

Regular	Energy KJ	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	Fibre(g)	Protein(g)	Salt(g)	Sodium(mg)
Hot Box										
Macaroni Bolognese	2564	612	27	9.3	60	8.5	3	30	2	820.05
Macaroni-Kale	2660	634	27	10	70	8.6	3	27	1.8	706.88
Cauliflower Rice- Italian Style Mushroom	1385	333	23	11	17	6.5	4.9	12	1.1	423.36
Cauliflower Rice- Chicken Biryani Style	1084	259	11	4.1	15	7	4.8	23	0.92	365.12
Brioche										
Pret's Veggie Brioche	2689	646	44	18	40	9.4	1.2	21	2	792.48
Chicken Sausage and Egg Brioche	2195	525	28	12	37	6	2.6	30	0.75	298.45
Aubergine Parmigiana Rye Roll	1824	435	16	3.4	55	10	5.7	14	2.1	855.5
Scandi Style Salmon & Rye Roll	1547	368	12	2	46	7.5	3.8	16	2.5	1000
Breakfast Baguettes (Full Size)										
Egg and Tomatoe Baguette	2758	659	30	5.8	71	1.1	6.5	22	3.9	1552.8
Egg and Salmon Baguette	2665	635	26	12	70	1.1	4.3	29	2.6	1043.5
Hot Croissants										
HK-Cheddar and tomatoes	1461	350	21	14	29	4.6	1.7	9.8	0.84	336.81
HK-Beef	1599	383	22	14	29	4.3	1.7	17	0.95	379.32
HK-Salmon	1758	421	25	15	29	4.2	1.7	19	1.5	600
Hot Breakfast Croissants										
Portobello Mushroom	1743	418	26	14	31	5.5	2.2	15	1.7	697.2
Chicken	1868	448	27	15	28	4.9	1.9	23	1.6	627.8
Breakfast										
Pret's Soya Porridge	792	189	6.7	0	20	10	3.4	10	0	0
French Pastries										
Cookie- Chocolate Chunk	1444	344	13	8.3	50	30	2.7	4.4	0.39	156.8
Cookie- Oat and Raisin	1356	323	13	7	46	26	2.7	5	0.26	102.4
Cookie- Dark Chocolate and Almond	1463	349	14	7.2	47	30	3.2	6	0.67	268.8
Muffin- Berry	1632	389	18	1.8	51	30	1.3	5.8	0.61	243.8
Very Berry Croissant	1317	314	14	6.4	43	23	2.3	4.4	0.47	186.56
French Butter Croissant	1089	261	15	10	26	3.8	1.4	4.9	0.66	265.2
Almond Croissant	1211	289	14	9.1	32	9.6	2.2	6.7	0.73	292.32
Chocolate Croissant	1452	348	20	11	36	13	2.3	6.1	0.49	197.12
Mince Pie	884	210	6.6	2.9	35	27	0.9	2	0.03	12.88
Pain Au Raisin	1442	345	18	8.5	39	18	1.7	6.1	0.62	248.32
Sausage and Onion Roll	727	174	11	6.6	13	1.3	0.5	6	0.3	-
Mozzarella & Tomato Croissant	1101	263	13	0	23	3.2	0	13	1.2	479.6
Zaatar Croissants	983	236	14	6.6	23	5	2	4.6	0.8	-
Bowls/ Pots										
Five Berry Bowl	1556	371	14	5.8	45	33	2.8	14	0.13	52.3
Berry Parfait	1047	250	11	4.8	24	15	1.7	12	0.12	45.76
Pear Cinammon Yoghurt Bowl	1627	388	16	6.1	45	28	3.1	15	0.15	57.86
Banana and Honey Bowl	1962	466	15	5.8	66	37	3.1	15	0.14	53.1
Pomegranate Rice Pudding	1067	254	8	3.7	38	13	1.9	6.7	1.9	749.19
Cinammon Chocolate Rice Pudding	1351	323	15	11	37	13	5	7.1	1.7	698.9
