



Regular	Energy KJ	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	Fibre(g)	Protein(g)	Salt(g)	Sodium(mg)
<b>Brioche</b>										
Pret's Bacon Brioche	1764	420	23	10.8	36.3	5.1	0	19.2	3.7	
Bacon & Egg Brioche	2058	490	27.7	12.9	37.1	6	0	25	4.3	
Sausage & Egg Brioche	1365	325	11.5	4.9	33.6	4.9	0	20.9	0.8	
Feta, Spinach & Roasted Tomatoes Brioche	1201	286	8.6	3.6	35.6	11.4	0	14.9	0.6	
Salmon Cold Brioche	1042	249	12	3.7	25	3.1	1	11	1.8	720
Ham & Egg Cold Brioche	1282	307	16	4.9	25	3.7	0.9	14	1.9	760
<b>Sweet Croissants</b>										
Chocolate & Hazelnut Croissant	1584	379	20.7	11.7	40.3	11.5	2.6	6.6	0.6	
Almond Croissant	1563	374	19.9	10.7	40.3	10.7	0.6	8	0.6	
French Butter Croissant	1213	291	16.8	11.5	27.6	4.5	1.6	6.4	1	
Pain aux Raisins	1491	356	16.2	10.7	44.4	21	1.9	7	0.8	
Very Berry Croissant - 88 g	1317	314	14	6.4	43	23	2.3	4.4	0.47	186.56
<b>Cookies &amp; Muffins</b>										
Chocolate Chunk Cookie	1552	370	14.4	8.9	53.9	31.9	0	4.7	0.4	0
Pret's Shortbread	1745	419	26.4	17.6	40.3	15.3	1.1	4.5	0.1	0
Fruit, Oat & Spelt Cookie	1458	347	13.5	7.6	49.4	28.3	2.9	5.6	0.3	0
Double Berry Muffin	1846	441	21.6	2.5	53.4	30.5	3.5	6.6	1	0
Dark Chocolate Almond Butter Cookies - 80g	1463	349	14	7.2	47	30	3.2	6	0.67	268.8
Egg Tart	571	136	5.1	3.4	19	11	0.6	3	0.3	
Cheese Twist	1166	279	15	9.9	26	5.3	1.4	8.6	0.68	
<b>Savoury Croissant</b>										
Mozzarella & Tomato Croissant	1343	322	21.2	11.3	20.5	3.3	0	11.4	1.2	0
Hot Breakfast Croissant Portobello - 176 g	1760	422	27	16	29	5.1	2.3	14	2	797.2
Hot Breakfast Croissant Chicken - 181 g	1912	458	28	17	28	4.9	1.9	23	1.7	678.7
Salmon Egg Hot Croissant	1722	412	23	19	31	4.2	1.7	19	0.92	
Cheddar & Tomatoes Hot Croissant	1549	372	23	15	29	5	1.8	11	0.88	
Ham & Greve Hot Croissant	1455	348	20	13	27	4.1	1.6	15	1.4	
<b>Bowls / Pots</b>										
Banana & Honey Breakfast Bowl	1672	398	15.7	6.8	48	39	0	16.3	0.2	0
Bircher Muesli	1310	312	14.4	6.6	30	25	0	14.6	0.3	0
Five Berry Bowl	1435	342	9.1	4.5	49.5	28.8	0	13.4	0.6	0
Five Berry Pot	709	169	4.2	2.8	23	23	0	9	0.5	0
Cranberry Yoghurt Bowl - 266 g	2007	479	22	8.9	46	21	3.9	22	0.7	260
Yellow Goodness Bowl	1989	476	27	12	41	29	4.8	15	2.6	104.3
Blue Goodness Bowl	1482	355	19	9.8	32	23	3.2	12	0.24	97.76
Pink Goodness Bowl	1552	373	25	10	22	13	3.5	14	0.25	100.3
Coconut Chia Seed Bowl	1310	313	14	3.2	32	17	9.5	9.4	0.18	
Almond Butter Yoghurt Bowl	1128	270	15	5.1	16	16	2.5	15	0.05	
