

PRET QATAR NUTRITIONAL INFORMATION

		ALL VALUES PER SERVING UNLESS STATED						
Category / Product Name		Size	Cal Energy	g Protein	g Fat	g Sat. Fat	g Carbs	g Sugar
GRANARY SANDWICHES		No of Products: 8						
SMOKED SALMON		166 g	479	22.2	25.6	10.6	37.5	2.9
CLASSIC SUPER CLUB		269 g	487	25.4	23.0	3.8	41.1	4.9
MATURE CHEDDAR & PICKLE		229 g	478	17.6	21.7	8.5	49.1	12.0
CHICKEN AVOCADO BASIL		236 g	593	23.3	36.2	5.7	38.2	3.3
FREE RANGE EGG MAYO & TOMATO		242g	428	16.8	20.9	4.1	39.9	4.6
TURKEY & CREAM CHEESE		131 g	273	12.9	6.2	3.4	38.3	3.6
BAGUETTE SANDWICHES		No of Products: 11						
CHICKEN CAESAR & BACON		233 g	624	31.3	29.3	5.9	56.1	3.1
POSH CHEDDAR & PICKLE		241 g	476	15.8	26.3	10.9	42.2	13.8
PESTO CAPRESE (SLIM)		110 g	220	7	12.2	4.0	12.8	Less than 1 g
TUNA MAYO & CUCUMBER (SLIM)		130 g	248	12.7	16.8	2.8	11.9	1.2
BRIE & TAPENADE BAGUETTE (SLIM)		120 g	185	7.9	10.8	7.0	13.2	2.3
TURKEY & CHEESE		220 g	451	19.1	15.1	3.9	58.1	5.4
EGG & AVO SLIM BAGUETTE		115g	173	5.3	11.1	1.9	11.4	Less than 1 g
AVO OLIVES & TOMS SLIM		115g	229	6.6	8.3	1.3	28.9	1.7
LEMON CHICKEN BAGUETTE		238g	324	20.4	15.3	2.5	24.6	3.3
TUNA MAYO & CUCUMBER		253g	496	25.3	33.6	5.6	24	2.4
PRET'S DELI BAGUETTE		234 g	382	16.2	23.2	7.1	26.2	3.8
COLD WRAPS		No of Products: 4						
CRUNCHY CHIPOTLE CHICKEN & AVO		290 g	448	23.3	18.4	3.7	44.8	10.2
CHICKEN CEASER WRAP		220 g	594	27.9	36.9	10.3	37.3	3.0
AVOCADO & HERB SALAD WRAP		256 g	465	9.9	28.5	5.8	39.4	4.8
CHICKEN PESTO & ROCKET WRAP		245 g	534	21.3	25.1	4.5	39.5	4.5
PROTEIN WRAPS		No of Products: 2						
MEDITERRANEAN EGG & ZAATAR		200 g	420	31.7	27.7	13.2	9.1	2.2
CHIPOTLE EGG & TURKEY		211 g	517	32.4	38.0	14.7	8.5	3.3
LABNEH & VEGGIES		201 g	358	23.7	22.6	11.1	12.4	5.2
RICE BOWLS		No of Products: 2						
BUTTER CHICKEN		318g	477	19.2	21.9	11.6	48.5	10.3
THAI GREEN CURRY		311g	471	22.1	21.0	17.2	45.9	1.7
PASTA BOWLS		No of Products: 2						
CREAMY PESTO PASTA		299 g	600	25.3	25.9	12.1	63.5	4.8
TRUFFLE & ROSEMARY PASTA		320 g	381	12.4	25.1	12.0	26.7	4.9
CHICKEN PENNE PASTA		300 g	401	23.7	11.3	4.0	49.0	4.3
KIDS		No of Products: 2						
CREAM CHEESE & CUCUMBER		139 g	268	9.1	7.0	4.3	39.0	4.4
ALMOND BUTTER & BERRIES SPREAD		137 g	401	13.5	17.3	1.5	43.3	8.4
SALADS		No of Products: 5						
