

**PRET QATAR NUTRITIONAL INFORMATION**

Category / Product Name	Size	Energy	Protein	Fat	Sat. Fat	Carbs	Sugar
<b>GRANARY SANDWICHES</b> 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	388	16.8	16.1	3.4	40.6	4.8
TUNA & JALAPENO	215g	498	29.6	22.8	4	41.3	5.2
PRET HOLIDAY LUNCH	203g	397	26.8	8.8	1.9	49.2	11.4
BRIE & CRANBERRY	166g	406	15.3	14.9	8.6	50	13.5
<b>BAGUETTE SANDWICHES</b> No of Products: 8							
CHICKEN CAESAR & BACON	238 g	621	31.8	27.5	5.7	58.7	3.1
POSH CHEDDAR & PICKLE	293 g	502	17.9	22.6	10.3	54.3	14.4
PESTO CAPRESE (SLIM)	131 g	229	8.1	9.8	3.6	18.9	1.1
TUNA MAYO & CUCUMBER (SLIM)	156 g	231	13.8	11.3	2.0	18.6	1.8
BRIE & TAPENADE BAGUETTE (SLIM)	147 g	252	9.9	13.0	7.2	23.5	1.8
TURKEY & CHEESE	220 g	444	19.6	12.6	3.5	60.8	5.6
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
<b>COLD WRAPS</b> No of Products: 4							
CRUNCHY CHIPOTLE CHICKEN & AVO	290 g	448	23.3	18.4	3.7	44.8	10.2
CHICKEN CEASER WRAP	258 g	594	27.9	36.9	10.3	37.3	3.0
AVOCADO & HERB SALAD WRAP	256g	465	9.9	28.5	5.8	39.4	4.8
CHICKEN PESTO & ROCKET WRAP	255g	534	21.3	25.1	4.5	39.5	4.5
<b>KIDS</b> No of Products: 2							
TURKEY & CREAM CHEESE	131 g	273	12.9	6.2	3.4	38.3	3.6
ALMOND BUTTER & BERRIES SPREAD	137 g	401	13.5	17.3	1.5	43.3	8.4
<b>SALADS</b> No of Products: 5							
TAMARI & GINGER CHICKEN	360 g	606	27.4	32.6	7.4	49.9	29.9
MOZZARELLA, PESTO & AVO	313 g	536	14.5	27.5	8.0	19.6	13.2
CHEFS ITALIAN CHICKEN	320g	393	23.9	28.7	5.6	8.6	6.1
GREEK SALAD WITH VINAIGRETTE		248	8.5	25.4	8	12.1	3.7
TUNA NICOISE	320g	269	28.8	14.5	3.3	4.9	3.9
<b>POTS</b> No of Products: 9							
FIVE BERRY POT	120 g	152	9.6	3.1	less than 1 g	20.5	11.8
BIRCHER MUESLI	206 g	228	13.8	4.4	less than 1 g	33.2	23.3
MANGO & BANANA SUNSHINE BOWL	174 g	282	6	6.9	1.5	46.9	26.9
HONEY GRANOLA POT	135 g	236	10.5	4.2	less than 1 g	37.9	26.1
COCONUT CHIA	201 g	247	5.4	11.4	2.0	26.7	13.9
BLUE GOODNESS Bowl	182 g	205	13.3	3.6	1.1	28.6	19.9
ROSE GOODNESS Pot	133g	193	9.8	4.5	less than 1 g	29.0	19.5
BLUE CHIA POT	128g	200	5.8	8.2	2.5	22.6	16.4
ALMOND BUTTER & HONEY YOGHURT	155g	284	14.2	12.4	1.2	27.5	21.2
<b>HOT WRAPS</b> No of Products: 2							
CHICKEN MUSHROOM	244 g	487	24.4	24.4	9.3	41.1	4.6
FALAFEL & HALLOUMI	285 g	493	19.8	16.0	4.6	65.7	10.6
ITALIAN STYLE CHICKEN & BASIL	251g	482	30.4	18.9	8.7	45.7	7.1
<b>HOT BAGUETTES</b> No of Products: 2							
PESTO CHICKEN	285 g	471	29.1	17.0	8.9	27.5	2.3
CHIPOTLE MOZZARELLA	232 g	505	22.3	16.4	7.7	63.5	6.4
<b>TOASTIES</b> No of Products: 5							
CLASSIC CHEESE	202 g	608	28.5	30.2	13.7	54.3	4.4
SUPER CLUB	282 g	647	36.1	29.9	10.5	55.1	4.7
TUNA MELT	212 g	539	30.3	21.3	8.1	53.2	4.1
BBQ PULLED BEEF TOASTIE	254 g	742	29.2	40.8	14.8	71.1	18.9
HALLOUMI, RED PEPPER & BASIL	221 g	494	24.1	18.3	4.9	57.9	6.5
CREAMY CHIPOTLE BEEF TOASTIE	242g	597	26.4	26.9	10.4	59.4	9.5
TURKEY MELT	281	583	27.9	25.5	10.0	58.2	8.4
<b>MAC &amp; CHEESE - HOT BOX</b> 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
<b>HOT BREAKFAST SANDWICHES</b> No of Products: 4							
EGG & MUSHROOM CROISSANT	183 g	561	21.3	34.3	21.0	40.7	7.2
MOZZARELLA & PESTO CROISSANT	154 g	530	14.4	29.0	19.2	41.1	6.6
