

		ALL VALUES PER 100g UNLESS STATED									
Product name	Size	Energy KJ	Energy Kcal	Protein(g)	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	Fibre(g)	Salt(g)	Sodium(mg)
<b>Pret's Hot</b>											
<b>Ciabatta</b>											
All Day Breakfast Ciabatta	307g	991	237	12	13	4.7	17	1.8	0.9	1.7	760.5
Chipotle Mozzarella Ciabatta	241g	843	201	9.1	7.6	4.2	23	0.9	1.5	1.3	539.4
Grilled Teriyaki Chicken Ciabatta	323g	726	173	11	5.5	0.9	19	1.3	1.2	1.1	426.8
<b>Brioche</b>											
Bacon, Egg and Cheese Brioche Toast	207g	1400	336	13	24	9.9	18	3.6	1	1.1	451.7
Grilled Teriyaki Chicken Brioche Toast	288g	792	189	12	8.4	2.8	16	3.6	1.1	0.67	267.8
<b>Hot Croissant</b>											
Cheddar & Tomatoes Hot Croissant	136g	1238	308	9.5	19	12	24	4.5	1.6	0.76	303.4
Ham & Greve Hot Croissant	123g	1420	340	13	20	13	26	4.3	1.6	1.2	477.1
Bacon, Cheese and Tomato Hot Croissant	138g	1385	332	14	22	13	19	3.1	1.2	1.6	627.4
<b>Hot Wraps</b>											
Hot Wrap - All Day Breakfast	245g	1120	269	12	17	5.5	16	1.7	1.2	0.97	389.1
Hot Wrap - Chipotle Chicken	267g	776	185	11	6.9	2.8	19	1.9	1.5	0.48	193.8
Hot Wrap - Italian Style Chicken & Basil	263g	776	185	13	7.3	3.5	16	2.3	1.5	0.61	243.5
Hot Wrap - Spicy Mediterranean	226g	841	201	8.4	8.9	3.9	21	2	1.7	0.67	269
<b>Toasties</b>											
Brie & Caramelised Onion Toastie	205g	1228	294	13	16	9	23	1.5	2.4	1.2	469.30
Brie, Avocado & Tomato Toastie	240g	919	220	7.1	12	5.5	19	0.6	2.7	0.79	314.20
Classic Cheese Toastie	196g	1229	294	15	15	7.6	24	0.9	2.5	1.3	521.1
Ham, Cheese & Mustard Toastie	204g	1035	247	15	10	4.6	22	0.8	2.3	1.6	642.8
<b>Granary</b>											
Granary - Chicken Avocado	241g	851	203	9.9	9.5	2.2	18	1.4	2.5	0.43	173
Granary - Classic Super Club	270g	841	201	9.4	10	1.8	17	2.1	1.7	0.68	272
Granary - Cracking Egg Salad	259g	753	180	7.2	8.6	1.6	17	2	1.8	0.54	216.7
Granary - Ham & Cheese	205g	1209	289	14	16	9.6	21	1.4	1.9	1.2	487.5
Granary - Mature Cheddar	257g	880	210	7.7	9.7	3.7	22	5.5	2.1	0.74	294.1
Granary - Smoked Trout & Soft Cheese	240g	890	213	9.7	11	4.8	18	1.8	1.6	0.99	394
Granary - Ham & Cheddar Sandwich	302g	789	188	12	8.3	4.3	16	1.8	1.6	1	402.7
Granary - Chicken Salad	200g	826	197	11	6.9	1.2	21	1.7	1.9	0.55	221.2
Granary - Duo Delight Meaty Sandwich	225g	1061	254	12	14	5.6	20	1.7	1.8	0.96	382.4