TAMARI & GINGER CHICKEN		360 g	606	27.4	32.6	7.4	49.9	29.9
MOZZARELLA, PESTO & AVO		325 g	536	14.5	27.5	8.0	19.6	13.2
CHEFS ITALIAN CHICKEN		280 g	393	23.9	28.7	5.6	8.6	6.1
GREEK SALAD WITH VINAIGRETTE		232g	248	8.5	25.4	8	12.1	3.7
TUNA NICOISE		270 g	269	28.8	14.5	3.3	4.9	3.9
CHICKEN CAESAR SALAD		255g	427	19.9	28.2	7.5	21.9	13.8
PESTO PASTA & CHICKEN		248g	397	16.2	21.9	5.1	24.9	2.5
POTS		No of Products: 9						
FIVE BERRY POT		120 g	152	9.6	3.1	less than 1 g	20.5	11.8
BIRCHER MUESLI		208 g	231	13.8	4.5	less than 1 g	33.6	23.4
MANGO & BANANA SUNSHINE BOWL		174 g	310	6.3	9.2	3.7	48.3	27.2
HONEY GRANOLA POT		135 g	236	10.5	4.2	less than 1 g	37.9	26.1
COCONUT CHIA		201 g	253	5.4	11.9	2.6	27.0	14.0
BLUE GOODNESS		203 g	250	13.7	7.3	4.7	30.7	20.3
ROSE GOODNESS Pot		133g	193	9.8	4.5	less than 1 g	29.0	19.5
BLUE CHIA POT		128g	211	6	9.2	3.3	23.1	16.5
ALMOND BUTTER & HONEY YOGHURT		155g	284	14.2	12.4	1.2	27.5	21.2
MANGO & YOGHURT POT		168g	124	9.1	less than 1 g	less than 1 g	21.5	20.2
HOT WRAPS		No of Products: 2						
CHICKEN MUSHROOM		210 g	478	24.4	24.4	9.3	41.1	4.6
FALAFEL & HALLOUMI		255 g	387	14.6	15.0	5.1	48.1	10.8
ITALIAN STYLE CHICKEN & BASIL		251g	482	30.4	18.9	8.7	45.7	7.1
HOT BAGUETTES		No of Products: 2						
PESTO CHICKEN		285 g	471	29.1	17.0	8.9	27.5	2.3
CHIPOTLE MOZZARELLA		232 g	493	21.9	16.4	7.7	61.2	6.3
TOASTIES		No of Products: 5						
CLASSIC CHEESE		202 g	629	28.4	32.7	14.1	53.9	4.2
SUPER CLUB		265 g	647	36.1	29.9	10.5	55.1	4.7
TUNA MELT		212 g	571	30.2	25.2	8.7	52.7	3.9
BBQ PULLED BEEF TOASTIE		260 g	742	29.2	40.8	14.8	71.1	18.9

HALLOUMI, RED PEPPER & BASIL	225 g	494	24.1	18.2	4.9	57.9	6.5
CREAMY CHIPOTLE BEEF TOASTIE	242g	597	26.4	26.9	10.4	59.4	9.5
TURKEY MELT	281g	583	27.9	25.5	10.0	58.2	8.4
MAC & CHEESE - HOT BOX	No of Products: 2						
KALE & CAULI	371 g	321	16.7	16.7	10.3	25.8	14.5
CHICKEN & MUSHROOM	370 g	363	25.7	18.8	10.7	22.9	12.5
HOT BREAKFAST SANDWICHES	No of Products: 4						
EGG & MUSHROOM CROISSANT	183 g	559	21.2	34.2	20.9	40.8	7.2
MOZZARELLA & PESTO CROISSANT	130 g	530	14.4	29.0	19.2	41.1	6.6
TURKEY & CHEESE CROISSANT	150 g	572	19	37.6	20.8	40.1	7.1
HALLOUMI & ZA'ATAR HOT CROISSANT	157 g	540	19.3	32.9	19.2	42.8	7.5
RYE ROLLS	No of Products: 2						
ROAST BEEF RYE ROLL	178g	419	15.2	17	4.8	50.1	10
