Pret Products Kcals Project 2022

Regular	Energy KJ	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	Fibre(g)	Protein(g)	Salt(g)	Sodium(mg)
Baguettes No. of Products: 10										
Avo, Olives & Roasted Tomatoes Baguette (290 g)	2592	616	17	1.5	89	3.5	12	21	3.1	1,226.70
Chicken Ceasar Baguette (238 g)	2771	658	18	5.4	82	3.1	8	37	3.6	1444
Chicken Salad Baguette (257 g)	2512	598	23	6.3	69	2.2	4.5	27	1.7	683.6
Free Range Egg Mayo & Roasted Tomatoes Baguette										
Pole & Line Caught Tuna Mayo & Cucumber Baguette(240 g)	2523	602	26	3.9	68	1.9	4.1	22	1.8	715.2
Posh Cheddar & Pickle Baguette (263 g)	3439	821	36	12	90	10	10	29	4.8	1938
Smoked Salmon & Free-Range Egg Mayo Baguette										
Smoked Salmon, Soft Cheese & Dill Baguette (248 g)	2561	607	12	19	85	3.8	7.9	35	3.4	1351.6
Truffle Egg Mayo Baguette (286 g)	2968	709	35	6.7	68	1.9	4.1	28	1.8	703.5
Italian Beef Baguette (232 g)	2685	639	24	6.1	71	1.8	5.1	33	1.9	767
Snacks No. of Products: 5										
Pret A Mango (100 g)	493	116	0.315	0.1	28.5	13.5	-	0.6	0.01	-
Burts - Sea Salted	2169	519	28.8	2.4	58.6	0.2	2.5	5.1	1.2	-
Burts - Mature Cheddar	2083	499	27.2	3.1	53.8	2.3	4.9	7.9	1.1	-
Burts - Sweet Chilli	2169	519	28.8	2.4	58.6	4.5	2.5	5.1	1.1	-
HUNTERS-Salt and black pepper	2046	489	26.9	2.9	59.8	0	5.6	7.5	-	663
Drinks No. of Products: 23										
Coconut Water (100 ml)	585.7	140	0	0	34	32	1	1	-	50
Easy Green(250 ml)	-	60	0	0	13	10	-	-	-	55
Essential Green(250 ml)	-	50	0	0	11	8	-	-	-	60
Essentially- Nourish Me Shot (80 ml)	-	25	0	0	6	5	-	0	-	0
Essentilly- Hit Me Shot (80 ml)	-	20	0	0	5	3	-	0	-	-
Essentially- Wake Me (80 ml)	-	45	0	0	10	4	-	0	-	0
Nai Jasmine White Tea(100 ml)	-	30	0	0	7	6.8	0	0	-	4.2
Nai Hibiscus Flower Tea (100 ml)	-	30	0	0	7	6.8	0	0	-	4.2
Nai Moroccan Mint Tea(100 ml)	-	30	0	0	7	5.5	0	0	-	4.2
Nai Ginger Green Tea(100 ml)	-	30	0	0	7	5.9	0	0	-	4.2
Orange Juice- Cold Pressed(250 ml)	-	70	0	0	17	15	-	1	-	0
Pineapple Powow(250 ml)	-	80	0	0	19	16	-	0	-	0
Pink Lemonaid (250 ml)	168	40	0	0	9	7	0	0	-	10
Blue Lemonaid (250 ml)	190	45	0	0	11	8	0	0	-	10
Black Lemonaid (250 ml)	125	30	0	0	8	6.3	0	0	-	70
Pepsi (100 ml)	-	42	0	0	11	11	0	0	-	10
Light Pepsi(100 ml)	-	0	0	0	0	0	0	0	-	20
Pomegranate Juice- Cold Pressed(250 ml)	-	210	3	0	47	34	-	4	-	10
Root Reboot(250 ml)	-	60	0	0	16	11	-	1	-	85
San Pelegrino Sparkling Water (1000 ml)	0	0	0	0	0	0	0	0	0	30
Sunny Dayz(250 ml)	-	80	1	0	19	14	-	-	-	0
Aqua Morelli Still Water 500ml(1000 ml)	0	0	0	0	0	0	0	0	0	2.9
Aqua Morelli Still Water 1ltr(1000 ml)	0	0	0	0	0	0	0	0	0	2.9
Hot Chocolate No. of Products: 4										
Hot Chocolate Full Fat Milk(330 ml)	1020	243	11	6.6	26	22	2	10	0.46	185.2
Hot Chocolate Semi Skim Milk (330 ml)	854	203	5.6	3.4	27	22	2	11	0.46	185.2
Hot Chocolate with Oat Milk(330 ml)	758	181	5.3	1.4	29	9.7	5.1	2	0.36	145.2
Hot Chocolate with Rice Coconut Milk (330 ml)	990	234	3.8	2.7	47	27	2.5	2.3	0.34	136.5
Syrups No. of Products: 3										
Caramel Shot (3 pumps - 30 ml)	404	95	0	0	24	24	-	0	0	3.6
Vanilla Shot (3 pumps - 30 ml)	429	101	0	0	25	25	-	0	0	3.6
Date Shot (3 pumps - 30 ml)										
Smoothies No. of Products: 3										
Berry Blast										

Strawberry & Banana Smoothie										
Mango & Pineapple Fruit										
Frappés *No. of Products: 2*										
