



Regular	Energy KJ	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	Fibre(g)	Protein(g)	Salt(g)	Sodium(mg)
Pret's Hot										
Brioche										
Bacon Brioche (per serving - 132g)	1966	470	24	12	45	4.8	1.5	18	3.2	-
Bacon & Egg Brioche (per serving - 191g)	2090	499	24	12	47	5.6	1.6	23	3.4	-
Sausage & Egg Brioche (per serving - 203g)	1365	325	11.5	4.9	33.6	4.9	0	20.9	0.8	-
Pret's Veggie Brioche (per serving - 221g)	1721	409	15	9.4	49	7.5	1.8	19	2.1	-
Hot Croissant										
Cheddar & Tomatoes Hot Croissant (per serving - 125g)	1523	365	22	15	28	5.3	2	12	0.91	
Ham & Greve Hot Croissant (per serving - 110g)	1525	365	22	14	27	4.5	1.7	15	1.3	
Cheesy Chicken Hot Croissant	2630	632	45	22	28	5	2.1	28	1.6	-
Hot Wraps										
Hot Wrap - Chipotle Chicken (per serving - 287g)	2417	576	22	7.4	59	4.9	3.8	34	1.3	-
Hot Wrap - Spicy Mediterranean (per serving - 242g)	2228	532	24	8.9	57	4.4	3.7	20	3.5	-
Hot Wrap - Chicken Kebab	2305	550	25	11	48	4.7	3.8	36	1.6	-
Hot Mac & Cheese										
Bacon & Ham Macaroni Cheese (per serving - 430g)	6404	1533	90	57	137	6.3	2	44	5.4	-
Spinach Mac & Cheese (per serving - 380g)	5933	1420	82	54	137	5.8	1.8	33	3.8	-
Sweet Croissants										
Chocolate Croissant (per serving - 87g)	1624	389	22.1	12.4	39.8	15.1	2.6	6.4	0.6	
Almond Croissant (per serving - 87g)	1558	373	21.1	10.7	36.8	11.8	2.5	7.8	0.6	
Plain Croissant (per serving - 67g)	1177	282	16.4	10.7	266.7	4.2	1.5	6.1	0.7	
Pain aux Raisins (per serving - 113g)	1518	362	16.3	10.6	46.3	21	1.8	6.7	0.7	
Very Berry Croissant (per serving - 88g)	1517	314	13.6	6.4	42.5	22.5	2.3	4.4	0.5	-
Cookies & Muffins										
Blueberry Muffin (per 100g)	1493	356	17	2.2	46	32	1.3	4.2	0.67	-
Chocolate Chunk Cookie (per serving - 85g)	1543	367	14.1	8.8	54.4	28.8	2.2	4.7	0.4	-
Fruit, Oat & Spelt Cookie (per serving - 86g)	1458	347	13.5	7.6	49.4	28.3	2.9	5.6	0.3	-
Chocolate Muffin (per serving - 95g)	1894	453	25	4.2	50	39	2.8	5.7	0.62	-
Dark Chocolate Almond Butter Cookies (per serving - 85g)	1559	372	15	7.4	51	32.2	3.5	6.7	0.7	-
Egg Tart (per serving - 50g)	549	131	5.2	3.4	17.7	9.8	1.9	2.5	0.3	-
Cheese Twist (per serving - 76g)	1365	327	18	11.7	30.6	6.2	1.3	10	0.8	-
Savoury Croissant										
Mozzarella & Tomato Croissant (per serving - 100g)	1358	326	21.4	11.3	20.7	2.7	1.5	11.9	1	-
Bowls/ Pots										
Banana & Honey Breakfast Bowl (per serving - 195g)	1701	404	10	5.7	67	22	4.3	4	0.09	-
Bircher Muesli (per serving - 190g)	1622	388	18	8.8	42	13	4.2	11	0.32	-
Five Berry Bowl (per serving - 210g)	1801	428	11	5.7	70	41	6.7	8.5	0.22	-
