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PRET * KUWAIT - NUTRITIONAL GUIDE							29-Oct-26	
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 (233)g	430	21	7	49	12	5	19	1150
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
Classic Super Club (241)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
Spicy Fajita Baguette (160g)	370	16	5	42	3	3	18	1140
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 (140)g	370	21	7.0	28	1	1	18	640
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	410	16	6	44	6	3	26	1130
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 (152g)	320	18	7	29	22	3	12	90
Honey Granola Pot (138g)	340	15	7	42	28	4	11	105
Coconut Chia Pot (131g)	140	7.0	1.5	16	7	5	3	40
Mango & Banana Sunshine Pot (115g)	220	10.0	3.5	32	17	5	5	35
Toasties	**Energy (Kcal)**	**Fat (g)**	**Sat.Fat (g)**	**Carbs (g)**	**Sugar(g)**	**D.Fiber(g)**	**Protein(g)**	**Sodium(mg)**
Turkey Melt (242)g	520	24	8	47	5	5	29	1100
Classic Cheese Toastie (190)g	540	28	13	43	2	5	29	1090
Super Club Toastie (237)g	520	27	9	44	3	5	28	1220
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	380	15	6	44	6	2	21	950
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
Turkey & Cheese Hot Croissant (141)g	480	33	16	29	5	2	18	640
Viennoiserie & Sweet Crossiants	**Energy (Kcal)**	**Fat (g)**	**Sat.Fat (g)**	**Carbs (g)**	**Sugar(g)**	**D.Fiber(g)**	**Protein(g)**	**Sodium(mg)**
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

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Cinnamon Danish (110)g	409	20	13	43	21	2	7	404
Pain au chocolat (75g)	318	18	12	31	10	2	6	279
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 (124)g	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 (200)g	70	2	0	12	8	2	2	620
Classic Pumpkin Soup (200)g	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 (147)g	220	13	0.0	25	17	5	5	0
Superfruit Salad (138)g	90	0.5	0	22	17	3	1	0
Mango & Lime Pot (139)g	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 (130)g	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 (120)g	380	13	6	62	48	6	4	90
Choco Molten (110)g	220	10	1.5	30	22	0	4	125
Chocolate Mousse (100)g	230	11	5	26	16	0	5	50
Lemon Cheesecake (120)g	290	16	10	32	24	1	5	140
Tiramisu (120)g	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 (100)g	556	40	6	27	25	7	18	15
Almond Brittle - Nagwa (25g)	113	8	1	9	2	1	3	108
Za'atar Caramel Brittle - Nagwa (25g)	101	6	1	11	3	2	3	203
Chips	**Energy (Kcal)**	**Fat (g)**	**Sat.Fat (g)**	**Carbs (g)**	**Sugar(g)**	**D.Fiber(g)**	**Protein(g)**	**Sodium(mg)**
Jalapeno Chips (100)g	502	26	3	63	2	4	4	729
A touch of Sea salt (100)g	517	26	2	61	1	0	6	365
Sea Salt and Balsamic Vinegar (100)g	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
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 0z) Iced	185	3	1	40	25	NA	NA	150
Almond Caramel Latte With Almond Milk (12 0z) 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

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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)	180	10	6	21	21	0	3	95
White Mocha Iced Shaken (8 Oz)	330	23	7	28	23	0	3	95
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
Vanilla Matcha Iced Shaken (8 Oz)	230	12	6	27	23	0	4	45
Skinny Vanilla Espresso Shaken (8Oz)	50	4	0	5	3	0	0	0
Espresso Shaken (8Oz)	0	0	0	0	0	0	0	0
Cold BPDs (Summer LTO)	**Energy (Kcal)**	**Fat (g)**	**Sat.Fat (g)**	**Carbs (g)**	**Sugar(g)**	**D.Fiber(g)**	**Protein(g)**	**Sodium(mg)**
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
Hot Drinks	**Energy (Kcal)**	**Fat (g)**	**Sat.Fat (g)**	**Carbs (g)**	**Sugar(g)**	**D.Fiber(g)**	**Protein(g)**	**Sodium(mg)**
Turkish Latte Hot (12Oz)	290	14	5	32	30	0	10	160
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
Coffee Canteen Hot Mocha (per 100g)	80	3	2	10	10	1	3	65
Hot Tea	**Energy (Kcal)**	**Fat (g)**	**Sat.Fat (g)**	**Carbs (g)**	**Sugar(g)**	**D.Fiber(g)**	**Protein(g)**	**Sodium(mg)**
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
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

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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
Matcha Affogato (171g)	310	12	8	44	34	0	7	70
Espresso Affogato (178g)	310	12	8	42	34	0	7	70
Vanilla Choco Melt (211g)	400	17	7	55	42	0	8	170
Vanilla Soft Serve - Mini (100g)	180	7	5	25	20	0	4	40