<b>Fruits</b>										
Apple	358	85	0.2	0.1	18.9	18.9	0	0.6	0	0
Banana	258	62	0.2	0.1	13.9	12.1	0	0.7	0	0
Dragon Fruit & Kiwi	455	109	2.7	0	18.4	14.1	2.7	2.9	0.2	0
Melon Trio	236	56	0.3	0	12.6	11.4	1.2	0.7	0.1	0
Papaya & Lime	306	73	0.5	0.1	16.5	11.4	2.7	0.8	0	0
Pineapple & Lime	319	76	0.1	0	18.1	13.2	0	0.7	0	0
<b>Toasties</b>										
Brie, Avocado & Tomato Toastie	2504	603	32.8	12.2	49.3	3.7	0	22.2	2.5	0.00
Chicken, Avocado & Basil Toastie	2515	602	34	13	37	3.8	4.4	34	1.9	0
Chipotle Chicken Toastie	2235	535	16.5	8	52.3	7.5	0	40.7	2.7	0
Egg, Cheddar & Tomato Toastie	2531	606	34.5	12.7	43	10.9	0	25.6	2	0
Ham, Cheese & Mustard Toastie	1884	450	20.6	10	34.5	2.8	2	30.5	3.4	0
Mozzarella & Pesto Toastie	1617	384	12.7	3.4	48.2	3.6	0	18.7	2.3	0
Classic Cheese Toastie	2641	633	37	23	43	1.8	4	31	2.6	1040
<b>Toasted Tortilla</b>										
Avocado, Cheddar & Chipotle Toasted Tortilla	2338	560	31.1	12.5	46	5.5	0	19.9	1.8	0
Chicken Caesar & Avocado Toasted Tortilla	2775	664	37	15.7	38.9	3.2	0	42	2.4	0
Chipotle Chicken Toasted Tortilla	2107	502	19.2	9.7	45	5.2	0	34.8	1.9	0
Eggs Florentine Toasted Tortilla	2181	521	26.3	8.3	38.9	4.2	0	30.6	2.8	0
<b>Salads</b>										
Wild Crayfish & Avocado Salad	903	215	14.9	3.1	2.5	1.2	0	14.9	1	0
Chef's Italian Chicken Salad	2008	478	36	6.6	8.8	7.2	0	28	2.8	0
Pret's Greek Salad	1423	342	22	2	25	7.4	3.7	7.6	1.9	0
<b>Salads Pots</b>										
PP - Egg & Spinach	437	104	5.3	1.5	2.4	0.3	0.7	11.4	0.6	0
PP - Smoked Salmon & Spinach	614	147	8.7	2.2	0.8	0.7	0	15.6	1.4	0
PP - Edamame	734	175	6.5	0.8	12.4	2.8	0	13.6	1	0
<b>Granary</b>										
Granary - Chicken Avocado	2037	485	22.3	4.5	41.6	4.1	8.5	24.5	1.5	0
Granary - Classic Super Club	2180	519	23.8	3.2	42.6	5.1	5.6	30.3	2.5	0
Granary - Cracking Egg Salad	1575	375	10.5	1.1	49	4.6	5.8	18.1	1.5	0
Granary - Ham & Cheese	2014	481	21.3	11.5	39.2	3.7	0	30.7	2.8	0
Granary - Mature Cheddar	2184	520	23.5	8.8	53.2	14.1	5.9	20.3	1.8	0
Granary - Smoked Salmon	1588	378	13.2	6.9	38.9	2.5	4.6	23.3	2.9	0
Granary - Wild Crayfish & Rocket	1596	380	13.9	1.3	40.1	3	4.7	21.1	1.8	0
Granary - Brie & Cranberry - 109 g	1317	315	17	2.4	31	2.2	2.8	8.2	0.86	343.3
Granary - Christmas Lunch Chicken Sandwich - 199 g	2193	524	25	6.3	50	3.6	3.8	24	1.6	632.8
Granary - Egg Mayo & Tomato	974	233	12	2.5	21	3.9	2.8	9.4	1.1	440
Granary - Portobello, Lettuce & Tomato	1104	265	15	5.3	20	3.2	2.9	9.9	1	400
<b>Baquettes</b>										