Granary - Duo Delight Veggie Sandwich	258g	817	195	7.4	9.1	2.6	20	3.8	1.9	0.54	255.3
<b>Baquettes</b>											
Baquette - Chicken Caesar	244g	1158	276	15	12	2.5	26	2.3	2.6	1.2	479
Baquette - Ham & Greve	261g	930	221	13	6.4	2.8	27	2.1	2	1.5	593.8
Baquette - Posh Cheddar & Pickle	255g	1123	268	11	12	4	29	5.5	2.7	1.1	435.7
Baquette - Prosciutto & Rocket Panini	245g	967	231	7.6	11	1.9	25	3.3	1.3	1.1	432.3
Baquette - Egg Salad and Cucumber Panini	236g	958	229	8.7	10	1.9	25	2.6	1.1	8.7	312.8
Baquette - Ham & Cheese Panini	226g	1248	298	14	15	8.8	27	2.5	1.1	1.3	510.8
<b>Cold Wraps</b>											
Salad Wrap - Avocado and Herb	253g	860	206	5.2	13	2.7	16	1.8	2.5	0.4	161.2
Salad Wrap - Chicken & Rocket	269g	598	142	8.8	4.8	1.1	15	2	1.5	0.34	134.2
<b>Salad</b>											
Chef's Chicken Salad	196g	579	139	8.5	10	1.8	2.6	1.4	0.6	0.67	268.8
<b>Salads Pots</b>											
PP - Egg & Spinach	112g	548	132	13	8.7	2.4	0	0	0	0.38	150.7
PP - Smoked Trout & Spinach	114g	566	136	12	9.1	2.2	0.7	0.7	1.1	0.74	297.2
PP - Chicken Edamame	155g	812	195	16	12	1.9	4.9	1.6	2.1	0.55	219.7
<b>Fruits</b>											
Apple (per piece)		358	85	0.6	0.2	0.1	18.9	18.9	0	0	
Banana (per piece)		258	62	0.7	0.2	0.1	13.9	12.1	0	0	
Dragon Fruit & Kiwi - 170g	170g	433	103	1.8	0.5	0	20	4.2	4.9	0	
Mango & Lime	170g	231.5	54.6	0.6	0.2	0.1	12.7	12.3	2.3	0	2
Melon & Blueberries	170g	174.3	41.4	0.9	0.3	0	7.9	5.9	1.9	0	7.9
Melon Trio - 150g	150g	177	42	0.8	0	0	7.9	7.9	2	0.04	
Super Fruit Bowl	170g	225	53	0.8	0.6	0	9.7	9.5	1.9	0	2.4
<b>Pastries</b>											
Almond Croissant	87g	1791	429	9	24.2	12.3	42.3	13.6	2.9	0.64	
Chocolate Croissant	87g	1867	447	7.4	25.4	14.3	45.7	17.3	3	0.6	
Pain aux Raisins	113g	1343	320	5.9	14.4	9.4	41	18.6	1.6	0.7	
Plain Croissant	67g	1756	421	9.1	24.5	15.9	398	6.2	2.3	1.1	
Very Berry Croissant	88g	1497	357	5	15.4	7.3	48.3	25.6	2.6	0.5	
Mozzarella & Tomato Croissant	100g	1358	326	11.9	21.4	11.3	20.7	2.7	1.5	1	
Blueberry Muffin	95g	1493	356	4.2	17	2.2	46	32	1.3	0.67	
Chocolate Muffin	95g	1894	453	5.7	25	4.2	50	39	2.8	0.62	
Chocolate Chunk Cookie	85g	1543	367	4.7	14.1	8.8	54.4	28.8	2.2	0.4	
Mediterranean Veggie Basket	110g	1213	291	5.5	18.9	10	23.8	2.5	1.9	1.4	
Cinnamon Filled Swirl	110g	1623	388	8.7	20.3	13.3	41.3	12.6	2.7	0.78	
<b>Bowls/ Pots</b>											
