

| PRET * KUWAIT - NUTRITIONAL GUIDE              |  |               |         |             |           |          | 17-Jun-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 (285)g            |  | 390           | 15      | 4           | 29        | 4        | 3           | 35         | 1540       |
| Tawook Chicken (290)g                          |  | 450           | 25      | 6           | 30        | 4        | 3           | 32         | 1330       |
| Pret's Murabyan (290)g                         |  | 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) (120)g               |  | 220           | 12      | 2.5         | 20        | 2        | 3           | 9          | 450        |
| Mature Cheddar & Pickle (232)g                 |  | 490           | 25      | 10          | 50        | 12       | 6           | 21         | 1080       |
| Smoked Salmon Granary Slim (90)g               |  | 190           | 9       | 3           | 20        | 2        | 2           | 10         | 550        |
| Classic Super Club (241)g                      |  | 440           | 25      | 5           | 41        | 5        | 5           | 19         | 890        |
| Free Range Egg Mayo (Slim) (90)g               |  | 210           | 12      | 2.5         | 19        | 1        | 2           | 8          | 330        |
| Free Range Egg Mayo (176)g                     |  | 390           | 22      | 5           | 39        | 3        | 5           | 16         | 650        |
| Free Range Egg Mayo & Tomato (Slim) (115)g     |  | 210           | 12      | 2.5         | 20        | 2        | 3           | 8          | 600        |
| Chicken Avocado Basil Slim (118)g              |  | 240           | 15      | 2.0         | 22        | 2        | 4           | 9          | 550        |
| Chicken Avocado Basil (236)g                   |  | 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 (233)g                  |  | 610           | 31      | 7.0         | 62        | 3        | 4           | 24         | 1130       |
| Chicken Caesar & Bacon -Slim (116)g            |  | 300           | 15      | 3.0         | 31        | 2        | 2           | 12         | 560        |
| Posh Cheddar & Pickle (130)g                   |  | 341           | 16      | 8           | 36        | 4        | 3           | 14         | 1222       |
| Egg & Avo Baguette (158)g                      |  | 354           | 15      | 3.0         | 41        | 5        | 3           | 14         | 911        |
| Avo, Olives & Toms Baguette (216)g             |  | 470           | 19      | 2.5         | 68        | 3        | 9           | 14         | 830        |
| Tuna Mayo & Cucumber (155)g                    |  | 344           | 14      | 3.2         | 37        | 4        | 2           | 18         | 1336       |
| Pesto Caprese baguette (154)g                  |  | 453           | 26      | 11.2        | 39        | 6        | 3           | 16         | 1107       |
| Brie & Tapenade Baguette (141)g                |  | 355           | 16      | 8           | 38        | 5        | 3           | 14         | 1382       |
| Turkey & Cheese Baguette (215)g                |  | 470           | 16      | 3.5         | 62        | 5        | 6           | 23         | 870        |
| Turkey & Cheese Baguette - Slim (107)g         |  | 230           | 8       | 2.0         | 31        | 2        | 3           | 11         | 430        |
| Pret Deli Baguette (152)g                      |  | 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 (159)g              |  | 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 (252)g     |  | 430           | 19      | 3           | 50        | 9        | 5           | 18         | 930        |
| Chicken Caesar Wrap (225)g                     |  | 580           | 35      | 8           | 44        | 2        | 3           | 24         | 1050       |
| Pesto Hummus & Veggies (213)g                  |  | 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 (125)g              |  | 310           | 16      | 2.5         | 27        | 0        | 2           | 14         | 790        |
| Turkey & Pesto Ciabatta (126)g                 |  | 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 (199)g                 |  | 470           | 20      | 8           | 46        | 6        | 4           | 28         | 1050       |
| Falafel & Halloumi Hot Wrap (251)g             |  | 480           | 22      | 2           | 58        | 9        | 5           | 18         | 1620       |
| Chicken Mushroom Hot Wrap (212)g               |  | 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 (145)g                 |  | 270           | 10      | 6           | 40        | 5        | 5           | 9          | 360        |
| Almond Butter & Berries Spread (137)g          |  | 390           | 15      | 0.5         | 58        | 20       | 7           | 12         | 260        |
