

Date: 04 April 2025

Rice Bowl	No. of Products:02	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Butter Chicken with Rice (383g)		570	31	14	56	2	8	19	1280
Green Thai Chicken with Rice (345g)		460	19	11	53	5	5	19	1510
Granary	No. of Products:06	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Tuna & Jalapeno Sandwich (136g)		300	17	2.5	22	3	3	15	550
Chicken Avocado Basil Sandwich (235g)		540	30	4.5	43	8	4	23	1440
Mature Cheddar & Pickle Sandwich (234g)		510	25	10	50	6	12	19	1260
Classic Super Club Sandwich (244g)		490	24	3.5	41	6	5	25	1570
Egg Mayo Sandwich (177g)		450	24	5	38	5	4	17	840
Smoked Salmon sandwich (92g)		170	5	2.5	20	3	2	10	720
Cold Baguettes	No. of Products: 07	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Brie & Tapenade Baguette (136g)		300	16	8	39	2	2	12	920
Pesto Caprese Baguette (118g)		330	15	4.5	38	2	2	11	570
Posh Cheddar & Pickle Baguette (132g)		380	15	5	46	2	9	12	1080
Tuna Mayo & Cucumber Baguette (146g)		410	22	3.5	38	2	2	14	950
Turkey & Cheese Baguette (125g)		310	11	2.5	39	2	3	14	810
Chicken Caesar & Bacon Baguette (146g)		380	16	3.5	39	2	2	20	1080
Egg & Avo Baguette (183g)		540	35	7.0	39	3	3	15	880
Hot Baguettes	No. of Products:01	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Pesto Chicken hot baguette (138g)		350	13	5	39	2	3	20	1090
Cold Wraps	No. of Products: 02	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Crunchy Chipotle Chicken & Avo Wrap (260g)		460	20	3	50	6	10	25	1440
Chicken Caesar Wrap (225g)		530	27	7	40	3	3	31	1360
Hot Wraps	No. of Products:03	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Chicken Fajita Hot Wrap (199g)		490	21	9	43	4	6	33	1220
Falafel & Halloumi Hot Wrap (251g)		580	24	10	70	9	14	22	1850
Chicken Mushroom Hot Wrap (207g)		530	27	9	44	3	5	28	1380
Kids Granary	No. of Products: 02	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Cream Cheese & Cucumber (145g)		300	10	6	40	5	5	9	350
Turkey & Cream Cheese (131g)		290	7	4.5	39	5	4	16	530
Salads Bowl , Pots, Tray	No. of Products: 07	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Tamari & Ginger Chicken Salad Bowl (324g)		340	14	3.5	36	4	13	22	1610
Greek Salad & Vinaigrette Bowl (250g)		430	37	9	16	3	4	9	1390
Pesto Pasta & Chicken Salad Bowl (247g)		480	29	5	34	3	4	19	1340
Classic Caesar Chicken Salad Bowl (226g)		360	23	5	14	3	3	25	1240
Mediterranean Orzo Salad Pot (121g)		220	10	2.5	28	3	2	6	1700
Charred Corn Salad Pot (134g)		200	14	4	13	3	5	6	620
Crunchy Asian Slaw Salad Pot (108g)		220	17	3	12	2	5	5	290
Pret Pots	No. of Products:06	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Almond Butter & Honey Yoghurt pot (152g)		260	16	6	19	2	14	12	80
Overnight Dates Protein Oats (262g)		470	14	4.5	65	8	34	23	80
Five Berry Pot (129g)		220	10	5	22	2	14	10	80
Honey Granola Pot (137g)		240	10	5	26	2	17	10	80
Coconut Chia Pot (208g)		210	9	2	28	9	14	5	65
Mango & Banana Sunshine Bowl (190g)		320	10	4	53	6	35	7	35
Toasties	No. of Products:05	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Classic Cheese Toastie (188g)		590	33	15	44	5	2	28	1010
Pulled Beef & Cheese Toastie (229g)		650	35	13	55	6	8	30	1220
Turkey Melt Toastie (231g)		490	22	9	45	5	3	29	1200
Halloumi, Red Pepper & Basil Toastie (219g)		480	22	11	51	6	7	21	1490
Super Club Toastie (237g)		580	30	10	45	5	3	33	1410
PIZZETTA	No. of Products: 02	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Italian Style Pizzetta (202g)		420	17	6	52	2	13	15	800
Spicy Pepperoni Pizzetta (216g)		480	21	9	56	3	16	18	1200
Hot Breakfast Roll	No. of Products: 01	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Egg & Chipotle Bun (164g)		370	14	6	41	3	5	17	860
