WRAP (190 g)	456.96	26.77	20.08	8.75	3.29	40.71	2.11	829.31
CHICKEN MUSHROOM HOT WRAP (200 g)	479.11	24.12	23.53	8.17	3.21	41.13	3.25	834.77

FALAFEL & HALLOUMI HOT WRAP (190 g)	371.86	14.99	12.41	4.85	4.56	49.8	4.4	1284.88
KIDS								
KIDS RANGE - CREAM CHEESE & TURKEY (130g)	339.05	26.82	5.89	3.24	4.8	41.12	3.79	1294.24
KIDS RANGE-CREAM CHEESE & CUCUMBER (135g)	272.55	9.33	7.4	4.4	4.93	39.68	4.65	360.48
PIZZETAS								
MUSHROOM & TRUFFLE OIL PIZZETTA (235g)	609.56	27.12	24.52	12.75	2.39	69.39	17.61	668.03
PRET SWEET POT								
BIRCHER MUESLI BREAKFAST BOWL (205g)	326.55	13.7	6.43	7.5	3.03	32.87	24.59	99.91
EDAMAME & SEASALT POT (100 g)	154	12	5.4	0.73	-	14	7.7	24
FIVE BERRIES GRANOLA BOWL (155g)	254.65	8.87	4.07	4.3	2.59	33.1	22.97	70.88
HONEY & GRANOLA POT(105g)	254.65	7.49	4.09	3.39	2.11	37.53	28.75	59.15
MANGO & BANANA SUNSHINE BOWL(165g)	302.05	5.91	8.84	3.85	5.18	48.74	29.77	29.74
RYE ROLL								
ROAST BEEF RYE ROLL (165g)	367	14.78	12.12	2.69	2.34	45.21	2.57	878.46
SALAD								
CLASSIC CHICKEN CAESAR SALAD (285g)	334.63	20.96	22.41	6.1	3.38	13.1	1.97	457.63
GREEK SALAD & VINAIGRETTE (235g)	302.57	8.77	20	7.55	3.36	13.49	4.73	611.46
MOZZARELLA, PESTO & AVO SALAD (245g)	356.48	11.61	26.59	9.57	7.09	11.65	2.93	408.18
SALAD WRAPS								
CHICKEN CAESAR WRAP (175g)	455.61	20.82	27.4	6.84	2.34	30.5	1.42	634.67
CRUNCHY CHIPOTLE CHICKEN & AVO WRAP(255g)	460.99	21.4	20.06	3.33	5.74	47.11	4.46	961.14
TOASTIE								
BEEF & CHEESE TOASTIE(220g)	548.46	26.82	26.39	11.28	4.64	50.65	8.52	1056.96
CLASSIC CHEESE TOASTIE(185g)	591.85	26.41	34.38	14.64	4.53	43.76	2.2	1039.99
HALLOUMI, RED PEPPER & BASIL TOASTIE(185g)	388.1	18.2	11.83	5.12	5.1	45.77	3.04	1053.82
SUPER CLUB TOASTIE(230g)	565.93	29.72	30.35	10.48	4.7	45.22	2.09	888.4
TURKEY MELT TOASTIE (220g)	594.79	42.45	21.46	8.69	4.65	51.41	4.37	2105.09
JUICE								
WATERMELON JUICE (330 ml)	99	2.01	0.49	0.05	1.32	24.91	20.46	3.3
ORANGE JUICE (330 ml)	155.1	2.54	1.12	0.05	0.99	33.66	26.99	6.6
MANGO PASSION (330 ml)	207.01	1.6	0.24	0.05	5.73	47.74	38.45	1.22
BERRY BLAST (330 ml)	187.34	1.93	0.33	0.09	6.83	43.4	37.74	1.19
ORANGE & MANGO (330ml)	177.54	2.32	0.67	0.03	2.84	38.68	30.72	3.96
STRAWBERRY & BANANA (330 ml)	240.32	2.3	0.61	0.23	4.48	57.6	44.15	1.61
MANGO & BANANA (330 ml)	291.54	2.15	0.45	0.18	5.44	67.2	51.36	0.01
LEMON MINT JUICE (330ml)	57.16	0.67	0.1	0.02	1.31	14.52	12.11	10.1
DESSERT								
TIRAMISU (150g)	390	7.5	30	18	0	22.5	12	240
CHOCOLATE MOUSSE (150g)	408	7.2	25.2	14.4	2.4	43.2	36	48
LEMON CHEESECAKE (150g)	525	4.5	34.5	21	1.5	57	42	120
Viennoiserie & Sweet Crossiants								
Cheese Twist (100g)	363	11	20	13	2	34	6.9	351