Banana & Honey Breakfast Bowl	195g	872	207	4	5.4	2.9	34	11	2.2	0.09	37.9
Bircher Muesli	190g	854	204	6	9.7	4.6	22	6.8	2.2	0.17	66.4
Coconut Chia Seed Bowl	240g	560	134	3.3	6.2	1.3	14	6.8	4.5	0.07	29
Cranberry Yoghurt Bowl	194g	739	176	3.8	5.7	2.9	26	16	2.8	0.08	33.6
Five Berry Bowl	185g	974	231	4.6	6.1	3.1	38	22	3.3	0.12	47.7
Mango Coconut Chia Seed Bowl	247g	594	142	3.1	5.9	1.3	17	11	4.1	0.07	27.2
Mango Yoghurt Bowl	210g	816	194	4	6.2	3.1	30	11	2	0.06	25.5
Guava Coconut Chia Seed Bowl	229g	418	100	2.4	4.7	1.2	9.9	4.2	4.3	0.06	23.8
<b>Snacks</b>											
Brownie Bar	60g	2023	485	6.6	30	18	47	44	3.2	0.11	
Choc Bar	70g	2075	498	4.5	32	19	46	35	3.3	0.45	
Love Bar	70g	1947	466	5.6	25	12	54	31	3.2	0.61	
Popcorn Bar	70g	724	173	1.7	8.2	4.8	22.8	13.9	0.7	0.09	
Pret a Mango	35g	1430	337	2.3	1.2	0.4	77	50	5.3	0.01	
Dark Chocolate Almonds Snack	38g	2347	565	14	40	14	33	21	9.2	0.53	
<b>Crips</b>											
Crisps - Tyrrells Mature Cheddar & Chive	40g	2106	505	7.5	27.8	2.6	52.9	3.6	6.5	1.3	
Crisps - Tyrrells Sea Salt & Cider Vinegar	40g	2098	502	6.4	27.2	2.3	54.4	2.3	6.3	1.8	
Crisps - Tyrrells Lightly Sea Salted	40g	2164	519	6.9	29.3	2.4	53.4	0.4	6.7	0.65	
Crisps - Tyrrells Sea Salt & Black Pepper	40g	2113	506	7	27.9	2.4	53.5	1	6.5	1	
<b>Juices &amp; Smoothies</b>											
Juice - Orange	250ml	163.8	39	0.8	0	0	9.1	8.5	0	0	-
Juice - Lemon and Mint	250ml	248	59	0	0	0	15	14.6	0	0	-
Juice - Coconut Water	250ml	235	55	0	0	0	13.8	11.3	0	0.2	-
Radiance	250ml	149	35	0.6	0	0	7.3	6.3	0.7	-	30.3
Ultra Boost	250ml	126	30	0.6	0.5	0	5.6	5.6	0.5	-	7.5
<b>Coke</b>											
Coke	500ml	80	19	0	0	0	4.6	4.6	0	0	2

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Coke Zero	500ml	0	0	0	0	0	0	0	0	0	6
<b>Water</b>											
Perrier Sparkling Water	500 ml	0	0	0	0	0	0	0	0	0	0
Desa water	500 ml	0	0	0	0	0	0	0	0	0	0
Vittel water	500 ml	0	0	0	0	0	0	0	0	0	0
<b>Beer</b>											
Tiger Beer	325ml	174	42	0.4	0	0	3.4	0	0	0	-
Heineken Beer	320ml	176	42	0	0	0	3.2	0	0	0	-
Chang Beer	320ml	816	195	1.7	0	0	12.8	0	0	-	-
<b>Coffee (Per Serving)</b>											
Coffee - Latte - 12oz	12oz	494	118	8.5	4.3	2.7	11.3	11.3	0	0.3	-
Coffee - Cappuccino - 12oz	12oz	384	92	6.6	3.3	2.1	8.8	8.8	0	0.2	-
Coffee - Flat White - 8oz	8oz	335	80	5.8	2.9	1.8	7.7	7.7	0	0.2	-
Coffee - Americano - 12oz	12oz	3	1	0	0	0	0.1	0	0	0.2	-