Baquette - Brie, Tomato & Basil	2339	557	16	8.7	77	4.7	0	23	2.1	0
Baquette - Chicken Caesar & Bacon	2436	580	26	4.4	54.4	3.2	4.2	29.9	2.6	0
Baquette - Hot Chili Chicken	2163	523	11.5	1.9	73	4.8	0	27.2	2.8	0
Baquette - Ham & Greve	2490	592	18.5	7.7	69	2.8	4.2	35	4.8	0
Baquette - Italian Prosciutto	2230	531	23.4	4.7	55.5	4.2	5	22.2	3.4	0
Baquette - Posh Bacon	2157	518	18.9	9.2	55.2	4.4	0	29.3	3.5	0
Baquette - Posh Cheddar & Pickle	2675	637	21	5.8	88	15.1	0	19.6	2.9	0
Baquette - Smoked Salmon, Soft Cheese & Dill	2459	584	16	3.5	71	3.6	0	35	4.8	0
Baquette - Egg Mayo and Smoked Salmon - 241 g	2485	591	20	11	70	1.5	4.3	30	2.2	891.7
Baquette - Egg Mayo and Roasted Tomatoes -240 g	2572	613	24	4.9	71	1.5	6.4	24	3.5	1394
Baquette - Christmas Chicken Feast - 271 g	2966	704	19	5.6	98	1.4	5.9	32	3.4	1352.2
Baquette - Spicy Chicken - 287 g	2635	626	18	6.3	73	6.5	8.1	40	2.7	1080
Baquette - Roasted Portobello & Cheese - 253 g	2619	623	21	9.5	79	2.5	6.8	26	3.8	1520
Baquette - Avocado, Olive & Tomato	2588	619	29	5.5	66	2.7	11	18	2.9	1160
<b>Kibbled Rye Salad Wraps</b>										
Salad Wrap - Avocado and Herb	1964	471	27.5	5.3	40.3	4.4	0	12.4	1.4	0
Salad Wrap - Crayfish & Chipotle	1533	365	10.5	1.5	40.9	5.1	0	24.6	2.5	0
Salad Wrap - Chicken & Rocket	1689	404	18.1	4	42	5.9	7.5	13.8	0.9	0
<b>Hot Baguette</b>										

Chipotle Mozzarella Hot Baguette	1836	441	11.6	4.5	61.8	8.5	0	18.4	2.2	0
<b>Hot Wraps</b>										
Hot Wrap - Chipotle Chicken	1739	414	17.5	8.8	28	9.8	0	34	1.6	0
Hot Wrap - All Day Breakfast	2891	692	39.9	14.1	47	12	0	32.6	2.9	0
Hot Wrap - Spicy Mediterranean (229 g)	2076	496	24	9.8	50	7.2	6.2	18	3.5	1410
<b>Juices &amp; Smoothies</b>										
Juice - Orange	378	90	0	0	21	20.3	0	1.8	0	0
Juice - Grapefruit	367	85	0	20.5	19.8	0	1	0	0	0
Juice - Watermelon	326	78	0	0	17.5	17.3	0	1.5	0	0
Juice - Lemon and Mint	567	135	0	0	34.3	32.3	0	0	0	0
ABC (250ml)	278	93	0	0	21.3	21.3	0	1.8	-	106
Radiance (250ml)	373	88	0.5	0	18	16	1.7	1.5	-	75.75
Restorative (250ml)	241	57	0.7	0	10	10	1.4	1.4	-	23
Ultra Boost (250ml)	315	74	0.7	0	14	14	0.8	1.6	-	18.75
<b>Coke</b>										
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
<b>Water</b>										
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
<b>Beer</b>										
Tiger Beer	574	137	0	0	11.2	1.7	0	0	0	7
Heineken Beer	581	139	0	0	10.6	0	0	0	0	0
<b>Coffee (Per Serving)</b>										
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	335	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	-