| Turkey & Cream cheese (131)g                   |  | 270           | 8       | 4.5         | 39        | 4        | 5           | 16         | 530        |
| Salads Bowl , Pots, Shakers                    |  | Energy (Kcal) | Fat (g) | Sat.Fat (g) | Carbs (g) | Sugar(g) | D.Fiber(g)  | Protein(g) | Sodium(mg) |
| Pesto Pasta & Chicken Salad Bowl (242)g        |  | 550           | 32      | 6           | 45        | 4        | 4           | 25         | 690        |
| Classic Caesar Chicken Salad (216)g            |  | 410           | 29      | 7           | 13        | 3        | 3           | 26         | 450        |
| Tamari & Ginger Chicken Salad Bowl (317)g      |  | 240           | 10      | 3.0         | 26        | 16       | 3           | 16         | 1180       |
| Mozzarella, Pesto & Avo Salad (264)g           |  | 470           | 41      | 12          | 14        | 3        | 6           | 18         | 760        |
| Mediterranean Orzo Salad Shaker (116)g         |  | 130           | 4       | 1.5         | 21        | 3        | 1           | 4          | 280        |
| Charred Corn Salad Pot (145)g                  |  | 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 (262)g                       |  | 470           | 14      | 4.5         | 70        | 35       | 7           | 22         | 75         |
| Almond Butter & Honey Yoghurt Pot (152)g       |  | 320           | 18      | 7           | 29        | 22       | 3           | 12         | 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 (208)g                       |  | 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 (249)g                             |  | 580           | 29      | 11.0        | 49        | 5        | 5           | 30         | 1060       |
| Classic Cheese Toastie (190)g                  |  | 580           | 33      | 15          | 44        | 2        | 5           | 28         | 1010       |
| Super Club Toastie (237)g                      |  | 570           | 31      | 12          | 45        | 3        | 5           | 28         | 1150       |
| Halloumi, Red Pepper, & Basil Toastie (218)g   |  | 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 (300)g                |  | 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 (222)g                      |  | 350           | 12      | 4           | 45        | 6        | 3           | 17         | 770        |
| Egg & Chipotle Bun (205)g                      |  | 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 (176)g             |  | 390           | 17      | 10          | 50        | 10       | 4           | 13         | 390        |
| Roast Beef Rye Roll (170)g                     |  | 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 (132)g        |  | 410           | 27      | 12          | 30        | 6        | 2           | 14         | 700        |
| Egg & Mushroom Hot Croissant (170)g            |  | 460           | 31      | 18          | 30        | 5        | 2           | 17         | 520        |
| Mozzarella & Tomato x 4 Box (120)g             |  | 420           | 29      | 16          | 28        | 4        | 2           | 15         | 600        |
| Mozzarella & Tomato (120)g                     |  | 420           | 29      | 16          | 28        | 4        | 2           | 15         | 600        |

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| Turkey & Cheese Hot Croissant (141)g       | 480                  | 33             | 16                 | 29               | 5               | 2                 | 18                | 640               |
| <b>Viennoiserie &amp; Sweet Crossiants</b> | <b>Energy (Kcal)</b> | <b>Fat (g)</b> | <b>Sat.Fat (g)</b> | <b>Carbs (g)</b> | <b>Sugar(g)</b> | <b>D.Fiber(g)</b> | <b>Protein(g)</b> | <b>Sodium(mg)</b> |
| French Butter Croissant (67)g              | 274                  | 16             | 11                 | 26               | 4               | 2                 | 6                 | 255               |
| Almond Croissant (87)g                     | 374                  | 21             | 11                 | 37               | 12              | 3                 | 8                 | 210               |
| Chocolate Croissant (86)g                  | 407                  | 24             | 14                 | 38               | 18              | 4                 | 7                 | 190               |
| Very Berry Croissant (88)g                 | 339                  | 14             | 8                  | 47               | 24              | 3                 | 5                 | 255               |
| Cinnamon Danish (110)g                     | 409                  | 20             | 13                 | 43               | 21              | 2                 | 7                 | 404               |
