Date: 01 November 2026								
BREAKFAST ROLLS	**Energy Kcal**	**Protein(g)**	**Fat(g)**	**Sat. Fat(g)**	**Fiber(g)**	**CHO(g)**	**Sugar(g)**	**Sodium(mg)**
EGG & PULLED BEEF BUN (200g)	428.59	21.34	15.43	6.58	3.35	49.73	5.42	1496.16
PRET'S VEGGIE ROLL (210g)	366.16	17.32	11.2	4.33	3.61	47.51	4.67	997.05
EGG & CHIPOTLE BUN (205g)	412.2	21.04	16.36	7.12	2.66	43.39	4.43	766.92
COLD BAGUETTES								
CHICKEN CAESAR & BACON BAGUETTE (235g)	615.65	26.5	31.31	6.09	4.65	56.03	2.7	874.05
EGG & AVO BAGUETTE (250g)	599.78	19.26	30.48	5.66	7.36	63.02	3.42	1216.86
EGG & AVO SLIM BAGUETTE (125g)	299.89	9.63	15.24	2.83	3.68	31.51	1.71	617.86
TUNA MAYO & CUCMBER BAGUETTE (210g)	519.62	22.92	21.57	3.31	2.8	57.6	3.09	1257.79
TUNA & CUCUMBER SLIM BAGUETTE (105g)	259.81	11.46	10.79	1.65	1.4	28.8	1.55	628.89
TURKEY & CHEESE BAGUETTE (220g)	485.77	23.17	17.18	4.09	4.91	57.73	4.84	1017.46
PESTO CAPRESE (110g)	327.5	12.18	17.35	5.71	1.94	29.77	3.53	474.91
POSH CHEDDAR & PICKLE BAGUETTE (210g)	595.15	21.08	24.78	9.02	4.59	71.73	16.03	886.02
CROISSANTS								
HALLOUMI & ZAATAR CROISSANT (140g)	466.64	17.88	27.61	17.6	2.17	35.83	1.18	675.54
MOZZARELLA & TOMATO CROISSANT WITH TOMATO SLICE (	375.7	13.02	24.56	13.86	2.02	24.9	4.22	508.52
MOZZARELLA & TOMATO CROISSANT (108 g)	371.3	12.84	24.49	13.85	1.76	24.01	3.64	507.64
TURKEY & CHEESE CROISSANT (145g)	491.53	22.48	29.91	17	1.96	32.09	0.39	802.85
EGG & MUSHROOM HOT CROISSANT(180g)	505.51	17.58	32.58	19.8	2.33	34.24	1.22	580.22
QUATTRO FORMAGGI CROISSANT (140g)	502.87	20.36	32.08	20.96	1.88	32.3	0.7	582.5
FRUIT POT								
MANGO & LIME POT (125g)	73.5	1.01	0.47	0.11	2.06	18.53	16.52	1.3
SUPER FRUIT SALAD POT (155g)	95.86	1.33	0.88	0.16	3.51	22.15	13.01	2.28
POMS POT (125g)	91.3	1.84	1.29	0.13	4.4	20.57	15.07	3.3
CANTALOUPE MELON & BLUEBERRY POT (150g)	49.92	1.1	0.27	0.06	1.34	12.11	11.05	36.16
WATERMELON & LIME POT (170g)	46.5	0.95	0.24	0.03	0.86	12	9.16	1.65
GRANARY								
CHICKEN AVOCADO & BASIL (245g)	548.91	20.75	31.85	5.02	9.41	44.31	3.7	997.91
CLASSIC SUPER CLUB GRANARY (210g)	424.09	20.98	19.74	3.08	5.42	40.14	3.58	565.22
EGG MAYO & TOMATO GRANARY (190g)	414.02	15.68	20.16	4.19	5.26	39.65	4.22	671.7
MATURE CHEDDAR & PICKLE GRANARY (210g)	485.03	19.02	23.4	9.41	6.29	46.96	8.83	789.35
TUNA & JALAPENO SANDWICH (245g)	580.81	28.23	33.26	5.13	5.6	39.84	3.55	1023.41