SCANDI STYLE SALMON RYE ROLL	174g	392	16.3	15.6	2.4	45.3	6.9
VEGGIE DELI RYE ROLL	186g	497	19.7	23.6	9.8	50.7	9.8
BURRATA & BALSAMIC RYE ROLL	183 g	424	14.3	16.7	9.7	50.7	9.7
SAVOURY CROISSANT	No of Products: 3						
MOZZARELLA & TOMATO	144 g	439	13.3	25.1	14.2	25.2	4.1
CHEESE & JALAPENO HOT CROISSANT	143 g	596	19.9	39.0	24.5	41.7	7.0
CHEESE TWIST WITH ZA'ATAR	109 g	349	10.8	19.3	12.2	32.1	7.2
FRUIT	No of Products: 4						
SUPERFRUIT SALAD	144 g	83 Cal	less than 1 g	less than 1 g	less than 1 g	17.7	17.2
MANGO & LIME POT	139 g	120 Cal	1.2	1.6	less than 1 g	24.0	21.6
MELON & BLUEBERRY	143 g	41 Cal	less than 1 g	less than 1 g	less than 1 g	7.8	7.8
WATERMELON & LIME	159 g	95 Cal	1.5	1.6	less than 1 g	17.9	15.6
BARS & PACKS	No of Products: 7						
LOVE BAR		326.0	3.9	17.1	8.5	37.9	21.7
CHOC BAR		349.0	3.2	22.7	13.6	31.9	24.6
CHOCOLATE ALMONDS		215.0	5.5	15.1	5.3	12.4	7.9
CRANBERRIES IN COATS		242.0	0.5	11.2	6.3	34.2	30.2
BROWNIE BAR		291.0	4.0	17.7	10.8	28.0	26.1
POPCORN BAR		173.0	1.7	8.2	4.8	22.8	13.9
NUTS, FRUITS & CHOCOLATE		194.6	6.4	14.7	2.2	9.4	8.6
CHIPS	No of Products: 3						
JALAPENO		502.0	4.0	25.9	2.5	63.3	1.5
A TOUCH OF SEA SALT		517.0	5.5	26.4	2.4	61.0	0.5
SEA SALT & BALSAMIC VINEGAR		515.7	8.4	27.8	2.1	59.4	1.3
SWEET CROISSANTS	No of Products: 7						
FRENCH BUTTER CROISSANT		409	9	23	16	39	6
ALMOND CROISSANT		425	9	24	12	42	14
CHOCOLATE CROISSANT		407	7	24	14	38	18
VERY BERRY CROISSANT		339	5	14	8	47	24
CINNAMON DANISH		372	6	19	12	43	21
CINNAMON BITES		663	8.4	36.4	18.3	77.8	44.5
CHEESE TWIST		327	9.9	18.0	11.7	30.6	6.2
COOKIES & MUFFINS	No of Products: 4						
CHOC CHUNK COOKIE		427.0	5.5	16.2	9.8	64.0	35.0
FRUIT & OAT COOKIE		403.0	7.0	16.0	9.0	58.0	32.0
DARK CHOC & ALMOND COOKIE		438.0	7.8	18.0	9.0	59.0	36.0
DOUBLE BERRY MUFFIN		355.0	5.0	17.0	2.0	43.0	24.0
COOKIE BITES - CHOC CHUNK COOKIE		427.0	5.5	16.2	9.8	64.0	35.0
COOKIE BITES - DARK CHOC & ALMOND		438.0	7.8	18.0	9.0	59.0	36.0
WATER	No of Products: 2						
AQUA PANNA STILL		0	0	0	0	0	0
SAN PELLEGRINO SPARKLING		0	0	0	0	0	0
CARBONATED DRINKS	No of Products: 2						
COKE REGULAR		140	0	0.0	0.0	39.0	39.0
COKE DIET		0	0	0	0	0	0
Coke Zero		0	0	0	0	0	0
PORRIDGE	No of Products: 1						
PRET'S PROPER PORRIDGE	Per 100g	67	3.4	1.4	0.4	9.5	2.9
