

PRET QATAR NUTRITIONAL INFORMATION

		ALL VALUES PER SERVING UNLESS STATED					
Category / Product Name	Size	Cal	g	g	g	g	g
		Energy	Protein	Fat	Sat. Fat	Carbs	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
PRET HOLIDAY LUNCH	203g	418	26.7	11.3	2.3	48.9	11.3
BRIE & CRANBERRY	166g	406	15.3	14.9	8.6	50	13.5
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
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
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

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: 6						
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	
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	
GINGER BREAD COOKIES	50g	195.0	2.7	12.0	6.5	18.0	8.5	
RAMADAN DESSERTS		No of Products: 1						
STICKY DATES PUDDING IN TOFFEE SAUCE	1120g	3900	14.7	205	126	490	465	
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						
SOUPEE 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	
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	

ICED DRINKS		No of Products: 18					
ICED LATTE 12 OZ	215 Cal	11.2	11.6	7.3	15.2	15.2	
ICED LATTE 16 OZ	286 Cal	15	15.4	9.7	20.2	20.2	
ICED SPANISH LATTE 12 OZ	254 Cal	7.7	11.6	8.4	28.3	11.8	
ICED WHITE MOCHA LATTE 12 OZ	372 Cal	9.7	22.1	18.1	32.9	32.9	
ICED WHITE MOCHA LATTE 16 OZ	513 Cal	13	30.7	25.3	43.9	43.9	
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	248 Cal	11.1	11.3	7.1	23.7	23.1	
ICED MOCHA 16 OZ	320 Cal	14.8	15.2	9.5	28.8	28.2	
ICED CAPPUCINO 12 OZ	238 Cal	9.6	9.9	6.2	26.5	26.4	
ICED CAPPUCINO 16 OZ	264 Cal	10.6	11.3	7.1	28.3	28.3	
ICED CHOCOLATE 12 OZ	317 Cal	12.9	13.1	8.2	34.2	33.1	
ICED CHOCOLATE 16 OZ	359 Cal	15.2	15.4	9.6	37.2	36	
ICED MATCHA LATTE 12 OZ	420 Cal	12.4	24.8	19.9	32.3	32.3	
ICED MATCHA LATTE 16 OZ	566 Cal	16	33.7	27.2	43.8	43.8	
COFFEE		No of Products: 17					
LATTE 12 OZ	215 Cal	11.2	11.6	7.3	15.2	15.2	
LATTE 16 OZ	286 Cal	15	15.4	9.7	20.2	20.2	
SPANISH LATTE 12 OZ	319 Cal	11.1	15.1	10.6	32.9	16.4	
WHITE MOCHA LATTE 12 OZ	373 Cal	9.8	22.2	18.1	32.9	32.9	
WHITE MOCHA LATTE 16 OZ	513 Cal	13	30.7	25.3	43.9	43.9	
CAPPUCINO 12 OZ	186 Cal	9.6	9.9	6.2	13.6	13.6	
CAPPUCINO 16 OZ	212 Cal	10.9	11.3	7.1	15.5	15.4	
FLAT WHITE 8 OZ	162 Cal		8.9	5.5		12	
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	248 Cal	11.1	11.3	7.1	23.7	23.1	
MOCHA 16 OZ	320 Cal	14.8	15.2	9.5	28.8	28.2	
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	
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	317 Cal	12.9	13.1	8.2	34.2	33.1	
HOT CHOCOLATE 16 OZ	359 Cal	15.2	15.4	9.6	37.2	36	
MATCHA LATTE 12 OZ	420 Cal	12.4	24.8	19.9	32.3	32.3	
MATCHA LATTE 16 OZ	566 Cal	16	33.7	27.2	43.8	43.8	
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	4082Cal	164.8	217.7	48.6	322	45	
Rye Roll Selection Platter	3927Cal	153.3	170.4	51.3	438.3	79.8	
Best Seller Mix Platter	2399Cal	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	