CLASSIC SUPER CLUB GRANARY SLIM(105g)	212.04	10.49	9.87	1.54	2.71	20.07	1.79	282.61
EGG MAYO & TOMATO GRANARY SLIM(95g)	207.01	7.84	10.08	2.09	2.63	19.82	2.11	335.85
TUNA & JALAPENO SANDWICH SLIM(122.5g)	290.4	14.115	16.63	2.56	2.8	19.92	1.77	511.7
HOT BAGUETTE								
CHICKEN PESTO BAGUETTE (260g)	762.61	35.47	36.36	12.56	4.76	63.77	7.16	1388.49
CHIPOTLE MOZZARELLA BAGUETTE (180g)	441.07	19.28	12.88	5.3	5.78	62.4	7.05	613.43
HOT BOXES								
ARRABIATA PENNE (320g)	356.14	13.98	11.46	4.7	4.5	48.7	6.64	1176.71
CHICKEN & MUSHROOM PASTA BOX (370g)	508	27.08	25.38	11.91	4.02	41.77	8.71	1693.48
HOT WRAPS								
CHICKEN FAJITA HOT WRAP (190 g)	456.96	26.77	20.08	8.75	3.29	40.71	2.11	829.31
CHICKEN MUSHROOM HOT WRAP (200 g)	479.11	24.12	23.53	8.17	3.21	41.13	3.25	834.77
FALAFEL & HALLOUMI HOT WRAP (190 g)	371.86	14.99	12.41	4.85	4.56	49.8	4.4	1284.88
KIDS								
KIDS RANGE - CREAM CHEESE & TURKEY (135g)	280.25	16.41	5.53	3.21	4.8	38.6	3.79	534.34
KIDS RANGE-CREAM CHEESE & CUCUMBER (135g)	272.55	9.33	7.4	4.4	4.93	39.68	4.65	360.48
PIZZETAS								
ITALIAN STYLE PIZZETTA (220g)	473.69	17.71	14.24	6.04	2.91	69.91	17.89	483.17
PRET SWEET POT								
BIRCHER MUESLI BREAKFAST BOWL (205g)	326.55	13.7	15.53	7.5	3.03	32.87	24.59	99.91
FIVE BERRIES GRANOLA BOWL (155g)	254.65	8.87	9.25	4.3	2.59	33.1	22.97	70.88
HONEY & GRANOLA POT(105g)	254.65	7.49	7.94	3.39	2.11	37.53	28.75	59.15
MANGO & BANANA SUNSHINE BOWL(165g)	302.05	5.91	8.84	3.85	5.18	48.74	29.77	29.74
RYE ROLL								
ROAST BEEF RYE ROLL (165g)	367	14.78	12.12	2.69	2.34	45.21	2.57	878.46
SALAD								
CLASSIC CHICKEN CAESAR SALAD (285g)	334.63	20.96	22.41	6.1	3.38	13.1	1.97	457.63
GREEK SALAD & VINAIGRETTE (235g)	302.57	8.77	20	7.55	3.36	13.49	4.73	611.46
MOZZARELLA, PESTO & AVO SALAD (245g)	356.48	11.61	26.59	9.57	7.09	11.65	2.93	408.18
SALAD WRAPS								
CHICKEN CAESAR WRAP (175g)	455.61	20.82	27.4	6.84	2.34	30.5	1.42	634.67
CRUNCHY CHIPOTLE CHICKEN & AVO WRAP(255g)	460.99	21.4	20.75	3.33	5.74	47.11	4.46	961.14
TOASTIE								
CLASSIC CHEESE TOASTIE(185g)	591.85	26.41	34.38	14.64	4.53	43.76	2.2	1039.99
HALLOUMI, RED PEPPER & BASIL TOASTIE(185g)	388.1	18.2	11.83	5.12	5.1	45.77	3.04	1053.82
SUPER CLUB TOASTIE(230g)	565.93	29.72	30.35	10.48	4.7	45.22	2.09	888.4
TURKEY MELT TOASTIE (225g)	516.39	28.57	20.98	8.65	4.65	48.05	4.37	1091.89
TUNA MELT TOASTIE (205g)	491.55	28.23	22.26	8.03	4.87	44.4	2.11	1034.9