	per serving 305	204	10.4	4.3	1.2	29.0	8.8
SOUP	No of Products: 3						
SOUPER TOMATO	per 100g	58	1.1	3.5	2.3	5.1	2
	per serving 340	197	3.7	11.9	7.8	17.3	6.8
LENTIL SOUP	per 100g	90	2	7	4.5	9	4
	per serving 340	306	6.8	23.8	15.3	30.6	13.6
CHICKEN ORZO	per 100g	168	7.8	7.4	2.4	17	1.1
	per serving 340	571	26.5	25.2	8.2	57.8	3.7
DESSERTS	No of Products: 6						
CHOCOLATE MOUSSE	per 100g	281	5	19	12	22	20
LEMON CHEESECAKE	per 100g	369	4	24	13	34	27
SAFFRON MILK CAKE	per 100g	296	2	20	14	26	16
CARROT CAKE	per 100g	435	5	28	17	41	31

TIRAMISU	per 100g	346	12	30	18	7	5
DRIZZLE LEMON CAKE	per 100g	335	5.2	18	9.5	38	27
MARBLE CAKE	per 100g	389	5.4	22	13	39	27
BANANA CAKE	per 100g	337	6.0	17	10	39	21
CARROT CAKE	per 100g	347	4.2	20	2.3	37	26
CHOCOLATE BROWNIE	per 100g	483	6.0	34	20	37	30
JUICES & SMOOTHIES	No of Products: 8						
ORANGE JUICE		50	0.9	0.0	0.0	10.0	10.0
ROOTS & FRUITS		47	0.8	0.0	0.0	11.0	9.3
APPLE JUICE		62	0	0.0	0.0	15.0	15.0
DAILY GREENS		42	0.7	0.0	0.0	8.5	7.1
MANGO PASSION		65	0.6	0.5	0.0	14.0	13.0
BERRY BLAST		47	1	0.0	0.0	10.0	6.0
GINGER SHOT		60	1	0.0	0.0	14.0	1.0
HOT SHOT		47	0.5	0.0	0.0	11.0	10.0
SMOOTHIES	No of Products: 5						
STRAWBERRY SMOOTHIE		193	1.6	less than 1 g	less than 1 g	44.8	39.1
MANGO SMOOTHIE		171	less than 1 g	less than 1 g	less than 1 g	41.3	35.1
DETOX SMOOTHIE		155	1.4	less than 1 g	less than 1 g	36.5	30.5
SPIRULINA SMOOTHIE		217	2.6	9.2	6.7	35.5	31.3
ACAI SMOOTHIE		198	1.5	less than 1 g	less than 1 g	46.3	37.3
ICED DRINKS	No of Products: 20						
ICED LATTE 12 OZ		120 Cal	6.1	6.6	3.9	8.5	less than 1 g
ICED LATTE 16 OZ		160 Cal	8.2	8.8	5.2	11.3	less than 1 g
ICED SPANISH LATTE 12 OZ		256 Cal	7.7	11.8	8.4	28.4	4.9
ICED SPANISH LATTE 16 OZ		302 Cal	10.1	14.3	9.9	31.7	4.9
ICED WHITE MOCHA LATTE 12 OZ		375 Cal	9.7	22.4	18	33.1	21.4
ICED WHITE MOCHA LATTE 16 OZ		516 Cal	13	31	25.1	44.3	28.7
ICED TURKISH LATTE 12 OZ		327 Cal	11.2	15.2	10.5	34.8	5.6
ICED CHOCOLATE CHAI LATTE 12 OZ		267 Cal	7.2	7.1	4.4	41.6	38.8
ICED CHAI LATTE 12 OZ		282 Cal	10.4	10.5	6.6	35	32.9
ICED CHAI LATTE 16 OZ		326 Cal	10.5	10.5	6.6	45.6	42.4
ICED AMERICANO 12 OZ		less than 40 kJ	less than 1 g	less than 1 g	less than 1 g	less than 1 g	less than 1 g