Cranberry Yoghurt Bowl (per serving - 194g)	1434	341	11	5.7	50	31	5.3	7.5	0.16	-
Coconut Chia Seed Bowl (per serving - 240g)	1344	322	15	3.1	33	16	11	7.9	0.17	-
Mango & Banana Sunshine Bowl (per serving - 195g)	1581	328	8.7	4.6	53	26	6.2	5.9	0.15	-
Red Dragon Fruit Sunshine Breakfast Bowl (per serving - 210g)	1466	348	6.5	2.7	62	24	7.6	6	0.14	-
Dessert										
Tiramisu (per 100g)	1375	332	29	19	14	12	0	4.4	0.13	
Fruits										
Apple (per piece)	358	85	0.2	0.1	18.9	18.9	0	0.6	0	0
Banana (per piece)	258	62	0.2	0.1	13.9	12.1	0	0.7	0	0
Dragon Fruit & Kiwi - 170g	433	103	0.5	0	20	4.2	4.9	1.8	0	-
Melon Trio - 150g	177	42	0	0	7.9	7.9	2	0.8	0.04	-
Papaya & Lime - 150g	316	75	0.9	0.3	13	13	2.6	1.1	0.06	-
Toasties										
Brie, Avocado & Tomato Toastie (per serving - 240g)	2203	528	29	13	45	1.4	6.6	17	1.9	-
Chicken, Avocado & Basil Toastie (per serving - 247g)	2451	586	28	10	47	2.5	5.7	33	1.8	-
Ham, Cheese & Mustard Toastie (per serving - 204g)	2152	513	22	9.4	46	2.7	4.6	31	3.8	-
Classic Cheese Toastie (per serving - 196g)	2477	592	31	15	28	3.2	4.9	29	3.3	-
All Day Breakfast Toastie	2879	689	39	15	49	1.9	5.3	33	3.3	-
Salad										
Wild Crayfish & Avocado Salad (per serving - 208g)	1408	340	28	5.2	5.4	2.2	2.9	14	1.2	-
Chef's Chicken Salad (per serving - 230g)	1776	428	34	5.7	7.9	4.8	2.3	21	1.7	-
Salads Pots										
PP - Egg & Spinach (per serving - 112g)	437	104	5.3	1.5	2.4	0.3	0.7	11.4	0.6	0
PP - Smoked Salmon & Spinach (per serving - 106g)	614	147	8.7	2.2	0.8	0.7	0	15.6	1.4	0
Granary										
Granary - Chicken Avocado (per serving - 241g)	2030	485	23	5.4	41	4.5	7	24	0.9	-
Granary - Chicken & Roasted Pepper (per serving - 223g)	2158	515	24	5.1	44	7.7	5.8	28	1.2	-
Granary - Classic Super Club (per serving - 274g)	2383	570	31	5.5	43	7.1	5.5	26	1.7	-
Granary - Cracking Egg Salad (per serving - 247g)	1805	431	20	3.7	42	6.1	5.5	18	1.1	-
Granary - Cracking Egg Salad (Slim) (per serving - 124g)	902.5	215.5	10	1.85	21	3.05	2.75	9	0.55	-
Granary - Coronation Chicken (per serving - 277g)	2514	602	31	3.9	50	12	10	25	1.3	-
Granary - Ham & Cheese (per serving - 198g)	2263	541	28	17	40	3.9	4.8	30	2.3	-
Granary - Ham & Cheese (Slim) (per serving - 100g)	1131.5	270.5	14	8.5	20	1.95	2.4	15	1.15	-
Granary - Mature Cheddar (per serving - 250g)	2159	516	24	9.4	51	13	6.3	20	1.6	-
Granary - Mature Cheddar (Slim) (per serving - 125g)	1079.5	258	12	4.7	25.5	6.5	3.15	10	0.8	-
Granary - Wild Crayfish & Rocket (per serving - 200g)	1673	399	15	2.2	40	4.4	5.2	23	1.5	-