JUICE								
WATERMELON JUICE (330 ml)	99	2.01	0.49	0.05	1.32	24.91	20.46	3.3
ORANGE JUICE (330 ml)	155.1	2.54	1.12	0.05	0.99	33.66	26.99	6.6
MANGO PASSION (330 ml)	207.01	1.6	0.24	0.05	5.73	47.74	38.45	1.22
BERRY BLAST (330 ml)	187.34	1.93	0.33	0.09	6.83	43.4	37.74	1.19
ORANGE & MANGO (330ml)	177.54	2.32	0.67	0.03	2.84	38.68	30.72	3.96

STRAWBERRY & BANANA (330 ml)	240.32	2.3	0.61	0.23	4.48	57.6	44.15	1.61
MANGO & BANANA (330 ml)	291.54	2.15	0.45	0.18	5.44	67.2	51.36	0.01
DESSERT								
TIRAMISU (100g)	298.87	4.7	24.34	15.41	1.38	14.36	10.98	39.89
CHOCOLATE MOUSSE (130g)	537.6	8.29	33.05	20.12	2.51	50.16	46.73	68.53
Viennoiserie & Sweet Crossiants								
French Butter Croissant (100)g	409	9	23	16	2	39	6	380
Almond Croissant (100)g	425	9	24	12	2.9	42	14	240
Pain Au Chocolat (75g)	256	5	15	9.3	1.9	26	8.1	224
Cinnamon Danish (100)g	372	6	19	11.8	2.2	43	21	363
Cookies & Muffins								
Oat & Raisin Cookie (80g)	329	3.68	12.8	5.04	2	48.8	28.8	161.52
Milk Chocolate Cookie (80g)	374	4.2	19.2	9.6	1.2	45.6	29.6	252.72
Double Blueberry Muffin (100g)	355.8	5.3	17.4	2.05	2.8	24.6	24.6	228
Mini Choc Chunk Cookie (85)g	367	6	14	9	2	54	29	169
Cakes								
English Vanilla Cake (100g)	428.64	6.34	23.44	14.14	0.54	48.2	29.74	197.8
English Marble Cake (100g)	436.44	6.8	23.98	14.14	0.54	48.48	29.74	197.8
Carrot Cake - Riyad (150g)	435	6	18	2.25	1.5	63	43.5	345
Carrot Cake - Jeddah (150g)	638.07	8.36	11.42	3.5	2.46	90.93	54.51	529.8
Chocolate Banana Pound Cake (83g)	230	3	19	5	1	16	13	20
Bars & Packs								
Love Bar (Per100g)	497	5.4	25.7	12.8	4.3	58.8	29.7	230
Popcorn Bar (Per100g)	504	5.1	23.5	13.8	2.1	67.1	40.9	102
Choc Bar (Per 100g)	542	4.5	33.6	20.2	4.5	53.3	32.4	183
Chocolate Almonds (per 100g)	565	14.4	39.8	14	9.2	32.7	20.7	211
Brownie Bar (100g)	493	6.1	30.6	19.1	4.3	46.2	39	60.9
Pret A Mango (Per100g)	339	2.1	0.4	0.1	5.1	77	50	40
Cranberry in Coats (100)g	483	1.1	22.3	12.6	2.4	68.3	60.3	76.7
Nuts, Fruit & Chocolate (35g)	196	5.7	13	2	2	13	10	5
Chips								
Pret Chips Seasalt & Black Pepper (25g)	130	2	7.8	3.6	1.5	14.1	0.1	93.4
Pret Chips Seasalt & Cider Vinegar (25g)	131	1.9	8.1	3.8	1.4	13.7	0.1	94.9
Pret Chips Cheese & Chives (25g)	128	2	7.5	3.5	1.5	14.1	0.6	92.4
Water								
Water - Aquafina	0	0	0	0	0	0	0	0
Water - Evian	0	0	0	0	0	0	0	0
Perrier Sparkling Water	0	0	0	0	0	0	0	0
Frappe								