ICED AMERICANO 16 OZ		less than 40 kJ	less than 1 g	less than 1 g	less than 1 g	less than 1 g	less than 1 g
ICED MOCHA 12 OZ		166 Cal	6.8	7.2	4.2	17.4	8.6
ICED MOCHA 16 OZ		196 Cal	8.3	8.8	5.2	19.5	8.6
ICED CAPPUCINO 12 OZ		240 Cal	9.6	10.1	6.1	26.7	13.5
ICED CAPPUCINO 16 OZ		266 Cal	10.9	11.6	6.9	28.6	13.5
ICED CHOCOLATE 12 OZ		290 Cal	11.4	11.8	7.1	32.4	17.9
ICED CHOCOLATE 16 OZ		362 Cal	15.2	15.8	9.5	37.6	17.9
ICED MATCHA LATTE 12 OZ		423 Cal	12.4	25.2	19.7	32.7	17.2
ICED MATCHA LATTE 16 OZ		570 Cal	16	34.1	27.1	44.3	24.5
COFFEE	No of Products: 20						
LATTE 12 OZ		218 Cal	11.2	11.9	7.1	15.5	less than 1 g
LATTE 16 OZ		290 Cal	15	15.8	9.5	20.7	less than 1 g
SPANISH LATTE 12 OZ		322 Cal	11.1	15.4	10.5	33.2	4.9
SPANISH LATTE 16 OZ		361 Cal	13.2	17.5	11.8	36	4.9
WHITE MOCHA LATTE 12 OZ		376 Cal	9.8	22.5	18	33.1	21.4
WHITE MOCHA LATTE 16 OZ		516 Cal	13	31	25.1	44.3	28.7
TURKISH LATTE 12 OZ		327 Cal	11.2	15.2	10.5	34.8	5.6
CAPPUCINO 12 OZ		189 Cal	9.6	10.1	6.1	13.9	less than 1 g
CAPPUCINO 16 OZ		215 Cal	10.9	11.6	6.9	15.8	less than 1 g
FLAT WHITE 8 OZ		101 Cal	5.1	5.6	3.3	7	less than 1 g
AMERICANO 12 OZ		less than 40 kJ	less than 1 g	less than 1 g	less than 1 g	less than 1 g	less than 1 g
AMERICANO 16 OZ		less than 40 kJ	less than 1 g	less than 1 g	less than 1 g	less than 1 g	less than 1 g
FILTER COFFEE 12 OZ		less than 40 kJ	less than 1 g	less than 1 g	less than 1 g	less than 1 g	less than 1 g
FILTER COFFEE 16 OZ		less than 40 kJ	less than 1 g	less than 1 g	less than 1 g	less than 1 g	less than 1 g
MOCHA 12 OZ		251 Cal	11.1	11.6	7	24	9.3
MOCHA 16 OZ		323 Cal	14.8	15.6	9.3	29.2	9.3
MACCHIATO 4 OZ		15 Cal	less than 1 g	less than 1 g	less than 1 g	less than 1 g	less than 1 g
ESPRESSO 4 OZ		less than 40 kJ	less than 1 g	less than 1 g	less than 1 g	less than 1 g	less than 1 g
TURKISH COFFEE 4 OZ		1 Cal	less than 1 g	less than 1 g	less than 1 g	less than 1 g	less than 1 g
COFFEE - MAKE IT STRONG (EXTRA SHOT)		less than 40 kJ	less than 1 g	less than 1 g	less than 1 g	less than 1 g	less than 1 g
OTHER HOT DRINKS	No of Products: 7						
HOT CHOCOLATE 12 OZ		290 Cal	11.4	11.8	7.1	32.4	17.9
HOT CHOCOLATE 16 OZ		362 Cal	15.2	15.8	9.5	37.6	17.9
MATCHA LATTE 12 OZ		423 Cal	12.4	25.2	19.7	32.7	17.2
MATCHA LATTE 16 OZ		570 Cal	16	34.1	27.1	44.3	24.5