Make it strong	0	0	0	0	0	0	0	0	0	-
Holiday Joy Latte Milk - 12oz	1066	254	12	7.7	28	26	0	9.2	0.4	-
Rose Cappuccino Full Fat Milk - 12oz	960	228	7.1	4.4	34	34	0	6.7	0.38	152
Rose Cappuccino Low Fat Milk - 12oz	832	197	3.3	2	35	35	0	7	0.38	152
<b>Other Hot Drinks</b>										
12oz Hot Chocolate	1077	256	6.4	4	37.5	35.5	2.8	10.6	0.3	0
12oz - Chai Latte	756	180	3.6	2.2	29.8	29.8	0	7.1	0.2	0
Milk - Organic Milk	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
<b>Tea</b>										
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
<b>Syrups &amp; Alt Milks</b>										
Caramel Syrup	206	49	0	0	12.1	12.1	0	0	0	0
Vanilla Syrup	203	49	0	0	12	12	0	0	0	0
Hazelnut Syrup	197	47	0	0	11.7	11.7	0	0	0	0
Soya Milk - Australia's Own (per 100ml)	130	31	2.2	0.3	0.4	0.4	0.5	1.9	0	70
Rice Coconut Milk - Provamel (per 100ml)	256	61	0.8	0.8	13	7.7	0	0.2	0.13	0
Oat Milk - Pacific Foods (per 240ml)	544	130	2	0	25	17	2	4	0	105
<b>Iced Coffees</b>										
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	-
12 oz Iced Holiday Joy Latte Milk	1150	275	13	8.5	29	28	0	10	0.43	-
12 oz Iced Rose Cappuccino Full Fat Milk	828	196	5.4	3.3	32	32	0	5	0.31	124
12 oz Iced Rose Cappuccino Low Fat Milk	732	173	2.5	1.5	32	32	0	5.3	0.31	124
<b>Smoothies</b>										
Smoothie - Mango & Pineapple -460 ml	223	53	0	0	12	3.3	0.7	0	0.02	-
Smoothie - Strawberry & Banana - 456 ml	228	54	0	0	13	4.6	0.8	0	0	-
Smoothie - Berries and Cherries -450 ml	847	200	0.9	0.1	44.5	44.1	3	1.5	0	-
Smoothie - Tropical Peach-450 ml	806	190	0.8	0.1	43.1	42.7	2.2	1.7	0.01	-
Smoothie - Sweet Green-450 ml	813	193	3.3	0.6	36.6	36	2.2	3	0.07	-
<b>Frappes</b>										
Chocolate Frappe	1850	439	11.2	8.3	71.5	60.7	3.8	11.2	0.7	0
Classic Frappe	1050	251	7.3	5.9	40.5	31.7	1	5.5	0.6	0
<b>Snacks</b>										
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
<b>Snacks</b>										
Brownie Bar	1218	299	18.5	7.8	29.5	27.5	2	3.7	0.1	0
Choc Bar	1528	366	22.6	13.6	36.9	25.8	2.1	3.5	0.4	0
Love Bar	1372	327	17.6	8.6	37.9	21.8	2.6	4.1	0.4	0
Popcorn Bar	695	167	7.5	3.7	22.3	14.4	0.4	2.1	0.2	0
Cranberries in Coats	1012	242	11.1	6.3	34.1	30.1	1.2	0.5	0.1	0
Pret a Mango	506	119	0.3	0.1	28.5	13.4	1.3	0.6	0	0
Dark Chocolate Almonds Snack - 38g	892	215	15	5.3	12	7.9	3.5	5.5	0.2	80
Tiffin Bar - 75 g	1648	395	24	14	40	29	2.4	3.1	0.31	124
Mince Pies- 84 g	1307	311	12	7.4	48	30	1.5	2.8	0.25	100