TURKEY & CHEESE CROISSANT	156 g	563	20.7	35.5	20.6	40.6	7.2
HALLOUMI & ZA'ATAR HOT CROISSANT	148g	538	19.2	32.9	19.2	42.5	7.2
<b>RYE ROLLS</b> No of Products: 2							
ROAST BEEF RYE ROLL	178g	421	15.2	17.3	4.8	50.1	9.9
SCANDI STYLE SALMON RYE ROLL	174g	391	16.2	15.9	2.5	45.3	6.9
VEGGIE DELI RYE ROLL	186g	497	19.7	23.6	9.8	50.7	9.8
<b>SAVOURY CROISSANT</b> No of Products: 3							
MOZZARELLA & TOMATO	106 g	307	10.6	20.1	11.4	20.2	3.4
CHEESE & JALAPENO HOT CROISSANT	143 g	596	19.9	39.0	24.5	41.7	7.0
CHEESE TWIST WITH ZA'ATAR	100 g	344	10.6	19.1	12.0	31.8	6.7
<b>FRUIT</b> 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
<b>BARNS &amp; PACKS</b> 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
<b>CHIPS</b> 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
<b>SWEET CROISSANTS</b>	<b>No of Products: 7</b>						
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		662	9.4	31.6	15.8	89.5	48.2
CHEESE TWIST		327	9.9	18.0	11.7	30.6	6.2
<b>COOKIES &amp; MUFFINS</b>	<b>No of Products: 4</b>						
CHOC CHUNK COOKIE		367.5	4.6	14.1	8.8	54.4	28.8
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
<b>WATER</b>	<b>No of Products: 2</b>						
AQUA PANNA STILL		0	0	0	0	0	0
SAN PELLEGRINO SPARKLING		0	0	0	0	0	0
<b>CARBONATED DRINKS</b>	<b>No of Products: 2</b>						
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
<b>PORRIDGE</b>	<b>No of Products: 1</b>						
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
<b>SOUP</b>	<b>No of Products: 3</b>						
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
<b>DESSERTS</b>	<b>No of Products: 6</b>						
CHOCOLATE MOUSSE		230	5	11	5	26	16
LEMON CHEESECAKE		290	5	16	10	32	24
SAFFRON MILK CAKE	per 100g	296	2	20	14	26	16
RICH CHOCOLATE CAKE	per 100g	392	4	29	19	29	23
CARROT CAKE	per 100g	435	5	28	17	41	31
TIRAMISU		320	4	22	12	26	17
<b>JUICES &amp; SMOOTHIES</b>	<b>No of Products: 8</b>						
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
<b>ICED DRINKS</b>	<b>No of Products: 16</b>						
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		293 Cal	11.5	12.1	7.5	33.5	11.5
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		254 Cal	less than 1 g	2.6	2	55.7	34.3
ICED MATCHA LATTE 16 OZ		327 Cal	less than 1 g	3.4	2.5	71.7	44.4
<b>COFFEE</b>	<b>No of Products: 15</b>						
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		168 Cal	8.7	9.1	5.6	11.7	11.8
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
<b>OTHER HOT DRINKS</b>	<b>No of Products: 7</b>						
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		254 Cal	less than 1 g	2.6	2	55.7	34.3
MATCHA LATTE 16 OZ		327 Cal	less than 1 g	3.4	2.5	71.7	44.4
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
<b>HOT TEA</b>	<b>No of Products: 10</b>						
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
<b>PLATTERS</b>	<b>No of Products: 8</b>					
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
<b>BAGS</b>	<b>No of Products: 3</b>					
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
<b>Add Ons</b>	<b>No of Products: 12</b>					
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