Egg & Bacon Bun (169g)		390	18	6	40	2	4	17	960
Rye Rolls	No. of Products: 02	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Burrata & Balsamic Rye Roll (170g)		420	20	9	48	4	11	12	890
Scandi Style Salmon Rye Roll (179g)		350	11	2	44	4	7	17	650
Porridge and add ons	No. of Products:01	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Porridge and crunchy granola (220g)		310	7	0	54	3	35	8	55
Viennoiserie & Savoury Crossiants	No. of Products: 06	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Cheese & Jalapeno Hot Croissant (128g)		510	35	20	30	2	6	18	670
Halloumi & Za'atar Croissant (145g)		410	26	17	29	2	6	14	690
Cheese Twist & Za'atar (83g)		280	16	10	27	2	5	9	270
Egg & Mushroom Hot Croissant (168g)		450	29	17	30	2	6	19	890
Turkey & Cheese Croissant (143g)		490	33	16	28	2	5	21	890
Mozzarella & Tomato Croissant (140g)		440	29	16	29	2	5	15	600
Viennoiserie & Sweet Crossiants	No. of Products:06	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Cheese Twist (100g)		363	20	13	34	2	7	11	351
French Butter Croissant (100g)		409	23	16	39	2	6	9	381
Almond Croissant (100g)		425	24	12	42	3	14	9	240
Chocolate Croissant (100g)		407	24	14	38	4	18	7	190
Very Berry Croissant (100g)		339	14	8	47	3	24	5	255
Cinnamon Danish (100g)		372	19	12	43	2	21	6	363
Cakes	No. of Products: 02	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Carrot Cake (95g)		290	12	1.5	42	1	29	4	230
Choco Banana Cake (85g)		240	19	5	16	1	13	3	20
Cookies & Muffins	No. of Products: 03	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Choc Chunk Cookie (per 100g)		430	17	10	64	3	34	5	200
Dark Choc & Almond Cookie (Per 100g)		440	17	9	69	4	38	8	310
Blueberry Muffin (Per 100g)		360	17	2	43	3	25	5	230
Soups	No. of Products:02	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Souper Tomato Soup (200g)		70	1	0	12	2	8	2	380
Classic Pumpkin Soup (200g)		260	18	10	24	2	12	4	980
Fruit Pots	No. of Products: 04	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Apple & Almond Butter Pot (144g)		230	13	1	25	6	17	6	5
Superfruit Salad (139g)		90	0.5	0	22	3	18	1	0
Mango & Lime Pot (148g)		80	0.5	0	21	3	18	1	0
Poms Pot (80g)		70	1	0	15	3	11	1	0
Dessert Pots	No. of Products: 06	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Saffron Milk Cake (150g)		380	15	5	70	0	40	8	105
Sticky Date Pudding (100g)		350	17	8	47	1	40	3	170
Choco Molten (85g)		270	18	6	27	1	23	2	40
Chocolate Mousse (150g)		510	32	18	54	3	45	9	60
Lemon Cheesecake (150g)		530	35	21	57	2	42	5	120
Tiramisu (150g)		390	30	18	23	0	12	8	240
Bars & Packs	No. of Products:8	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Love Bar (Per100g)		465	25	12	54	3	31	6	244
Popcom Bar (Per100g)		504	24	14	67	2	41	5	102
Choc Bar (Per100g)		498	32	19	46	3	35	5	180

Chocolate Almonds Packs (Per100g)		565	40	14	33	9	21	14	211
Pret A Mango (Per100g)		339	1	0.4	77	5	50	2	3
Brownie Bar (Per100g)		485	30	18	47	3	44	7	41
Cranberry in Coats (100)g		471	19	11	73	2	62	1	77
Nuts Fruits & Chocolate (100)g		535	37	6	38	6	29	16	15
Chips	No. of Products: 03	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Pret Chips Seasalt & Black Pepper (Per25g)		130	7.8	3.6	14	1.5	0	2	93
Pret Chips Seasalt & Cider Vinegar (Per25g)		131	8	3.8	14	1.4	0	2	95
Pret Chips Cheese & Chives (Per25g)		128	7.5	3.5	14	1.5	1	2	92
Juices & Shots	No. of Products: 06	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Orange Juice (250ml)		100	0	0	23	1	20	2	0
Daily Greens (250ml)		90	0	0	20	5	15	2	55
Roots & Fruits (250ml)		100	0	0	23	3	13	2	50
Lemon& Mint (250ml)		40	0	0	11	4	8	0	0
Ginger Shot (100ml)		60	0	0	14	1	1	1	15
Hot Shot (100ml)		40	0	0	10	0	9	0	20
