

| PRET KW - NUTRITIONAL GUIDE                    |                     |                     |               |        |             |        |          | 22-Feb-2026 |            |            |
|------------------------------------------------|---------------------|---------------------|---------------|--------|-------------|--------|----------|-------------|------------|------------|
| Platters-Sharing Boxes                         |                     | No. of Products: 02 | Energy (Kcal) | Fat(g) | Sat. Fat(g) | CHO(g) | Sugar(g) | 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                        |                     | No. of Products: 03 | Energy Kcal   | Fat(g) | Sat. Fat(g) | CHO(g) | Sugar(g) | 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                                        | No. of Products: 10 |                     | Energy Kcal   | Fat(g) | Sat. Fat(g) | CHO(g) | Sugar(g) | Fiber(g)    | Protein(g) | Sodium(mg) |
| Classic Super Club (Slim) (120)g               |                     |                     | 220           | 12     | 2.5         | 20     | 2        | 3           | 9          | 450        |
| Mature Cheddar & Pickle (232)g                 |                     |                     | 490           | 25     | 10          | 50     | 12       | 6           | 21         | 1080       |
| 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        |
| Free Range Egg Mayo (Slim) (90)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                                 | No. of Products: 15 |                     | Energy Kcal   | Fat(g) | Sat. Fat(g) | CHO(g) | Sugar(g) | Fiber(g)    | Protein(g) | Sodium(mg) |
| Chicken Caesar & Bacon (Slim) (116)g           |                     |                     | 300           | 15     | 3.0         | 31     | 2        | 2           | 12         | 560        |
| Lemon Chicken Baguette (Slim) (107)g           |                     |                     | 220           | 6      | 1           | 31     | 2        | 2           | 10         | 500        |
| Posh Cheddar & Pickle (Slim) (105)g            |                     |                     | 290           | 13     | 5           | 35     | 7        | 2           | 11         | 720        |
| Turkey & Cheese (Slim) (107)g                  |                     |                     | 230           | 8      | 2.0         | 31     | 2        | 3           | 11         | 430        |
| Lemon Chicken Baguette (221)g                  |                     |                     | 440           | 13     | 2           | 62     | 5        | 3           | 20         | 1350       |
| Egg & Avo Baguette (Slim) (111)g               |                     |                     | 260           | 12     | 2.0         | 32     | 1        | 3           | 9          | 380        |
| Avo, Olives & Toms (Slim) (109)g               |                     |                     | 230           | 9      | 1.0         | 34     | 1        | 5           | 7          | 680        |
| Tuna Mayo & Cucumber (Slim) (135)g             |                     |                     | 320           | 17     | 2.5         | 29     | 2        | 2           | 15         | 640        |
| Chicken Caesar & Bacon (233)g                  |                     |                     | 610           | 31     | 7           | 62     | 3        | 4           | 24         | 1130       |
| Posh Cheddar & Pickle (239)g                   |                     |                     | 640           | 29     | 10          | 76     | 14       | 5           | 23         | 1770       |
| Pesto Caprese (Slim) baguette (113)g           |                     |                     | 330           | 18     | 5.0         | 32     | 2        | 2           | 12         | 620        |
| Brie & Tapenade Baguette (Slim) (115)g         |                     |                     | 280           | 13     | 8           | 30     | 2        | 2           | 11         | 410        |
| Turkey & Cheese (215)g                         |                     |                     | 470           | 16     | 3.5         | 62     | 5        | 6           | 23         | 870        |
| Deli Baguette (193)g                           |                     |                     | 490           | 22     | 7.0         | 52     | 4        | 3           | 24         | 1490       |
| Deli Baguette Slim (96)g                       |                     |                     | 250           | 11     | 3.5         | 26     | 2        | 1           | 12         | 570        |
| Hot Baguettes                                  | No. of Products: 01 |                     | Energy Kcal   | Fat(g) | Sat. Fat(g) | CHO(g) | Sugar(g) | Fiber(g)    | Protein(g) | Sodium(mg) |
| Pesto Chicken hot baguette (235)g              |                     |                     | 610           | 27     | 10          | 65     | 3        | 4           | 31         | 1470       |
| Cold Wraps                                     | No. of Products: 06 |                     | Energy Kcal   | Fat(g) | Sat. Fat(g) | CHO(g) | Sugar(g) | 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        |
| Hot Wraps                                      | No. of Products: 03 |                     | Energy Kcal   | Fat(g) | Sat. Fat(g) | CHO(g) | Sugar(g) | Fiber(g)    | Protein(g) | Sodium(mg) |
| Chicken Fajita Hot Wrap (199)g                 |                     |                     | 470           | 20     | 8           | 46     | 6        | 4           | 28         | 1050       |