Berry Rice Pudding	1288	306	7.9	3.7	51	28	2.2	6.4	1.9	748.4
Bircher Muesli	1417	338	12	5.3	40	22	4.7	15	0.13	53.19
Yellow Goodness Bowl	1646	394	20	9.4	37	18	3.7	16	0.27	106.6
Blue Goodness Bowl	1307	312	15	9.4	31	23	3.3	13	0.25	100
Pink Goodness Bowl	1405	337	20	9.4	23	15	3.2	15	0.26	104.2
Fruits										
Whole Fruit-Banana	457	108	0	0	24	22	1.7	1.4	0	0

Pomegranate Pot	334.7	80	1	0	19	14	4	2	0	0
Dragon Fruit Pot	377	90	0	0	19	11	4	2	0	0
Mango and Lime	2160	81	0	0	23	18	4	1	0	0
Superfruit Salad	292.88	70	0	0	20	16	4	1	0	0
Orange & Grapefruit Pot	345	82	0.5	0	15	15	2.8	1.6	0	4
Pineapple, Pomegranate & Roasted Coconut	495	118	3.6	2.9	17	16	4.1	1.1	0	2
Soup										
Malaysian Chicken Soup	868.0	206.5	7.0	2.1	24.5	4.2	2.8	9.8	3.2	1260.0
Carrot and Coriander Soup	603	144	6	3	15	9	3	6	1.3	528
Japanese Sweetcorn	2576	611	16	0.3	102	4.9	3.9	14	2.5	1001
Thai Coconut Chicken Curry	1288	310	21	3.6	6.2	4.2	4.2	22	3	1196
Tomato Soup	534	128	6.4	0	13	6.4	3.2	3.2	1.6	640
Chicken Grain	576	137.6	2.9	0.8	20	2.5	3.6	7.4	1.9	774.6
Spiced Lentil	454	108	3.9	0.2	14	2.3	3.4	3.1	1.3	520
Parsnip	912.2	218	11.1	4.4	23.2	13	3.7	1	0.99	386
Chowder Soup	643	153	5.9	0	21	5.9	3	3	1.8	708
Soup White Baguette	761	179	0.7	0	37	0.8	2.1	5.7	0.37	147
Toasties										
Tuna Toastie	2086	498	24	14	44	1.1	4.4	25	2.4	963.9
Chicken and Avocado Toastie	2863	684	33	23	47	1.1	6.2	46	2.5	1,008.28
Classic Cheese Toastie	2223	531	24	17	54	1.8	9	20	2.7	1,065.54
Salads										
Chef Chicken Salad	2080	501	36	6.6	15	7	3.1	27	1.4	565.5
Salmon and Avocado Salad	1813	437	33	3.9	13	4.3	5.3	20	2.4	960
Avocado Mozzarella Salad	1931	462	25	3.8	39	4	4.8	19	2.1	846.2
Crayfish and Avocado	1369	330	24	2.3	13	3.2	5.8	14	0.73	292.74
Roasted Egg Plant Quinoa Salad	1895	453	21	1.4	49	13	9.6	13	2.7	1079
Japanese Potato & Tuna Salad	2291	552	40	4.8	25	9.8	6.6	19	1.1	458
Crayfish & Quinoa Salad Pot	1430	341	14	2	34	3.9	4.4	17	1.3	527
Japanese Potato Salad Pot	1461	351	22	4.4	23	3.1	3.9	13	2.8	1100
Edamame Beans	706	168	4.1	0.6	15	1.1	5.7	15	0.97	378
Egg Avo Pot	797	191	10	2.4	8.1	0	4.5	15	0.02	7.56
Chicken Smashed Avo	1226	293	15	4.6	11	0.5	5.6	26	1.2	485.9
Granary										
Chicken Acocado	1747	416	12	2.1	46	3.5	9.1	27	1.5	580.1
Chicken Roasted Peppers(Summer Chicken)	2319	555	29	5.5	41	5	4.9	30	1.9	749.1
Tuna Mayo	1931	462	25	3.8	39	4	4.8	19	2.1	846.2
Crayfish and Rocket	1429	340	9.9	1.9	39	4	5	21	1.2	493.5