Frappe - Mocha (16Oz)	327	9.24	7.57	4.95	1.23	55.07	40.9	175.57
Frappe - Classic (16Oz)	313	7.04	7	4.6	0.18	60.65	34.87	144.73
Iced Drinks								
Chocolate With whole Milk (16 oz) Iced	340	14	14	9	3	44	42	150
Chocolate With whole Milk (12 oz) Iced	210	7	6	4	3	34	32	55
Cappucino With whole Milk (16 oz) Iced	147	7.8	7.9	4.9	0	11	11	160
Cappucino With whole Milk (12 oz) Iced	108	5.7	5.8	3.6	0	8.2	8.3	140
Mocha With whole Milk (16 oz) Iced	237	9.5	9.4	5.8	1.9	27	28	170
Mocha With whole Milk (12 oz) Iced	160	7	7	4.5	18	18	1	150
Latte With whole Milk (16 oz) Iced	156	8.4	8.6	5.3	0	11	11	170
Latte With whole Milk (12 oz) Iced	110	6	6	4	0	8	8	140
Pumpkin Spice Latte with whole milk (12oz)	171.07	6.25	6.37	4.12	0.77	22.26	20.81	109.05
Pumpkin Spice Latte with whole milk (16oz)	230.9	8.55	8.73	5.63	0.77	29.53	28.05	168.3
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	12	20	12	4	69	66	1790
Salted Caramel Hot Chocolate with Whole Milk(16)oz Iced	350	9	19	11	1	39	38	2040
Spanish Matcha Latte with Whole Milk (12 Oz) Iced	240	7	11	3.5	0	28	27	95
Spanish Latte with Whole Milk(16 oz) Iced	330	10	16	4.5	0	37	35	280
Spanish Latte with Whole Milk(12 oz) Iced	250	8	12	3.5	0	28	27	210
Matcha Latte With Coconut Milk (16 oz) Hot	273	1	3	3	0	63	45.5	0
Matcha Latte With Coconut Milk (12 oz) Hot	182	0	2	2	0	40	28	0
Hot Drinks								
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	8.6	8.8	5.4	0	12	12	170
Cappuccino (12 oz)	150	8	8.1	5	0	11	11	160
Espresso (4 oz)	2	0	0	0	0	0	0	75
Espresso Decaf (4 oz)	0	0	0	0	0	0	0	75
Flat White With whole Milk (8 oz)	162	8.8	8.9	5.5	0	12	12	170
Cortado with whole milk (100 ml)	34	2	2	1	0	2	2	23
Latte With whole Milk (16 oz)	236	13	13	7.8	0	17	17	220
Latte With whole Milk (12 oz)	146	7.9	8	5	0	11	11	160
Pumpkin Spice Latte with whole milk (12oz)	223.07	9.05	9.17	5.96	0.77	26.1	24.65	144.25
Pumpkin Spice Latte with whole milk (16oz)	311.5	12.89	13.07	8.48	0.77	35.48	34	222.86
Macchiato With whole Milk (4 oz)	14	0.7	0.9	0.5	0	0.9	1	70
Mocha With whole Milk (16 oz)	311	14	14	8.4	2	34	33	260
Mocha With whole Milk (12 oz)	236	10	9.5	5.9	2	29	28	160

Chocolate Chai Latte With whole Milk (12 Oz) Hot	320	10	10	6	2	50	47	105
Spanish Latte Traditional with Whole Milk- (16 oz) Hot	410	15	20	7	0	43	42	260
Spanish Latte Traditional with Whole Milk- (12 oz) Hot	310	11	15	6	0	32	31	190