| 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                                   | No. of Products: 03 |                     | Energy Kcal   | Fat(g) | Sat. Fat(g) | CHO(g) | Sugar(g) | 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          |                     |                     | 410           | 16     | 1.5         | 58     | 15       | 8           | 14         | 260        |
| Turkey & Cream cheese (131)g                   |                     |                     | 270           | 8      | 4.5         | 39     | 4        | 5           | 16         | 530        |
| Salads Bowl , Pots, Trays                      | No. of Products: 08 |                     | Energy Kcal   | Fat(g) | Sat. Fat(g) | CHO(g) | Sugar(g) | 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 Pot (120)g            |                     |                     | 130           | 4      | 1.5         | 21     | 3        | 1           | 4          | 290        |
| 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                                     | No. of Products: 06 |                     | Energy Kcal   | Fat(g) | Sat. Fat(g) | CHO(g) | Sugar(g) | Fiber(g)    | Protein(g) | Sodium(mg) |
| Protein Date Oats (262)g                       |                     |                     | 440           | 12     | 3.5         | 68     | 33       | 6           | 22         | 75         |
| Blue Chia Pot (134g)                           |                     |                     | 210           | 8      | 3           | 30     | 21       | 3           | 6          | 65         |
| Almond Butter & Honey Yoghurt Pot (152g)       |                     |                     | 330           | 19     | 7           | 29     | 20       | 3           | 13         | 90         |
| Mango & Banana Sunshine Bowl (186g)            |                     |                     | 380           | 17     | 6           | 55     | 29       | 8           | 8          | 65         |
| Honey Granola Pot (138g)                       |                     |                     | 340           | 15     | 7           | 42     | 28       | 4           | 11         | 105        |
| Coconut Chia bowl (208)g                       |                     |                     | 220           | 11     | 2           | 27     | 11       | 8           | 5          | 60         |
| Toasties                                       | No. of Products: 05 |                     | Energy Kcal   | Fat(g) | Sat. Fat(g) | CHO(g) | Sugar(g) | Fiber(g)    | Protein(g) | Sodium(mg) |
| Turkey Melt (249)g                             |                     |                     | 580           | 29     | 11.0        | 49     | 5        | 5           | 30         | 1060       |
| Classic Cheese Toastie (190)g                  |                     |                     | 580           | 33     | 15          | 44     | 2        | 5           | 28         | 1010       |
| Super Club Toastie (237)g                      |                     |                     | 570           | 31     | 12          | 45     | 3        | 5           | 28         | 1150       |
| 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                                      | No. of Products: 02 |                     | Energy Kcal   | Fat(g) | Sat. Fat(g) | CHO(g) | Sugar(g) | Fiber(g)    | Protein(g) | Sodium(mg) |
| Pink Chicken Penne Pasta (300)g                |                     |                     | 480           | 18     | 6           | 34     | 8        | 4           | 31         | 1600       |
| Hot Breakfast Roll                             | No. of Products: 02 |                     | Energy Kcal   | Fat(g) | Sat. Fat(g) | CHO(g) | Sugar(g) | 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                      |                     |                     | 400           | 17     | 7           | 44     | 6        | 3           | 21         | 920        |
| Rye Rolls                                      | No. of Products: 02 |                     | Energy Kcal   | Fat(g) | Sat. Fat(g) | CHO(g) | Sugar(g) | 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        |

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|--------------------------------------------------|----------------------------|--------------------|---------------|--------------------|---------------|-----------------|-----------------|-------------------|-------------------|
| <b>Porridge and add ons</b>                      | <b>No. of Products:02</b>  | <b>Energy Kcal</b> | <b>Fat(g)</b> | <b>Sat. Fat(g)</b> | <b>CHO(g)</b> | <b>Sugar(g)</b> | <b>Fiber(g)</b> | <b>Protein(g)</b> | <b>Sodium(mg)</b> |
| Honey Pot (35g)                                  |                            | 120                | 0             | 0                  | 29            | 28              | 0               | 0                 | 0                 |
| Proper Porridge (200g)                           |                            | 160                | 5             | 3.0                | 22            | 6               | 2               | 6                 | 50                |
| <b>Viennoiserie &amp; Savoury Crossiants</b>     | <b>No. of Products: 06</b> | <b>Energy Kcal</b> | <b>Fat(g)</b> | <b>Sat. Fat(g)</b> | <b>CHO(g)</b> | <b>Sugar(g)</b> | <b>Fiber(g)</b> | <b>Protein(g)</b> | <b>Sodium(mg)</b> |
| Halloumi & Za'atar Hot Croissant (132g)          |                            | 410                | 27            | 12                 | 30            | 6               | 2               | 14                | 700               |
| Egg & Mushroom Hot Croissant (170g)              |                            | 460                | 31            | 18                 | 30            | 5               | 2               | 17                | 520               |
