

November Launch	Energy	Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	Fiber(g)	Protein(g)	Sodium(mg)
Pret's Croffle (105g)	410	19	12	54	31	2	7	270	
White Chocolate Sauce (30g) Add On	220	11	0	13	9	0	6	0	
Christmas Launch									
Brie & Cranberry Granary (Slim) (86g)	210	9	4	27	8	3	7	140	
Pret Holiday Launch (223g)	460	19	4	57	16	6	19	520	
Rice Bowl									
Butter Chicken with Rice (311g)	370	12	2.5	48	2	1	18	1240	
Green Thai Chicken with Rice (315g)	340	16	4	43	3	4	10	1400	
Granary									
Hummus & Veggie Sandwich (242g)	340	13	2	53	7	11	12	560	
Classic Super Club (Slim) (120g)	220	12	2.5	20	2	3	9	450	
Tuna & Jalapeno Sandwich (271g)	550	33	5	42	5	7	28	1050	
Mature Cheddar & Pickle (232g)	490	25	10	50	12	6	21	900	
Smoked Salmon Slim (90g)	200	10	3	20	2	2	12	640	
Classic Super Club (241g)	440	25	5	41	5	5	19	890	
Free Range Egg Mayo (Slim) (90g)	210	12	2.5	19	1	2	8	240	
Free Range Egg Mayo (176g)	410	23	5	39	3	5	16	490	
Chicken Avocado Basil Slim (118g)	240	15	2.5	22	2	4	9	370	
Chicken Avocado Basil (236g)	470	29	4.5	43	4	8	18	750	
Cold Baguettes									
Chicken Caesar & Bacon (Slim) (119g)	320	17	3.5	31	2	2	12	570	
Lemon Chicken Baguette (Slim) (107g)	220	6	1	31	2	2	10	500	
Posh Cheddar & Pickle (Slim) (105g)	290	13	5	35	7	2	11	720	
Turkey & Cheese (Slim) (101g)	220	8	2.0	27	2	3	11	860	
Lemon Chicken Baguette (221g)	440	13	2	64	5	3	20	1030	
Egg & Avo Baguette (Slim) (111g)	260	12	2.0	32	1	3	9	380	
Avo, Olives & Toms (Slim) (108g)	250	12	1.5	34	2	5	7	340	
Tuna Mayo & Cucumber (Slim) (135g)	320	17	2.5	29	2	2	15	640	
Chicken Caesar & Bacon (230g)	620	31	7	62	3	4	24	1130	
Posh Cheddar & Pickle (239g)	640	29	10	76	14	5	23	1600	
Pesto Caprese (Slim) (113g)	320	17	5.0	31	2	2	11	590	
Brie & Tapenade Baguette (Slim) (111g)	320	18	8	29	2	1	11	440	
Turkey & Cheese (229g)	480	17	3.5	62	5	6	23	860	
Hot Baguettes									
Portobello Mushroom & Cheese (223g)	570	24	9	66	5	5	24	1190	
Pesto Chicken (235g)	590	25	10	64	3	4	30	1230	
Cold Wraps									
Crunchy Chipotle Chicken & Avo Wrap (252g)	430	19	3	50	9	5	18	930	
Chicken Caesar Wrap (225g)	580	35	8	44	2	3	24	1050	
Hot Wraps									
Chicken Fajita Hot Wrap (199g)	470	20	8	46	6	4	28	1050	
Falafel & Halloumi Hot Wrap (251g)	480	22	10	58	9	5	18	1360	
Chicken Mushroom Hot Wrap (212g)	470	24	9	43	4	3	23	1170	
Kids Granary									
Cream Cheese & Cucumber (145g)	270	10	6	39	4	5	9	350	
Almond Butter & Berries Spread (137g)	410	16	1.5	58	15	8	14	260	
Cream Cheese & Turkey (131g)	270	8	4.5	39	4	5	16	530	
Salads Bowl, Pots, Tray									
Pesto Pasta & Chicken Salad Bowl (242g)	540	31	6	45	4	4	25	660	
Greek Salad & Vinaigrette (243g)	240	15	0.5	21	5	2	6	1010	
Classic Caesar Chicken Salad (234g)	390	28	6	19	2	3	16	740	
Tamari & Ginger Chicken Salad Bowl (317g)	240	11	4.5	23	15	3	16	1180	
Mozzarella, Pesto & Avo Salad (268g)	460	40	12	12	3	5	17	670	
Salmon & Mango Salad Bowl (285g)	300	18	6.0	19	10	4	20	840	
Mediterranean Orzo Salad Pot (135g)	270	19	4	19	2	1	4	190	
Charred Corn Salad Pot (146g)	200	14	3.5	16	5	3	6	500	
Crunchy Asian Slaw Salad Pot (109g)	230	19	4	14	5	4	6	260	
Chicken Chipotle Salad Pot (112g)	140	11	1.5	7	4	2	5	280	
Edamame & Sea Salt Pot (101g)	40	0	0	4	0	0	6	0	
Sweet Pots									
Protein Date Oats (262g)	440	12	3.5	68	33	6	22	75	
Blue Chia Pot (134g)	180	6	2	29	21	2	5	45	
Pink Goodness Pot (127g)	220	11	5	23	15	2	9	70	
Almond Butter & Honey Yoghurt Pot (152g)	300	17	6	28	20	3	12	80	
