

PRET KW - NUTRITIONAL GUIDE								10-Feb-2026		
<b>Platters-Sharing Boxes</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>
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
<b>Rice Bowl &amp; Ready Meals</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>
Mexican Style Chicken & Rice (285g)			390	15	4	29	4	3	35	1540
Tawook Chicken (290g)			450	25	6	30	4	3	32	1330
Pret's Murabyan (290g)			370	11	2.5	46	3	1	22	1600
<b>Granary</b>		<b>No. of Products: 10</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>
Classic Super Club (Slim) (120g)			220	12	2.5	20	2	3	9	450
Mature Cheddar & Pickle (232g)			490	25	10	50	12	6	21	1080
Smoked Salmon Granary Slim (90g)			190	9	3	20	2	2	10	550
Classic Super Club (241g)			440	25	5	41	5	5	19	890
Free Range Egg Mayo (Slim) (90g)			210	12	2.5	19	1	2	8	330
Free Range Egg Mayo (176g)			390	22	5	39	3	5	16	650
Free Range Egg Mayo & Tomato (Slim) (115g)			210	12	2.5	20	2	3	8	600
Chicken Avocado Basil Slim (118g)			240	15	2.5	22	2	4	9	370
Chicken Avocado Basil (236g)			470	29	4.5	43	4	8	18	750
<b>Cold Baguettes</b>		<b>No. of Products: 15</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>
Chicken Caesar & Bacon (Slim) (116g)			300	15	3.0	31	2	2	12	560
Lemon Chicken Baguette (Slim) (107g)			220	6	1	31	2	2	10	500
Posh Cheddar & Pickle (Slim) (105g)			290	13	5	35	7	2	11	720
Turkey & Cheese (Slim) (107g)			230	8	2.0	31	2	3	11	430
Lemon Chicken Baguette (221g)			440	13	2	62	5	3	20	1350
Egg & Avo Baguette (Slim) (111g)			260	12	2.0	32	1	3	9	380
Avo, Olives & Toms (Slim) (109g)			230	9	1.0	34	1	5	7	680
Tuna Mayo & Cucumber (Slim) (135g)			320	17	2.5	29	2	2	15	640
Chicken Caesar & Bacon (233g)			610	31	7	62	3	4	24	1130
Posh Cheddar & Pickle (239g)			640	29	10	76	14	5	23	1770
Pesto Caprese (Slim) baguette (113g)			330	18	5.0	32	2	2	12	620
Brie & Tapenade Baguette (Slim) (115g)			280	13	8	30	2	2	11	410
Turkey & Cheese (215g)			470	16	3.5	62	5	6	23	870
Deli Baguette (193g)			490	22	7.0	52	4	3	24	1490
Deli Baguette Slim (96g)			250	11	3.5	26	2	1	12	570
<b>Hot Baguettes</b>		<b>No. of Products: 01</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>
Pesto Chicken hot baguette (235g)			610	27	10	65	3	4	31	1470
<b>Cold Wraps</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>
Crunchy Chipotle Chicken & Avo Wrap (252g)			430	19	3	50	9	5	18	930
Chicken Caesar Wrap (225g)			580	35	8	44	2	3	24	1050
Pesto Hummus & Veggies (213g)			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
<b>Hot Wraps</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>
Chicken Fajita Hot Wrap (199g)			470	20	8	46	6	4	28	1050
Falafel & Halloumi Hot Wrap (251g)			480	22	2	58	9	5	18	1620
Chicken Mushroom Hot Wrap (212g)			470	24	9	43	4	3	23	1170
<b>Kids Granary</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>
Cream Cheese & Cucumber (145g)			270	10	6	39	4	5	9	350
Almond Butter & Berries Spread (137g)			410	16	1.5	58	15	8	14	260
Cream Cheese & Turkey (131g)			270	8	4.5	39	4	5	16	530
<b>Salads Bowl , Pots, Trays</b>		<b>No. of Products: 08</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>
Pesto Pasta & Chicken Salad Bowl (242g)			550	32	6	45	4	4	25	690
Classic Caesar Chicken Salad (216g)			410	29	7	13	3	3	26	450
Tamari & Ginger Chicken Salad Bowl (317g)			240	10	3.0	26	16	3	16	1180
Mozzarella, Pesto & Avo Salad (264g)			470	41	12	14	3	6	18	760
Mediterranean Orzo Salad Pot (120g)			130	4	1.5	21	3	1	4	290
Charred Corn Salad Pot (145g)			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
<b>Sweet 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>
Protein Date Oats (262g)			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)			350	14	4	54	28	8	8	65
Honey Granola Pot (138g)			340	15	7	42	28	4	11	105
Coconut Chia bowl (208g)			130	5	2	20	11	3	3	60
<b>Toasties</b>		<b>No. of Products: 05</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>
Turkey Melt (249g)			580	29	11.0	49	5	5	30	1060
Classic Cheese Toastie (190g)			580	33	15	44	2	5	28	1010
Super Club Toastie (237g)			570	31	12	45	3	5	28	1150
Halloumi, Red Pepper, & Basil Toastie (218g)			470	22	1	48	5	5	21	1590
Roast beef & mushroom melt toastie (218g)			530	25	11	48	4	5	27	1050
<b>Pasta Box</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>
Pink Chicken Penne Pasta (300g)			480	18	6	34	8	4	31	1600
<b>Pret's Hot</b>		<b>No. of Products: 01</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>
<b>Hot Breakfast Roll</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>
Pret's Veggie Roll (222g)			350	12	3.0	45	5	3	17	590
Egg & Chipotle Bun (205g)			400	17	5	44	6	3	21	780
<b>Rye Rolls</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>
Burrata & Balsamic Rye Roll (176g)			390	17	10	50	10	4	13	390
Roast Beef Rye Roll (170g)			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
Cheese Twist & Za'atar (96g)		340	19	12	34	7	2	10	340
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 (Per 100g)		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)		370	14	8	54	30	3	5	180
Dark Choc & Almond Cookie (85g)		380	15	8	51	31	3	7	280
Choc Chunk Cookie Pot (85g)		370	14	8	54	30	3	5	180
Dark Choc & Almond Cookie Pot (85g)		380	15	8	51	31	3	7	280
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: 05</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
Fudgy Hot chocolate (8Oz)			900	50	29	103	76	8	13	270
Hot cocoa shot (4Oz)			420	26	15	46	38	4	6	55
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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<b>Beverage Add Ons</b>	<b>No. of Products: 12</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>
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
<b>Milk &amp; Alternative Milk</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>
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
<b>CPG</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>
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
<b>Cold Canteen drinks</b>	<b>No. of Products: 08</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>
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
<b>Foam Matcha Drinks</b>	<b>No. of Products: 2</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>
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