Granary - Rainbow Veggie (per serving - 277g)	1698	406	18	3.8	46	8.4	7.7	12	1.8	-
Baguettes										
Baguette - Brie, Tomato & Basil (per serving - 249g)	2168	515	16	10	70	6.7	5.4	20	2.5	-
Baguette - Chicken Caesar & Bacon (per serving - 238g)	2733	632	27	5.7	63	5.5	6.2	36	2.9	-

Baguette - Ham & Greve (per serving - 261g)	2491	592	18	7.5	71	7	5.2	34	2.6	-
Baguette - Posh Cheddar & Pickle (per serving - 255g)	2864	683	30	10	74	14	6.9	27	2.8	-
Baguette - Smoked Salmon, Soft Cheese & Dill (per serving - 224g)	2408	574	22	5.2	62	5.3	5.9	29	3.2	-
Posh Prosciutto Hot Baguette (per serving - 284g)	2475	589	20	8.4	65	6.9	7	33	3.5	-
Chipotle Mozzarella Hot Baguette (per serving - 287g)	2506	597	22	11	67	7.4	6.8	29	2.3	0
Wraps										
Salad Wrap - Avocado and Herb (per serving - 244g)	2228	535	34	7	40	4.2	6	14	1	-
Salad Wrap - Chicken & Rocket (per serving - 263g)	1598	380	13	2.8	40	5.3	3.9	24	0.9	-
Snacks										
Crisps - Tyrrells Mature Cheddar (per 25g pack)	848	203	11.6	1.4	21.1	1.6	1.5	2.8	0.52	0
Crisps - Tyrrells Cider Vinegar (per 25g pack)	511	122	6.5	0.7	14	0.4	0.8	1.6	0.45	0
Crisps - Tyrrells Lightly Salted (per 25g pack)	512	123	6.8	0.8	13	0.2	1.4	1.3	0.2	0
Crisps - Tyrrells Cracked Black Pepper (per 25g pack)	829	198	10.9	1.2	21.4	0.6	2	2.7	0.52	0
Snacks										
Brownie Bar (per serving - 60g)	1214	291	17.7	10.8	28	26.1	1.9	4	0.06	-
Choc Bar (per serving - 70g)	1528	366	22.6	13.6	36.9	25.8	2.1	3.5	0.4	0
Love Bar (per serving - 70g)	1453	349	25	14	32	25	2.3	3.2	0.32	-
Popcorn Bar (per serving - 34g)	724	173	8.2	4.8	22.8	13.9	0.7	1.7	0.09	-
Pre a Mango	506	119	0.3	0.1	28.5	13.4	1.3	0.6	0	0
Dark Chocolate Almonds Snack (per serving - 38g)	892	215	15	5.3	12	7.9	3.5	5.5	0.2	80
Juices & Smoothies										
Juice - Orange (per serving - 250g)	410	98	0	0	22.8	21.3	0	2	0	-
Juice - Grapefruit (per serving - 250g)	453	108	0	0	24.3	22.8	0	1.3	7.5	-
Juice - Lemon and Mint (per serving - 250g)	620	148	0	0	37.5	36.5	0	0	0	-
Juice - Coconut Water (per serving - 250g)	235	55	0	0	13.8	11.3	0	0	0.2	-
Radiance (per serving - 250g)	373	88	0.5	0	18	16	1.7	1.5	-	75.75
Ultra Boost (per serving - 250g)	315	74	0.7	0	14	14	0.8	1.6	-	18.75
Coke										
Coke - 500ml Bottle	900	210	0	0	53	53	0	0	0	0
Coke Zero - 500ml Bottle	8	2	0	0	0	0	0	0	0	0
Water										
San Pellegrino 500ml	0	0	0	0	0	0	0	0	0	0
Vittel 500ml	0	0	0	0	0	0	0	0	0	0
Aqua Panna 500ml	0	0	0	0	0	0	0	0	0	0
Beer										
Tiger Beer 500ml	574	137	0	0	11.2	1.7	0	0	0	7
Heineken Beer 500ml	581	139	0	0	10.6	0	0	0	0	0