Mango & Banana Sunshine Bowl (186g)	270	7	1.5	51	28	6	6	25	
Honey Granola Pot (138g)	280	10	5	40	28	2	10	75	
Coconut Chia (208g)	130	5	2	20	11	3	3	60	
Toasties									
Turkey Melt (249g)	520	25	10.0	46	5	5	28	990	
Pulled Beef & Cheese (232g)	700	39	13	60	14	5	33	1250	
Classic Cheese Toastie (190g)	580	33	15	46	2	5	30	1010	
Super Club Toastie (237g)	570	31	12	45	3	5	28	1150	
Tuna Melt Toastie (202g)	510	25	9	44	2	5	29	860	
Halloumi, Red Pepper, & Basil Toastie (218g)	470	22	11	48	5	5	20	1710	
Pasta Box									
Creamy Pesto Pasta (264g)	570	41	14	38	5	2	14	1390	
Chicken Penne Pasta (300g)	400	18	6	33	8	4	31	1670	
Truffle & Rosemary Pasta (298g)	420	11	3.5	71	5	4	14	640	
Pizzetta									
Spicy Pepperoni Pizzetta (203g)	530	20	8	68	20	4	22	1060	
Hot Breakfast Roll									
Pret's Veggie Roll (222g)	350	12	3.0	45	5	3	17	590	
Egg & Chipotle Bun (205g)	400	17	5	44	6	3	21	780	
Rye Rolls									
Burrata & Balsamic Rye Roll (176g)	400	17	10	51	11	4	13	300	
Roast Beef Rye Roll (170g)	320	11	2	44	7	4	17	410	
Scandi style Salmon Rye Roll (180g)	400	18	3.0	46	7	4	19	790	
Porridge and add ons									
Honey Pot (35g)	120	0	0	29	28	0	0	0	

Proper Porridge (200g)	160	5	3.0	22	6	2	6	50
Viennoiserie & Savoury Crossiants								
Quattro Formaggi Croissant (128g)	470	31	17	29	5	2	20	660
Halloumi & Za'atar Hot Croissant (132g)	420	28	12	30	6	2	14	700
Cheese Twist & Za'atar (96g)	340	19	12	34	7	2	10	340
Mozzarella & Tomato x 4 Box (120g)	420	29	16	28	4	2	15	600
Mozzarella & Tomato (120g)	420	29	16	28	4	2	15	600
Turkey & Cheese Hot Croissant (141g)	480	33	16	29	5	2	18	640
Viennoiserie & Sweet Crossiants								
Cheese Twist (100g)	363	20	13	34	7	2	11	351
French Butter Croissant (100g)	409	23	16	39	6	2	9	380
Almond Croissant (100g)	425	24	12	42	14	3	9	240
Chocolate Crossiant (100g)	407	24	14	38	18	4	7	190
Very Berry Crossiant (100g)	339	14	8	47	24	3	5	255
Cinnamon Danish (100g)	372	19	12	43	21	2	6	363
Bakery								
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
Date & Almond Crust (75g)	290	13	4.5	41	12	2	5	40
Gingerbread (60g)	230	9	3.5	34	17	2	3	65
Cookies & Muffins								
Choc Chunk Cookie (100g)	427	16	10	63	35	3	6	211
Dark Choc & Almond Cookie(100g)	438	18	9	59	36	4	8	330
Soups								
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								
Apple & Almond Butter Pot(116g)	220	15	1.0	21	10	6	7	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
Poms Pot (124g)	90	1.5	0	22	17	5	2	0
Dessert Pots								
Saffron Milk Cake (140g)	270	10	3	39	35	1	6	115
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
Sweet Pastry								
Millionaires Caramel Shortbread (100g)	498	27.4	17.8	57.2	39.8	2.3	4.3	264
Bars & Packs								
Love Bar (Per100g)	465	25	12	54	31	3	6	244
Popcorn Bar (Per100g)	504	24	14	67	41	2	5	102
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
Cranberry in Coats (100g)	483	22	13	68	60	2	1	77
Milk Chocolate Bar (100g)	580	39	18	49	45	2	8	100
Dark Chocolate with Sea Salt Bar(100g)	550	37	16	50	42	5	6	39
Nuts Fruits & Chocolate (100g)	556	40	6	27	25	7	18	15
Prets Nut Bar (Per100g)	554	39	13	34	29	8	13	172
Chips								
Jalapeno (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								
Orange Juice (100ml)	38	0.8	0	9	8	0.3	0.8	0
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
Smoothies								
Date & Almond Protein Shake (399)ml	430	15	6	56	43	4	23	135
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								
Panna Still Water (500ml)	0	0	0	0	0	0	0	0