French Butter Croissant (100)g	409	9	23	16	2	39	6	380
Almond Croissant (100)g	425	9	24	12	2.9	42	14	240
Chocolate Crossiant (100)g	407	7	24	14	4.3	38	18	190
Very Berry Crossiant (100)g	339	5	14	8	2.6	47	24	255
Cinnamon Danish (100)g	372	6	19	11.8	2.2	43	21	363
Cookies & Muffins								
Choc Chunk Cookie (100)g	427	5.5	16.3	9.8	3.1	63	35	211
Dark Choc & Almond Cookie(100)g	438	7.8	18	9	4	59	36	330
Madagascar Vanilla Bliss Muffin (100g)	440.66	7.38	14.44	9.2	0.45	44.6	29.05	214.54
Choco Chip Muffin (100g)	480.7	4.9	16.9	11.39	0.62	64.06	42.06	181.2
Double Blueberry Muffin (100g)	355.8	5.3	17.4	2.05	2.8	24.6	24.6	228
Cakes								
English Vanilla Cake (100g)	428.64	6.34	23.44	14.14	0.54	48.2	29.74	197.8
English Marble Cake (100g)	436.44	6.8	23.98	14.14	0.54	48.48	29.74	197.8
Englsh Chocolate Cake (100g)	407	6.4	22.9	13.5	0.5	43.9	27	176.6
Bars & Packs								
Love Bar (Per100g)	497	5.4	25.7	12.8	4.3	58.8	29.7	230
Popcorn Bar (Per100g)	504	5.1	23.5	13.8	2.1	67.1	40.9	102
Choc Bar (Per100g)	542	4.5	33.6	20.2	4.5	53.3	32.4	183
Chocolate Almonds (Per100g)	565	14.4	39.8	14	9.2	32.7	20.7	211
Brownie Bar (100g)	493	6.1	30.6	19.1	4.3	46.2	39	60.9
Pret A Mango (Per100g)	339	2.1	0.4	0.1	5.1	77	50	40
Cranberry in Coats (100)g	483	1.1	22.3	12.6	2.4	68.3	60.3	76.7
Nuts Fruits & Chocolate (100)g	555.8	18.2	40.2	6.15	6.8	26.9	24.5	15.1
Chips								
Pret Chips Seasalt & Black Pepper (25g)	130	2	7.8	3.6	1.5	14.1	0.1	93.4
Pret Chips Seasalt & Cider Vinegar (25g)	131	1.9	8.1	3.8	1.4	13.7	0.1	94.9
Pret Chips Cheese & Chives (25g)	128	2	7.5	3.5	1.5	14.1	0.6	92.4
Water								
Water-Aquafina	0	0	0	0	0	0	0	0
Water - Evian	0	0	0	0	0	0	0	0
Perrier Sparkling Water	0	0	0	0	0	0	0	0
Frappe								
Frappe - Mocha (16Oz)	327	9.24	7.57	4.95	1.23	55.07	40.9	175.57
Frappe - Classic (16Oz)	313	7.04	7	4.6	0.18	60.65	34.87	144.73
Iced Drinks								
Chocolate With whole Milk (16Oz) Iced	340	14	14	9	3	44	42	150
Chocolate With whole Milk (12Oz) Iced	210	7	6	4	3	34	32	55
Cappucino With whole Milk (16 Oz) Iced	147	7.8	7.9	4.9	0	11	11	160
Cappucino With whole Milk (12 Oz) Iced	108	5.7	5.8	3.6	0	8.2	8.3	140
Mocha With whole Milk (16 Oz) Iced	237	9.5	9.4	5.8	1.9	27	28	170
Mocha With whole Milk (12 Oz) Iced	160	7	7	4.5	18	18	1	150

Latte With whole Milk (16 Oz) Iced	156	8.4	8.6	5.3	0	11	11	170
Latte With whole Milk (12 Oz) Iced	110	6	6	4	0	8	8	140
Americano (16 Oz) Iced	0	0	0	0	0	0	0	120
Americano (12 Oz) Iced	0	0	0	0	0	0	0	80
Spanish Latte with Whole Milk(16Oz) Iced	330	10	16	4.5	0	37	35	280
Spanish Latte with Whole Milk(12Oz) Iced	250	8	12	3.5	0	28	27	210
Matcha Latte With Coconut Milk (16 Oz) Hot	273	1	3	3	0	63	45.5	0