| Pain au chocolat (75g)                     | 318                  | 18             | 12                 | 31               | 10              | 2                 | 6                 | 279               |

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| 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 (147g)                 |  | 220           | 13      | 0.0         | 25        | 17       | 5          | 5           | 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          |
| Honey Ashta Fruit Pot (174g)                     |  | 200           | 8.0     | 4           | 35        | 29       | 3          | 2           | 20         |
| Mixed Seedless Grape pot (130g)                  |  | 100           | 1.0     | 0           | 23        | 22       | 1          | 1           | 0          |
| Watermelon Pot (130g)                            |  | 40            | 0.0     | 0           | 10        | 8        | 1          | 1           | 0          |
| 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) |
| Eira Natural 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          |
| Rhuharb 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                |
| <b>Cold BPDs (Summer LTO)</b>                                    |  | <b>Energy (Kcal)</b> | <b>Fat (g)</b> | <b>Sat.Fat (g)</b> | <b>Carbs (g)</b> | <b>Sugar(g)</b> | <b>D.Fiber(g)</b> | <b>Protein(g)</b> | <b>Sodium(mg)</b> |
| Ruby Cold brew (12Oz)                                            |  | 70                   | 0              | 0                  | 16               | 15              | 0                 | 0                 | 65                |
| Ruby Sour (12Oz)                                                 |  | 90                   | 0              | 0                  | 22               | 21              | 0                 | 0                 | 0                 |
| Pineapple Pitaya (12Oz)                                          |  | 100                  | 0              | 0                  | 24               | 21              | 1                 | 0                 | 0                 |
| Cherry Blush (12Oz)                                              |  | 100                  | 0.5            | 0                  | 22               | 18              | 1                 | 1                 | 40                |
| <b>Hot Drinks</b>                                                |  | <b>Energy (Kcal)</b> | <b>Fat (g)</b> | <b>Sat.Fat (g)</b> | <b>Carbs (g)</b> | <b>Sugar(g)</b> | <b>D.Fiber(g)</b> | <b>Protein(g)</b> | <b>Sodium(mg)</b> |
| Turkish Latte Hot (12Oz)                                         |  | 290                  | 14             | 5                  | 32               | 30              | 0                 | 10                | 180               |
| 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                |

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|------------------------------------------------|----------------------|----------------|--------------------|------------------|-----------------|-------------------|-------------------|-------------------|
| Coffee Canteen Hot Mocha (per 100g)            | 80                   | 3              | 2                  | 10               | 10              | 1                 | 3                 | 65                |
| <b>Hot Tea</b>                                 | <b>Energy (Kcal)</b> | <b>Fat (g)</b> | <b>Sat.Fat (g)</b> | <b>Carbs (g)</b> | <b>Sugar(g)</b> | <b>D.Fiber(g)</b> | <b>Protein(g)</b> | <b>Sodium(mg)</b> |
| 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               |
| 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)                   |  | 30            | 0.7     | 0.7         | 5.2       | 4.2      | 0.2        | 0.2         | 40         |
| 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         |
| Soft Serve                                     |  | Energy (Kcal) | Fat (g) | Sat.Fat (g) | Carbs (g) | Sugar(g) | D.Fiber(g) | Protein(g)  | Sodium(mg) |
| Vanilla Soft Serve (135g)                      |  | 240           | 9       | 7           | 34        | 27       | 0          | 5           | 55         |
| Matcha Soft Serve (135g)                       |  | 240           | 9       | 7           | 34        | 26       | 0          | 6           | 75         |
| Matcha & Vanilla Soft Serve (130g)             |  | 230           | 9       | 7           | 33        | 25       | 0          | 6           | 60         |
| Honeycomb Vanilla Soft Serve (153g)            |  | 300           | 9       | 7           | 49        | 39       | 0          | 5           | 125        |
| Zaatar caramel Vanilla Soft Serve (165g)       |  | 360           | 17      | 11          | 46        | 35       | 1          | 7           | 170        |