CHAI LATTE 16 OZ		326 Cal	10.5	10.5	6.6	45.6	42.4
CHAI LATTE 12 OZ		282 Cal	10.4	10.5	6.6	35	32.9
CHOCOLATE CHAI LATTE 12 OZ		332 Cal	10.6	10.6	6.6	46.2	43.4
HOT TEA	No of Products: 10						
BREAKFAST TEA 12 OZ		4.8 Cal	0.27	0	0	0.93	1.8
BREAKFAST TEA 16 OZ		4.8 Cal	0.27	0	0	0.93	1.8

EARL GREY TEA 12 OZ	4.8 Cal	0.27	0	0	0.93	0.03
EARL GREY TEA 16 OZ	4.8 Cal	0.27	0	0	0.93	0.03
GREEN TEA 12 OZ	3.6 Cal	0.3	0	0	0.6	0.18
GREEN TEA 16 OZ	3.6 Cal	0.3	0	0	0.6	0.18
PEPPERMINT TEA 12 OZ	3.2 Cal	0.08	0	0	0.72	0.06
PEPPERMINT TEA 16 OZ	3.2 Cal	0.08	0	0	0.72	0.06
LEMON TEA 12 OZ	4.8 Cal	0.27	0	0	0.93	1.8
LEMON TEA 16 OZ	4.8 Cal	0.27	0	0	0.93	1.8
LIMEADES	No of Products: 3					
Lavender & Butterfly Pea limeade	159 Cal	less than 1 g	less than 1 g	less than 1 g	38.4	31.4
Orange & Hibiscus limeade	158 Cal	1.4	less than 1 g	less than 1 g	36.8	18.7
Pineapple & Pitaya limeade	172 Cal	1.2	less than 1 g	less than 1 g	40.9	19
PLATTERS	No of Products: 8					
Platter Baguette	3144 Cal	125.6	144.4	37.1	306.3	31.5
Platter Sandwich	2238 Cal	95.7	105.7	25.2	207.1	28.8
Mozzarella Tomato Croissant	1228 Cal	42.4	80.4	45.6	80.8	13.6
Bakery Box	3226 Cal	62	180	108	324	118
Platter Cookies	3625.5 Cal	58.2	144.3	80.4	514.2	290.4
Bar Sharing Box	1932 Cal	22.2	115	65.8	195.6	144.8
Platter Sandwich Veg.	2064 Cal	85.8	84.9	26.2	220.8	38.6
Platter Baguette Veg.	1375 Cal	48.5	62.6	24.2	138.9	19.1
Wrap Selection Platter	4082 Cal	164.8	217.7	48.6	322	45
Rye Roll Selection Platter	3927 Cal	153.3	170.4	51.3	438.3	79.8
Best Seller Mix Platter	2399 Cal	102.6	120.2	26.7	212.7	28.1
BAGS	No of Products: 3					
Brownie Bar Bag	1455 Cal	20	88.5	54	140	130.5
Choco Chunk Cookie Bag	1837.5 Cal	23	70.55	44	272	144
Love Bar Bag	1630 Cal	19.5	85.5	42.5	189.5	108.5
Add Ons	No of Products: 12					
Oat Milk	50 Cal	0.8	2.4	0.4	6.3	3.5
Rice Coconut Milk	61 Cal	0.2	0.8	0.8	13	7.7
Almond Milk	56 Cal	less than 0.5 g	1.5	0.3	10	4.7
Soy Milk	45 Cal	3.7	2.1	0.4	2.4	2.4
Whole Milk	65.1 Cal	3.5	3.6	2.3	4.7	4.7
Skimmed Milk	47.2 Cal	3.5	1.5	1	4.8	4.8
Syrup Vanilla	338 Cal	0	0	0	84.9	83.9
Syrup Caramel	325 Cal	0	0	0	80.4	80.4
Syrup Simple	342 Cal	0	0	0	85.5	85.5
Syrup Hazelnut	314 Cal	0	0	0	78.7	78.3
Syrup Lavender	324 Cal	0	0	0	80	80
Syrup Strawberry	346 Cal	0	0	0	85.6	85.5