Smoothies	No. of Products: 02	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Berry Blast (400ml)		190	1.5	0	42	14	24	4	0
Mango Passion (400ml)		250	1.5	0	56	6	52	3	0
Soft Drinks & Water	No. of Products: 05	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Coke Regular (100 ml)		42	0	0	11	0	11	0	10
Coke Diet (100 ml)		1	0	0	0	0	0	0	10
Coke Zero (100 ml)		0	0	0	0	0	0	0	10
Water (100 ml)		0	0	0	0	0	0	0	0
Sparkling water (100 ml)		0	0	0	0	0	0	0	0
Iced Drinks	No. of Products: 20	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Iced Americano 12 oz		0	0	0	0	0	0	0	60
Iced Americano 16 oz		0	0	0	0	0	0	0	75
Iced Cappuccino 12 oz		100	5	3.5	8	0	8	5	115
Iced Cappuccino 16 oz		110	6	4	9	0	9	6	135
Iced Chocolate 12 oz		260	7	4.5	38	3	34	9	80
Iced Chocolate 16 oz		290	9	6	40	3	36	11	100
Iced Mocha 12 oz		230	8	5	29	2	27	9	150
Iced Mocha 16 oz		250	10	6	31	2	28	10	170
Iced Latte 12 oz		110	6	3.5	8	0	8	6	125
Iced Latte 16 oz		120	6	4	8	0	8	6	140
Iced Filter Coffee 12 oz		0	0	0	0	0	0	0	85
Iced Filter Coffee 16 oz		0	0	0	0	0	0	0	120
Iced Matcha Latte 12 oz		110	1	1	25	0	19	2	60
Iced Matcha Latte 16 oz		130	1	1	32	0	24	3	70
Iced Spanish Latte 12 oz		260	12	5	28	0	27	9	150
Iced Spanish Latte 16 oz		310	12	5	35	0	34	10	170
Iced White Mocha 12 oz		370	19	4	26	1	23	12	120
Iced White Mocha 16 oz		520	27	6	36	2	31	18	160
Cold Brew Coffee 12oz		0	0	0	0	0	0	0	120
Cold Brew Coffee 16oz		0	0	0	0	0	0	0	140
Hot Drinks	No. of Products: 22	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Espresso 4 oz		0	0	0	0	0	0	0	60
Macchiato 4 oz		10	0.5	0	1	0	1	0	65
Flat White 8 oz		120	7	4	9	0	9	6	135
Filter Coffee 12 oz		0	0	0	0	0	0	0	135
Filter Coffee 16 oz		0	0	0	0	0	0	0	160
Americano 12 oz		0	0	0	0	0	0	0	60
Americano 16 oz		0	0	0	0	0	0	0	75
Cappuccino 12 oz		160	9	6	12	0	12	9	160
Cappuccino 16 oz		180	10	6	13	0	13	9	180
Latte 12 oz		180	10	6	13	0	13	10	170
Latte 16 oz		240	13	8	17	0	17	13	220
Mocha 12 oz		260	10	6	31	2	29	11	160
Mocha 16 oz		330	14	9	36	2	34	14	220
Matcha Latte 12 oz		140	2	2	31	1	24	3	105
Matcha Latte 16 oz		190	2.5	2.5	42	1	33	4	150
Hot Chocolate 12 oz		330	11	7	42	3	39	13	130
Hot Chocolate 16 oz		380	14	9	46	3	42	16	170
Spanish Latte 12 oz		330	15	7	32	0	31	13	190
Spanish Latte 16 oz		370	16	8	40	0	39	14	210
White Mocha 12 oz		430	22	6	30	1	27	16	160
White Mocha 16 oz		560	29	7	39	2	34	20	190
Babycino		150	8	5	11	0	11	8	100
Hot Tea	No. of Products: 04	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Ceylon Tea - 16 Oz		0	0	0	0	0	0	0	0
Green Tea 16 oz		0	0	0	0	0	0	0	0
Peppermint Tea 16 oz		0	0	0	0	0	0	0	0
Earl Grey Tea 16 oz		0	0	0	0	0	0	0	0
Beverage Add Ons	No. of Products: 09	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
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)		3	0	0	2	0	0	0	10
Hazelnut - Nut Free Syrup (15ml)		47	0	0	12	0	12	0	0
Simple Syrup (15ml)		50	0	0	13	0	13	0	0
Vanilla Syrup (15ml)		50	0	0	13	0	13	0	0
Vanilla - Sugar Free Syrup (15ml)		6	0	0	2	0	0	0	10
Whipped Cream (30ml)		100	11	7	1	0	1	1	10
Spanish Sauce (15ml)		50	1	1	8	0	8	1	15
Milk & Alternative Milk	No. of Products: 06	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Organic Almond Milk (100ml)		56	1.5	0.3	10	0.5	4.7	0.5	32
Organic Coconut Milk (100ml)		30	0.7	0.7	5.2	0.2	4.2	0.2	40
Organic Low Fat Milk (100ml)		46	1.5	1	4.6	0	4.6	3.4	44
Organic Oat Milk (100ml)		50	2.4	0.4	6.3	0.5	3.5	0.5	36
Organic Soya Milk (100ml)		45	2.1	0.4	2.4	0.6	2.4	3.7	60
Organic Full Fat Milk (100ml)		63	3.5	2.2	4.6	0	4.6	3.4	44
CPG	No. of Products: 03	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
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