Coffee - Filter Coffee - 12oz	12oz	0	0	0	0	0	0	0	0	0	-
Coffee - Mocha - 12oz	12oz	778	185	9.3	5.2	3.3	24.4	23.4	1.5	0.3	-
Coffee - Macchiato - 4oz	4oz	20	5	0.4	0.2	0.1	0.5	0.5	0	0	-
Matcha Latte-Hot - 12oz	12oz	697	167	8.9	9.1	5.7	12	12	0.5	0.34	-
Coffee - Espresso - 4oz		0	0	0	0	0	0	0	0	0	-
<b>Other Hot Drinks</b>											
Hot Chocolate - 12oz	12oz	1077	256	10.6	6.4	4	37.5	35.5	2.8	0.3	0
Hot Chocolate-Caramel - 12oz	12oz	1318	314	11	12	8.1	41	22	2.2	0.27	-
Hot Chai Latte - 12oz	12oz	756	180	7.1	3.6	2.2	29.8	29.8	0	0.2	0
Milk - Organic Milk	8oz	396	94	6.8	3.4	2.1	9	9	0	0.2	0
Milk - Babyccino	4oz	59	14	1	0.5	0.3	1.4	1.4	0.1	0	0
<b>Tea</b>											
Tea - Ceylon Breakfast Tea - 12oz	12oz	0	0	0	0	0	0	0	0	0	0
Tea - Earl Grey Tea - 12oz	12oz	59	14	1	0.5	0.3	1.4	1.4	0	0	0
Tea - Green Matcha - 12oz	12oz	0	0	0	0	0	0	0	0	0	0
Tea - Green Tea Tropical - 12oz	12oz	0	0	0	0	0	0	0	0	0	0
Tea - Peppermint Mint - 12oz	12oz	0	0	0	0	0	0	0	0	0	0
Tea - Lemon Tea - 12oz	12oz	29	7	0	0.2	0	1.2	0	0.2	0	
<b>Syrups and alternative milk</b>											
Caramel Syrup		206	49	0	0	0	12.1	12.1	0	0	0
Vanilla Syrup		203	49	0	0	0	12	12	0	0	0
Hazelnut Syrup		197	47	0	0	0	11.7	11.7	0	0	0
Soya Milk - Rude Health		179	43	3.2	1.6	0.3	3.5	2	0.7	0.1	-
Rice Coconut Milk - Rude Health		225	54	0.8	2.3	1.2	7	4.5	0.9	0.1	-
Oat Milk - Rude Health		205	49	0.5	2.3	0.3	6.2	4.6	0.9	0.09	-
Almond Milk - Rude Health		237	56	0.2	1.49	0.3	10.5	4.7	0.2	0.1	-
<b>Iced Coffees</b>											
Iced Black Americano - 12oz	12oz	3	1	0	0	0	0.1	0	0	0	-
Iced Chai Latte - 12oz	12oz	756	180	7.1	3.6	2.2	29.8	29.8	0	0.2	-
Iced Latte - 12oz	12oz	504	120	8.6	4.4	2.7	11.5	11.5	0	0.3	-
Iced Cappuccino - 12oz	12oz	630	151	7.7	8.2	5.1	11	11	0	0.42	-
Iced White Americano - 12oz	12oz	147	35	2.6	1.3	0.8	3.4	3.4	0	0.1	-
Iced Mocha-Full Fat Milk - 12oz	12oz	595	142	6.2	6.7	4.6	14	11	1	0.33	-
Iced Mocha-Low Fat Milk - 12oz	12oz	487	116	6.5	3.5	1.7	14	12	1	0.33	-
Iced Mocha-Soya Milk - 12oz	12oz	367	88	3.6	4.3	0.9	7.8	5.6	1.8	0.45	-
Iced Chocolate-Full Fat Milk - 12oz	12oz	756	180	6.9	7.3	5.1	21	16	2	0.28	-
Iced Chocolate-Low Fat Milk - 12oz	12oz	648	154	7.2	4.1	2.1	21	16	2	0.28	-
Iced Chocolate Soy Milk - 12oz	12oz	528	126	4.4	4.9	1.3	15	10	2.7	0.4	-
Iced Matcha Latte - 12oz	12oz	418	100	5.6	5.3	3.3	7.1	6.9	0.8	0.2	-