San Pellegrino Water Sparkling (500ml)	0	0	0	0	0	0	0	0
Cans								
Apple Fizz (100ml)	34	0	0	8	8	0	0	0
Grape & Elderflower (100ml)	33	0	0	7	7	0	0	0
Rhuharb Lemonade (100ml)	36	0	0	8	8	0	0	0
Frappe								
Frappe - Mocha (12Oz)	260	10	6	34	25	1	10	65
Frappe - Salted Toffee (12Oz)	330	16	8	38	26	1	9	75
Frappe - Classic (12Oz)	330	20	13	26	17	1	10	110
Iced Drinks								
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
Pumpkin Spice Latte (12 Oz) Cold	230	7	4.5	37	36	1	7	120
Pumpkin Spice Latte (16 Oz) Cold	310	9	6	49	48	1	9	160
Lavender & Butterfly Pea Limeade (16Oz)	130	0	0	35	27	3	1	28
Orange & Hibiscus Limeade (16Oz)	140	0	0	39	23	6	4	65
Pineapple & Pitaya Limeade (16Oz)	250	0	0	67	36	11	6	100
Chocolate Chai Latte With whole Milk (12Oz) Cold	270	7	4.5	46	43	2	7	75
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
Cappuccino With whole Milk (16 Oz) Iced	147	8	5	11	11	0	8	160
Cappuccino With whole Milk (12 Oz) Iced	108	6	4	8	8	0	6	140
Mocha With whole Milk (16 Oz) Iced	237	9	6	27	28	2	10	170
Mocha With whole Milk (12 Oz) Iced	160	7	5	18	1	18	7	150
Latte With whole Milk (16 Oz) Iced	156	9	5	11	11	0	8	170
Latte With whole Milk (12 Oz) Iced	110	6	4	8	8	0	6	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 Traditional with Whole Milk(16Oz) Iced	330	16	4.5	37	35	0	10	280
Spanish Latte Traditional with Whole Milk(12Oz) Iced	250	12	3.5	28	27	0	8	210
Matcha Latte With Coconut Milk (12 Oz) Iced	80	1	1	12	10	0	0	75
Matcha Latte With Coconut Milk (16 Oz) Iced	100	1.5	1.5	16	13	0	0	100
Cold Brew Tonic (12Oz)	40	0	0	9	9	0	0	35
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
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
Hot Drinks								
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
Pumpkin Spice Latte (12 Oz) Hot	240	7	4.5	37	36	1	7	120
Pumpkin Spice Latte (16 Oz) Hot	310	9	6	49	48	1	9	160
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	12	12	0	9	170
Cappuccino (12 Oz)	150	8	5	11	11	0	8	160
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)	162	9	6	12	12	0	9	170
Latte With whole Milk (16 Oz)	236	13	8	17	17	0	13	220
Latte With whole Milk (12 Oz)	146	8	5	11	11	0	8	160
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)	236	10	6	29	28	2	10	160
Chocolate Chai Latte With whole Milk (12 Oz) Hot	320	10	6	50	47	2	10	105
Spanish Latte Traditional with Whole Milk- (16Oz) Hot	410	20	7	43	42	0	15	260
Spanish Latte Traditional with Whole Milk- (12Oz) Hot	310	15	6	32	31	0	11	190
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 With Coconut Milk (16 Oz) Hot	300	3	3	69	50	0	1	0
Matcha Latte With Coconut Milk (12 Oz) Hot	200	2	2	44	31	0	0	0
Turkish Latte Hot (12Oz)	290	14	5	32	30	0	10	160
Babycino (8oz)	150	8	5	11	11	0	8	100
Hot Tea								
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
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								
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
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								
Organic Almond Milk (100ml)	56	1.5	0	10	4.7	0.5	0.5	55
Organic Coconut Milk (100ml)	29	0.7	0.7	5.2	4.2	0.2	0.2	50
Organic Low Fat Milk (100ml)	47	1.5	1	4.8	4.8	0	3.5	44
Organic Oat Milk (100ml)	49	2.3	0.3	6.2	4.6	1	0.5	40
Organic Soya Milk (100ml)	45	2.1	0.4	2.4	2.4	0.6	3.7	0.2
Organic Whole Milk (100ml)	65	3.5	4.8	4.8	4.8	0	3.5	44
CPG								
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 Latte (1400) ml								
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