Matcha Latte With Coconut Milk (12 Oz) Hot	182	0	2	2	0	40	28	0
Hot Drinks								
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	8.6	8.8	5.4	0	12	12	170
Cappuccino (12 Oz)	150	8	8.1	5	0	11	11	160
Espresso (4 Oz)	2	0	0	0	0	0	0	75
Espresso Decaf (4 Oz)	0	0	0	0	0	0	0	75
Flat White With whole Milk (8 Oz)	162	8.8	8.9	5.5	0	12	12	170
Latte With whole Milk (16 Oz)	236	13	13	7.8	0	17	17	220
Latte With whole Milk (12 Oz)	146	7.9	8	5	0	11	11	160
Macchiato With whole Milk (4 Oz)	14	0.7	0.9	0.5	0	0.9	1	70
Mocha With whole Milk (16 Oz)	311	14	14	8.4	2	34	33	260
Mocha With whole Milk (12 Oz)	236	10	9.5	5.9	2	29	28	160
Spanish Latte Traditional with Whole Milk- (16Oz) Hot	410	15	20	7	0	43	42	260
Spanish Latte Traditional with Whole Milk- (12Oz) Hot	310	11	15	6	0	32	31	190
Hot Chocolate With whole Milk (16 Oz) Hot	390	17	16	10	3	46	45	180
Hot Chocolate With whole Milk (12 Oz) Hot	290	11	11	7	3	39	37	115
Matcha Latte With Coconut Milk (16 Oz) Hot	300	1	3	3	0	69	50	0
Matcha Latte With Coconut Milk (12 Oz) Hot	200	0	2	2	0	44	31	0
Hot Tea								
Ceylon Tea - 16 Oz	2	0	0	0	0	1	0	0
Earl Grey Tea - 16 Oz	2	0	0	0	0	1	0	0
Green Tea - 16 Oz	1	0	0	0	0	0	0	7
Peppermint Tea - 16 Oz	1	0	0	0	0	0	0	9
Beverage Add Ons								
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
Simple Syrup (15ml)	51	0	0	0	0	13	13	0
Hazelnut Syrup (15ml)	47	0	0	0	0	11.8	11.74	0.2
Vanilla Syrup (15ml)	50.7	0	0	0	0	12.74	12.59	0.15
Caramel Syrup (15ml)	48.9	0	0	0	0	12	12	0.26
Whipped Cream (30ml)	100	0.6	11	6.9	0	0.9	0.9	5
Milk & Alternative Milk								
Organic Almond Milk (100ml)	56	0.5	1.5	0.3	0.5	10	4.7	55

Organic Coconut Milk (100ml)	29	0.2	0.7	0.7	0.2	5.2	4.2	50
Organic Low Fat Milk (100ml)	47	3.5	1.5	1	0	4.8	4.8	44
Organic Oat Milk (100ml)	49	0.5	2.3	0.3	1	6.2	4.6	40
Organic Soya Milk (100ml)	45	3.7	2.1	0.4	0.6	2.4	2.4	0.15
Organic Whole Milk (100ml)	65	3.5	3.5	4.8	0	4.8	4.8	44
Cold Drinks								
Pepsi Regular (100ml)	27	0	0	0	0	7	7	10
Pepsi Diet (100 ml)	0	0	0	0	0	0	0	20
Pepsi Zero (100ml)	0	0	0	0	0	0	0	18
Heineken Non-Alcohol Beer (250ml)	52.5	0	0	0	0	12	3.3	0
Harvest Coconut Water (500 ml)	95	0	0	0	0	23	16.5	198
Apple Fizz (330ml)	104	0	0	0	0	26	25	32
Grape & Elderflower (330 ml)	98	0	0	0	0	24	24	0
Rhubarb Lemonade (330 ml)	107	0	0	0	0	27	27	32
Perrier Magnetic Juice-Strawberry & Kiwi (100 ml)	13	0	0	0	0	3	2.6	0
Perrier Chic Rosellini (100ml)	11	0	0	0	0	2.4	2.3	1
Perrier Chic Lemonjito (100ml)	18	0	0	0	0	1.9	1.9	5
RICE BOWL								
Chicken Biryani (418g)	842.78	61.56	27.99	8.7	15.58	60.22	15.01	1576.5
Indian Paneer (418g)	762.9	26.8	17.1	9.97	19.67	68.81	14.77	2441.18