Xmas Lunch	2411	574	19	5	72	9.7	6.1	25	2.6	1039.5
Cheddar and Pickle	2073	496	25	9.9	46	10	5.7	19	1.7	680.8
Cracking Egg	1913	458	25	4.5	40	5.1	5.1	17	1.7	676.4
Beef and Horseradish (Chef Special)	1556	370	11	4.9	40	5	4.6	26	1.3	525
Super Rainbow(Chef Special)	1256	298	4.6	0.5	50	8.3	8.9	9.9	1.1	410.32
Smoked Salmon	1757	419	19	8.5	38	3.3	4.5	23	3	1200
Veggie New Yorker	2020	483	25	9.1	42	5.9	5.4	19	2.9	1158.5
Baguettes										
Chicken Ceasar	2771	658	18	5.4	82	3.1	8	37	3.6	1444
Tuna Cucumber	2523	602	26	3.9	68	1.9	4.1	22	1.8	715.2
Posh Cheddar	3439	821	36	12	90	10	10	29	4.8	1938
Brie and Cranberry	3243	775	39	13	77	6.9	8.1	26	3.4	1350
Xmas Turkey Bag (Premium)	3040	722	20	5.2	103	10	5.6	30	3.9	1576.3
Chicken Salad	2512	598	23	6.3	69	2.2	4.5	27	1.7	683.6
Italian Beef (Premium)	2685	639	24	6.1	71	1.8	5.1	33	1.9	767
Salmon and Soft Cheese	2452	583	18	4.7	69	3.4	7.1	34	4.7	1880

Toasted Baguette- Portobello Mushroom(Premium)	2011	477	9.3	1.8	79	3.4	5.4	17	2.7	1078.49
Toasted Baguette - Spicy Chicken	3037	722	22	6.4	85	7.6	9.5	41	3.3	1320
Kibbled Rye Salad Wraps										
Chicken Tikka	1780	423	11	3.4	52	17	4.1	26	1.8	709.92
Avocado Salad	1742	416	20	3.9	44	3.8	6.8	13	1.4	578.6
Flat Breads										
Chicken Avocado	1683	398	4.9	0.7	59	5.6	8	26	1.5	594.7
Tuna	2152	514	25	3.6	51	5.5	4.3	18	1.8	723.71
Gluten Free Open Sandwich										
Smashed Avocado	984	235	9.1	1	25	2	10	7.9	1.2	490.2
Salmon Soft Cheese	1201	287	13	3.4	20	4	6.6	20	2.8	1120
Hot Wraps										
Falafel Halloumi	2105	503	22	10	50	7	8.8	22	3.1	1243
Vegan Meatball	1660	395	12	3.2	51	10	6.9	18	2.5	989.10
Turkey Hot Wrap	2532	602	20	7.4	74	11	6.6	29	2.5	982.5
Chicken Chipotle	2224	530	21	9.1	46	7.6	5.5	36	2.7	1081.3
Swedish Meatballs	2182	520	21	8.6	49	7.9	3.5	31	3.2	1272.3
Drinks										
Essentially-Orange Juice	-	70	0	0	17	15	-	1	-	0
Essentially-Pomegranate Juice	-	210	3	0	47	34	-	4	-	10
Essentially- Pineapple Powow	-	80	0	0	19	16	-	0	-	0
Essenitally - Root Reboot	-	60	0	0	16	11	-	1	-	85
Pink Lemonaid	168	40	0	0	9	7	0	0	-	10
Blue Lemonaid	190	45	0	0	11	8	0	0	-	10
Black Lemonaid	125	30	0	0	8	6.3	0	0	-	70
Essentially- Essential Green	-	50	0	0	11	8	-	-	-	60
Essentially-Sunny Dayz	-	80	1	0	19	14	-	-	-	0
Essentilly- Hit Me Shot	-	20	0	0	5	3	-	0	-	-
Essentially- Wake Me Shot	-	45	0	0	10	4	-	0	-	0
San Pelegrino Sparkling Water	0	0	0	0	0	0	0	0	0	30
Aqua Morelli Still 500ml	0	0	0	0	0	0	0	0	0	2.9
Aqua Morelli Still 1ltr	0	0	0	0	0	0	0	0	0	2.9
Arwa 500ml	0	0	0	0	0	0	0	0	0	