Chang Beer 320ml	816	195	0	0	12.8	0	0	1.7	-	-
Coffee (Per Serving)										
Coffee - 12oz Latte	494	118	4.3	2.7	11.3	11.3	0	8.5	0.3	-
Coffee - 12oz Cappuccino	384	92	3.3	2.1	8.8	8.8	0	6.6	0.2	-
Coffee - 8oz Flat White	355	80	2.9	1.8	7.7	7.7	0	5.8	0.2	-
Coffee - 12oz Americano	3	1	0	0	0.1	0	0	0	0.2	-
Coffee - 12oz Filter Coffee	0	0	0	0	0	0	0	0	0	-
Coffee - 12oz Mocha	778	185	5.2	3.3	24.4	23.4	1.5	9.3	0.3	-
Coffee - 4oz Macchiato	20	5	0.2	0.1	0.5	0.5	0	0.4	0	-
12oz Hot Matcha Latte	697	167	9.1	5.7	12	12	0.5	8.9	0.34	-
Coffee - 4oz Espresso	0	0	0	0	0	0	0	0	0	-
Other Hot Drinks										
12oz Hot Chocolate	1077	256	6.4	4	37.5	35.5	2.8	10.6	0.3	0
12oz Caramel Hot Chocolate	1518	314	12	8.1	41	22	2.2	11	0.27	-
12oz - Chai Latte	756	180	3.6	2.2	29.8	29.8	0	7.1	0.2	0
Milk - Organic Milk (per 100ml)	396	94	3.4	2.1	9	9	0	6.8	0.2	0
Milk - Babyccino	59	14	0.5	0.3	1.4	1.4	0.1	1	0	0
Tea										
Tea - 12oz Ceylon Breakfast Tea	0	0	0	0	0	0	0	0	0	0
Tea - 12oz Earl Grey Tea	59	14	0.5	0.3	1.4	1.4	0	1	0	0
Tea - 12oz Green Matcha	0	0	0	0	0	0	0	0	0	0
Tea - 12oz Green Tea Tropical	0	0	0	0	0	0	0	0	0	0
Tea - 12oz Peppermint Mint	0	0	0	0	0	0	0	0	0	0
Syrups & Alt Milks										
Caramel Syrup (per 100ml)	206	49	0	0	12.1	12.1	0	0	0	0
Vanilla Syrup (per 100ml)	203	49	0	0	12	12	0	0	0	0
Hazelnut Syrup (per 100ml)	197	47	0	0	11.7	11.7	0	0	0	0
Soya Milk - Rude Health (per 100ml)	179	43	1.6	0.3	3.5	2	0.7	3.2	0.1	-
Rice Coconut Milk - Rude Health (per 100ml)	225	54	2.3	1.2	7	4.5	0.9	0.8	0.1	-
Oat Milk - Rude Health (per 100ml)	205	49	2.3	0.3	6.2	4.6	0.9	0.5	0.09	-
Almond Milk - Rude Health (per 100ml)	237	56	1.49	0.3	10.5	4.7	0.2	0.2	0.1	-
Iced Coffees										
12oz Iced Black Americano	3	1	0	0	0.1	0	0	0	0	-
12oz Iced Chai Latte	756	180	3.6	2.2	29.8	29.8	0	7.1	0.2	-
12oz Iced Latte	504	120	4.4	2.7	11.5	11.5	0	8.6	0.3	-
12oz Iced Cappuccino	630	151	8.2	5.1	11	11	0	7.7	0.42	-
12oz Iced White Americano	147	35	1.3	0.8	3.4	3.4	0	2.6	0.1	-
12oz Iced Mocha Full Fat Milk	595	142	6.7	4.6	14	11	1	6.2	0.33	-
12oz Iced Mocha Low Fat Milk	487	116	3.5	1.7	14	12	1	6.5	0.33	-
12oz Iced Mocha Soy Milk	367	88	4.3	0.9	7.8	5.6	1.8	3.6	0.45	-
12oz Iced Chocolate Full Fat Milk	756	180	7.3	5.1	21	16	2	6.9	0.28	-
12oz Iced Chocolate Low Fat Milk	648	154	4.1	2.1	21	16	2	7.2	0.28	-
12oz Iced Chocolate Soy Milk	528	126	4.9	1.3	15	10	2.7	4.4	0.4	-
12oz Iced Matcha Latte	418	100	5.3	3.3	7.1	6.9	0.8	5.6	0.2	-
12oz Iced Cold Brew	3	1	0	0	0.8	0	0	0	0	-
16oz Iced Cold Brew with Coconut Water	390	92	0	0	22	18	0	0	0.19	-