| Mozzarella & Tomato x 8 Box (120g) (Ramadan LTO) |                            | 420                | 29            | 16                 | 28            | 4               | 2               | 15                | 600               |
| 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               |
| <b>Viennoiserie &amp; Sweet Crossiants</b>       | <b>No. of Products: 06</b> | <b>Energy Kcal</b> | <b>Fat(g)</b> | <b>Sat. Fat(g)</b> | <b>CHO(g)</b> | <b>Sugar(g)</b> | <b>Fiber(g)</b> | <b>Protein(g)</b> | <b>Sodium(mg)</b> |
| French Butter Croissant (67g)                    |                            | 274                | 16            | 11                 | 26            | 4               | 2               | 6                 | 255               |
| Almond Croissant (87g)                           |                            | 374                | 21            | 11                 | 37            | 12              | 3               | 8                 | 210               |
| Chocolate Croissant (86g)                        |                            | 407                | 24            | 14                 | 38            | 18              | 4               | 7                 | 190               |
| Very Berry Croissant (88g)                       |                            | 339                | 14            | 8                  | 47            | 24              | 3               | 5                 | 255               |
| Cinnamon Danish (110g)                           |                            | 409                | 20            | 13                 | 43            | 21              | 2               | 7                 | 404               |
| Pain au chocolat (75g)                           |                            | 318                | 18            | 12                 | 31            | 10              | 2               | 6                 | 279               |
| <b>Bakery</b>                                    | <b>No. of Products: 04</b> | <b>Energy Kcal</b> | <b>Fat(g)</b> | <b>Sat. Fat(g)</b> | <b>CHO(g)</b> | <b>Sugar(g)</b> | <b>Fiber(g)</b> | <b>Protein(g)</b> | <b>Sodium(mg)</b> |
| 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                |
| Honey Crunch Milk Cake (1635g) Ramadan LTO       |                            | 230                | 12            | 8                  | 27            | 16              | 0               | 5                 | 180               |
| <b>Cookies &amp; Muffins</b>                     | <b>No. of Products: 06</b> | <b>Energy Kcal</b> | <b>Fat(g)</b> | <b>Sat. Fat(g)</b> | <b>CHO(g)</b> | <b>Sugar(g)</b> | <b>Fiber(g)</b> | <b>Protein(g)</b> | <b>Sodium(mg)</b> |
| 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 (124g)                       |                            | 440                | 22            | 3                  | 57            | 31              | 3               | 7                 | 280               |
| <b>Soups</b>                                     | <b>No. of Products: 02</b> | <b>Energy Kcal</b> | <b>Fat(g)</b> | <b>Sat. Fat(g)</b> | <b>CHO(g)</b> | <b>Sugar(g)</b> | <b>Fiber(g)</b> | <b>Protein(g)</b> | <b>Sodium(mg)</b> |
| Souper Tomato Soup (200g)                        |                            | 70                 | 2             | 0                  | 12            | 8               | 2               | 2                 | 620               |
| Classic Pumpkin Soup (200g)                      |                            | 90                 | 6             | 4                  | 8             | 4               | 2               | 2                 | 420               |
| <b>Fruit Pots</b>                                | <b>No. of Products: 06</b> | <b>Energy Kcal</b> | <b>Fat(g)</b> | <b>Sat. Fat(g)</b> | <b>CHO(g)</b> | <b>Sugar(g)</b> | <b>Fiber(g)</b> | <b>Protein(g)</b> | <b>Sodium(mg)</b> |
| 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                 |
| Mixed Seedless Grape pot (130g)                  |                            | 100                | 1.0           | 0                  | 23            | 22              | 1               | 1                 | 0                 |
| Mango Yoghurt Pot (155g)                         |                            | 180                | 6.0           | 5                  | 24            | 22              | 1               | 7                 | 65                |
| Mini Superfruit Pot (82g)                        |                            | 50                 | 0.0           | 0                  | 13            | 10              | 2               | 1                 | 0                 |
| <b>Dessert Pots</b>                              | <b>No. of Products: 06</b> | <b>Energy Kcal</b> | <b>Fat(g)</b> | <b>Sat. Fat(g)</b> | <b>CHO(g)</b> | <b>Sugar(g)</b> | <b>Fiber(g)</b> | <b>Protein(g)</b> | <b>Sodium(mg)</b> |
| Sticky Date Pudding (120g)                       |                            | 380                | 13            | 6                  | 62            | 48              | 6               | 4                 | 90                |
| 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               |
| Saffron Milk Cake (120g)                         |                            | 270                | 10            | 3                  | 39            | 35              | 1               | 6                 | 115               |
| <b>Bars &amp; Packs</b>                          | <b>No. of Products:07</b>  | <b>Energy Kcal</b> | <b>Fat(g)</b> | <b>Sat. Fat(g)</b> | <b>CHO(g)</b> | <b>Sugar(g)</b> | <b>Fiber(g)</b> | <b>Protein(g)</b> | <b>Sodium(mg)</b> |