Hot Chocolate With whole Milk (16 oz) Hot	390	17	16	10	3	46	45	180
Hot Chocolate With whole Milk (12 oz) Hot	290	11	11	7	3	39	37	115
Matcha Latte With Coconut Milk (16 oz) Hot	300	1	3	3	0	69	50	0
Matcha Latte With Coconut Milk (12 oz) Hot	200	0	2	2	0	44	31	0
Hot Tea								
Ceylon Tea - 16 oz	2	0	0	0	0	1	0	0
Earl Grey Tea - 16 oz	2	0	0	0	0	1	0	0
Green Tea - 16 oz	1	0	0	0	0	0	0	7
Peppermint Tea - 16oz	1	0	0	0	0	0	0	9
Beverage Add Ons								
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
Simple Syrup (15ml)	51	0	0	0	0	13	13	0
Hazelnut Syrup (15ml)	47	0	0	0	0	11.8	11.74	0.2
Vanilla Syrup (15ml)	50.7	0	0	0	0	12.74	12.59	0.15
Caramel Syrup (15ml)	48.9	0	0	0	0	12	12	0.26
Whipped Cream (30ml)	100	0.6	11	6.9	0	0.9	0.9	5
Milk & Alternative Milk								
Organic Almond Milk (100ml)	56	0.5	1.5	0.3	0.5	10	4.7	55
Organic Coconut Milk (100ml)	47	0.5	3	2.5	0.5	4	2.8	20
Organic Low Fat Milk (100ml)	47	3.5	1.5	1	0	4.8	4.8	44
Organic Oat Milk (100ml)	49	0.5	2.3	0.3	1	6.2	4.6	40
Organic Soya Milk (100ml)	47	5	2	0.3	0.6	1.4	0.7	40
Organic Whole Milk (100ml)	65	3.5	3.5	4.8	0	4.8	4.8	44
Cold Drinks								
Pepsi Regular (100ml)	27	0	0	0	0	7	7	10
Pepsi Diet (100ml)	0	0	0	0	0	0	0	20
Seven-up (100ml)	44	0	0	0	0	11	11	23
Heineken Non-Alcohol Beer (250ml)	52.5	0	0	0	0	12	3.3	0
Harvest Coconut Water (500ml)	95	0	0	0	0	23	16.5	198
Apple Fizz (330ml)	104	0	0	0	0	26	25	32
Grape & Elderflower (330ml)	98	0	0	0	0	24	24	0
Rhubarb Lemonade (330ml)	107	0	0	0	0	27	27	32
Perrier Magnetic Juice-Strawberry & Kiwi (100ml)	13	0	0	0	0	3	2.6	0
Perrier Chic Rosellini (100ml)	11	0	0	0	0	2.4	2.3	1
Perrier Chic Lemonjito (100ml)	18	0	0	0	0	1.9	1.9	5
RICE BOWL								
Chicken Biryani (402g)	818.07	59.63	27.11	8.57	15.57	57.99	13.79	1576.56
Butter Chicken (510g)	819.14	70.39	22.27	8.43	17.17	65.74	16.33	3640.29
SALAD SHAKER								
CHARRED CORN (145g)	198.86	6.07	14.74	4.18	2.61	13	5.12	513.23
BEETS & FETA (130g)	80.04	2.84	3.7	0.33	2.03	9.63	1.84	348.79
PROTEIN WRAP								
CHIPOTLE EGG & TURKEY (205g)	508.37	33.97	37.9	11.98	7.52	20.27	2.77	1250.38
MEDITERRANEAN EGG & ZAATAR (195g)	428.43	31.12	28.16	10.43	6.87	10.3	4.98	564.51
ARABIC DESSERTS								
HONEY COCONUT RICE PUDDING (165g)	447	9	20.6	13.62	2.12	58.37	19.43	113.38
UMALI LOTUS (160g)	439.05	9.24	22.07	12.27	3.16	5.14	15.16	247.09
SOUP								
LENTIL SOUP (200g)	152.59	7.31	3.99	0.65	4.14	22.95	2.4	453.68