Coke 500ml	900	210	0	0	53	53		0	0	-
Coke Zero 500ml	7	2	0	0	0	0	0	0	0.1	-
Sprite 500ml	590	135	0	0	33	33	0	0	0	-
Nai Jasmine White Tea(100 ml)	-	30	0	0	7	6.8	0	0	-	4.2
Nai Hibiscus Flower Tea (100 ml)	-	30	0	0	7	6.8	0	0	-	4.2
Nai Moroccan Mint Tea(100 ml)	-	30	0	0	7	5.5	0	0	-	4.2
Nai Ginger Green Tea(100 ml)	-	30	0	0	7	5.9	0	0	-	4.2
Coconut Water	585.7	140	0	0	34	32	1	1	-	50
Snacks										
Burts Crisps- Sea Salt	2169	519	28.8	2.4	58.6	0.2	2.5	5.1	1.2	-
Burts Crisps - Mature Cheddar and Spring Onion	2083	499	27.2	3.1	53.8	2.3	4.9	7.9	1.1	-
Ginger Man	1268.8	302.2	12.3	7.8	43.5	18.2	1.43	3.5	0.46	184
Burts Crisps- Sweet Chilli	2169	519	28.8	2.4	58.6	4.5	2.5	5.1	1.1	-
Protein Balls- Espresso Mocha	-	57	2	0	8	5	-	3	-	-
Protein Balls - Coconut	-	55	1	0	8	6	-	3	-	-
Desserts										
Dried Mango	493	116	0.315	0.1	28.5	13.5	-	0.6	0.01	-
Choc Bar	2075	498	32.4	19.4	45.5	35	-	4.5	0.45	-
Popcorn Bar	719	172	8	4.7	22.8	13.9	0.7	1.7	0.09	
Love Bar	1947	465	24.5	12.2	54.1	31	-	5.6	0.61	-
Honey Cake	305	64	17	13	35	26	0.6	3.1	0.23	105.8

Vegan Lotus Cake	1450	346.6	18.4	0.25	50.3	18.75	1.39	4.25	0.65	200.8
Chocolate Brownie Bar	2023	485	29.5	18	46.7	43.5	-	6.6	0.11	
Delivery										
Cookie Platter Large (1.6 kg)	28881	6886	284	148	956	563	55	99	10.4	4144
Cookie Platter Small (640 g)	11553	2755	115	57	377	222	22	41	4.4	1,760
Bar Platter(330 g)	6631	1589	98	57	158	123	-	19	1.2	475.2
Baguette Platter (1.52 kg)	16656	3962	128	47	497	26	50	181	20.3	8,132
Best of Pret Platter (1.08 kg)	8800	2098	83	41	216	26	29	107	7.1	2,851.20
Tuna Salad Platter (1.41 kg)	7265	1749	129	17	35	22	10	106	4.1	1,635.60
Chef Salad Platter (1.3 kg)	8321	2002	146	26	60	28	12	107	5.7	2,262
Sweet Pastry Selection Box (968 g)	15577	3728	206	120	391	126	22	67	7.1	2,855.60
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	854
Choc Chunk Cookie Bag (400 g)	7218	1720	67	42	251	148	14	22	2	784
Crisps Selection(320 g)	6790	1626	90	8.7	178	6.7	12	19	4.3	1,728
MTS Drinks										
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	159.8
Love Bar Latte	1179	280	10	6.4	39	39	0	8.1	0.55	22.3
Love Bar Chocolate	1506	358	11	7.3	53	49	2	9.5	0.55	21.6
Filter- Black	83	20	0	0	0.8	0	0	4.1	0.05	21.7
Filter- White	242	57	2.1	1.3	3.6	2.8	0	6.1	0.13	49.6
Americano Black	6	1	0	0	0	0	0	0	0.13	49.5
Americano White	45	11	0.6	0.3	0.7	0.7	0	0.5	0.15	590.7
Pret's Matcha Latte	697	167	9.1	5.7	12	12	0.5	8.9	0.34	132
Pret's Chai Latte	1118	267	13	9	25	24	0	12	0.54	-