| 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 Frozen (25g)                           |                            | 79                 | 1             | 0                  | 16            | 8               | 2               | 1                 | 4                 |
| Cashew Date Bar (25g)                            |                            | 76                 | 1             | 0                  | 15            | 6               | 2               | 2                 | 166               |
| Nuts Fruits & Chocolate (100g)                   |                            | 556                | 40            | 6                  | 27            | 25              | 7               | 18                | 15                |
| <b>Chips</b>                                     | <b>No. of Products: 03</b> | <b>Energy Kcal</b> | <b>Fat(g)</b> | <b>Sat. Fat(g)</b> | <b>CHO(g)</b> | <b>Sugar(g)</b> | <b>Fiber(g)</b> | <b>Protein(g)</b> | <b>Sodium(mg)</b> |
| 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               |
| <b>Juices &amp; Shots</b>                        | <b>No. of Products: 06</b> | <b>Energy Kcal</b> | <b>Fat(g)</b> | <b>Sat. Fat(g)</b> | <b>CHO(g)</b> | <b>Sugar(g)</b> | <b>Fiber(g)</b> | <b>Protein(g)</b> | <b>Sodium(mg)</b> |
| 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                 |
| <b>Smoothies</b>                                 | <b>No. of Products: 03</b> | <b>Energy Kcal</b> | <b>Fat(g)</b> | <b>Sat. Fat(g)</b> | <b>CHO(g)</b> | <b>Sugar(g)</b> | <b>Fiber(g)</b> | <b>Protein(g)</b> | <b>Sodium(mg)</b> |
| 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                 |
| <b>Water</b>                                     | <b>No. of Products: 02</b> | <b>Energy Kcal</b> | <b>Fat(g)</b> | <b>Sat. Fat(g)</b> | <b>CHO(g)</b> | <b>Sugar(g)</b> | <b>Fiber(g)</b> | <b>Protein(g)</b> | <b>Sodium(mg)</b> |
| San Pellegrino 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         |
| <b>Cans</b>                                      | <b>No. of Products:04</b>  | <b>Energy Kcal</b> | <b>Fat(g)</b> | <b>Sat. Fat(g)</b> | <b>CHO(g)</b> | <b>Sugar(g)</b> | <b>Fiber(g)</b> | <b>Protein(g)</b> | <b>Sodium(mg)</b> |
| Apple Fizz (100ml)                               |                            | 34                 | 0             | 0                  | 8             | 8               | 0               | 0                 | 0                 |
| Grape & Elderflower (100ml)                      |                            | 33                 | 0             | 0                  | 7             | 7               | 0               | 0                 | 0                 |
| Organic Ginger Komboucha (100ml)                 |                            | 18                 | 0             | 0                  | 5             | 5               | 0               | 0                 | 0                 |
| Ruharb Lemonade (100ml)                          |                            | 36                 | 0             | 0                  | 8             | 8               | 0               | 0                 | 0                 |

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|------------------------------------------------------------------|---------------------|-------------|--------|-------------|--------|----------|----------|-------------|------------|
| Iced Drinks                                                      | No. of Products: 47 | Energy Kcal | Fat(g) | Sat. Fat(g) | CHO(g) | Sugar(g) | 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 Oz) Iced                            |                     | 185         | 3      | 1           | 40     | 25       | NA       | NA          | 150        |
| Almond Caramel Latte With Almond Milk (12 Oz) 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         |
| 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        |             |            |
| Hot Drinks                                                       | No. of Products: 35 | Energy Kcal | Fat(g) | Sat. Fat(g) | CHO(g) | Sugar(g) | 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        |
| 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                                                          | No. of Products: 06 | Energy Kcal | Fat(g) | Sat. Fat(g) | CHO(g) | Sugar(g) | 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          |

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| Beverage Add Ons                               | No. of Products: 12 | Energy Kcal | Fat(g) | Sat. Fat(g) | CHO(g) | Sugar(g) | 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                        | No. of Products: 06 | Energy Kcal | Fat(g) | Sat. Fat(g) | CHO(g) | Sugar(g) | 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)                   |                     | 29          | 0.7    | 0.7         | 5.2    | 4.2      | 0.2      | 0.2         | 50         |
| 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                                            | No. of Products: 03 | Energy Kcal | Fat(g) | Sat. Fat(g) | CHO(g) | Sugar(g) | 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                            | No. of Products: 08 | Energy Kcal | Fat(g) | Sat. Fat(g) | CHO(g) | Sugar(g) | 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        |
| 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                             | No. of Products: 2  | Energy Kcal | Fat(g) | Sat. Fat(g) | CHO(g) | Sugar(g) | 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         |