Latte	725	173	9.7	6	13	13	0	9	0.49	194.7
Cappucino	630	151	8.2	5.1	11	11	0	7.7	0.42	168
Mocha	912	218	11	6.6	20	18	1	10	0.54	217.8
Organic Chocolate	1020	243	11	6.6	26	22	2	10	0.46	185.2
Macchiato	35	8	0.5	0.3	0.5	0.5	0	0.5	0.13	85
Flat White	534	128	7.1	4.4	9.2	9.2	0	6.7	0.38	150
Rice Coconut Milk	256	61	0.8	0.8	13	7.7	0	0.2	0.13	
Oat Milk	254	61	3.1	0.4	7.9	3.8	0	0.3	0.1	
Soya Milk	132	32	1.9	0.3	0	0	0.6	3.3	0.3	
Cup of Milk 8Oz	950	227	13	7.9	17	17	0	12	0.47	-
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	0.16
Hot Tea- Green	2	1	0	0	0	0	0	0	0	0
Hot Tea- Peppermint	5	1	0	0	0.5	0	0	0	0	0
Rose Cappuccino Full Fat Milk	960	228	7.1	4.4	34	34	0	6.7	0.38	152
Rose Cappuccino Low Fat Milk	832	197	3.3	2	35	35	0	7	0.38	152
Rose Cappuccino Oat Milk	759	180	3.1	0.4	36	25	2.4	0.5	0.3	120
Rose Cappuccino Almond Milk	541	128	2.5	0.2	25	25	0.5	1	0.4	160
Rose Cappuccino Soya Milk	694	165	3.9	0.6	25	25	1.2	6.6	0.18	72
Rose Cappuccino Coconut Milk	939	222	1.7	1.6	51	40	0	0.5	0.38	152
Iced Latte	745	178	9.9	6.2	13	13	0	9.3	0.48	191.4
Iced Americano	6	1	0	0	0	0	0	0	0.12	46
Iced Filter	479	114	5.3	3.3	7.7	6.9	0	9	0.24	93.5
Iced Mocha	568	138	6.1	3.7	14	12	1	5.7	0.37	149
Iced Chocolate	729	174	6.7	4.2	21	17	2	6.5	0.32	129.2
Iced Chai Latte	753.12	180	0	0	33	31	0	7	0.3	115
Iced Matcha Latte	418	100	5.3	3.3	7.1	6.9	0.8	5.6	0.2	79.04
Iced Spanish Latte	1340	319	12	7.8	40	38	0	12	0.4	159.8

Iced Rose Cappuccino Full Fat Milk	828	196	5.4	3.3	32	32	0	5	0.31	124
Iced Rose Cappuccino Low Fat Milk	732	173	2.5	1.5	32	32	0	5.3	0.31	124
Iced Rose Cappuccino Oat Milk	677	160	2.4	0.3	33	25	1.8	0.5	0.25	100
Iced Rose Cappuccino Almond Milk	513	121	1.9	0.2	25	25	0.5	0.8	0.33	132
Iced Rose Cappuccino Soya Milk	629	149	3	0.5	25	25	0.9	5	0.16	64
Iced Rose Cappuccino Coconut Milk	812	192	1.3	1.2	45	37	0	0.5	0.31	124
Syrup Vanilla	429	101	0	0	25	25	-	0	0	3.6
Syrup Caramel	404	95	0	0	24	24	-	0	0	3.6
Classic Frappe	1266	299	3.6	2.2	63	28	0	3.3	0.43	172.2
Salted Caramel Frappe	1165	276	6.1	3.9	49	32	0	5.8	0.47	
Chocolate Frappe	1960	465	10	6.4	80	49	6	10	0.7	278.2
Smoothie- Banana	228	54	0	0	13	4.6	0.8	0	0	-
Smoothie - Berry	959	227	0.5	0.1	49	13	9.1	1.4	0.05	-
Smoothie- Mango	223	53	0	0	12	3.3	0.7	0	0.02	-
CPG goods										
Espresso (450g Whole Bean)	832	196	0	0	8.2	0	0	41	0.41	162
Classic Blend (200g Ground)	832	196	0	0	8.2	0	0	41	0.41	162
Peru Single Origin (200g Ground)	832	196	0	0	8.2	0	0	41	0.41	162