Chocolate Frappe Full Fat Milk	1960	465	10	6.4	80	49	6	10	0.7	278.2
Chocolate Frappe Semi Skim Milk	1848	438	7.1	4.3	80	49	6	11	0.7	278.2
Chocolate Frappe Oat Milk	1784	423	6.9	2.9	81	41	8.1	4.8	0.63	251.7
Chocolate Frappe Coconut Milk	1940	459	5.8	3.8	93	52	6.3	5	0.62	246.4
Classic Frappe Full Fat Milk	1266	299	3.6	2.2	63	28	0	3.3	0.43	172.2
Classic Frappe Semi Skim Milk	1202	283	1.7	1	63	29	0	3.5	0.43	172.2
Classic Frappe Oat Milk	1165	275	1.6	0.2	64	24	1.3	0	0.39	155.4
Classic Frappe Coconut Milk	1254	295	1	0.7	71	30	0.5	0.5	0.38	153.3
Iced Drinks										
Iced Black Americano	6	1	0	0	0	0	0	0	0.12	46
Iced Latte Full Fat Milk	745	178	9.9	6.2	13	13	0	9.3	0.48	191.4
Iced Latte Semi Skim Milk	566	135	4.6	2.7	13	13	0	9.8	0.48	191.4
Iced Latte Oat Milk	463	111	4.3	0.6	16	0	3.4	0.6	0.37	145.2
Iced Latte Coconut Milk	713	169	2.6	2	35	18	0.6	0.9	0.35	138.6
Iced Chai Latte										
Iced Mocha Full Fat Milk	568	138	6.1	3.7	14	12	1	5.7	0.37	149
Iced Mocha Semi Skim Milk	473	112	3.2	1.9	14	12	1	6	0.37	149
Iced Mocha Oat Milk	417	99	3.1	0.7	15	4.9	2.8	1.1	0.31	126
Iced Mocha Coconut Milk	551	131	2.2	1.5	26	15	1.3	1.3	0.3	121.8
Iced Chocolate Full Fat Milk	729	174	6.7	4.2	21	17	2	6.5	0.32	129.2
Iced Chocolate Semi Skim Milk	634	150	3.8	2.3	21	17	2	6.7	0.32	129.2
Iced Chocolate Oat Milk	578	138	3.7	1.2	22	9.7	3.8	1.8	0.26	103.7
Iced Chocolate Coconut Milk	712	169	2.8	1.9	33	19	2.3	2	0.25	100.3
Iced Filter Full Fat Milk	479	114	5.3	3.3	7.7	6.9	0	9	0.24	93.5
Iced Filter Semi Skim Milk	384	91	2.4	1.5	8	7.2	0	9.3	0.24	93.5
Iced Filter Oat Milk	328	78	2.3	0.3	9.2	0	1.8	4.4	0.18	69.7
Iced Filter Coconut Milk	462	109	1.4	1.1	20	9.7	0.5	4.5	0.17	66.13
Iced Matcha Latte Full Fat Milk	418	100	5.3	3.3	7.1	6.9	0.8	5.6	0.2	79.04
Iced Matcha Latte Semi Skim Milk	322	77	2.4	1.5	7.4	7.2	0.8	5.9	0.2	79.04
Iced Matcha Latte Oat Milk	267	64	2.3	0.3	8.6	0	2.6	0.9	0.14	54.72
Iced Matcha Latte Coconut Milk	401	95	1.4	1	19	9.8	1.1	1.1	0.13	50.16
Breakfast *No. of Products: 2*										
Almond Croissant (84 g)	1211	289	14	9.1	32	9.6	2.2	6.7	0.73	292.32
Banana and Honey Breakfast Bowl (295 g)	1962	466	15	5.8	66	37	3.1	15	0.14	53.1
Bircher Muesli(270 g)	1417	338	12	5.3	40	22	4.7	15	0.13	53.19
Berry Yoghurt Parfait (176 g)	1047	250	11	4.8	24	15	1.7	12	0.12	45.76
Fresh Fruit Yoghurt and Granola (303 g)	1609	383	12	4.6	50	35	7.1	14	0.11	42.42
Sunshine Parfait										
Very Berry Croissant (88 g)	1317	314	14	6.4	43	23	2.3	4.4	0.47	186.56
Chocolate Croissant (88 g)	1452	348	20	11	36	13	2.3	6.1	0.49	197.12
Zaatar Croisants										
Five Berry Breakfast Bowl (218 g)	1556	371	14	5.8	45	33	2.8	14	0.13	52.3
French Butter Croissant (65 g)	1089	261	15	10	26	3.8	1.4	4.9	0.66	265.2
Mozzarella & Tomato Croissant (109g)	1101	263	13	0	23	3.2	0	13	1.2	479.6
Pain Au Raisin(97 g)	1442	345	18	8.5	39	18	1.7	6.1	0.62	248.32
Pret's Veggie Brioche (208 g)	2689	646	44	18	40	9.4	1.2	21	2	792.48
Turkey Bacon and Egg Brioche (201 g)	2357	565	36	13	34	5.4	1.1	25	2.8	1,125.60
Chicken Sausage and Egg Brioche (235g)	2195	525	28	12	37	6	2.6	30	0.75	298.45
Fruits *No. of Products: 6*										
Banana (120 g)	457	108	0	0	24	22	1.7	1.4	0	0
Apple (230 g)	581	138	1.2	0.3	29	26	2.8	1.4	0	0
Mango and Lime (150 g)	2160	81	0	0	23	18	4	1	0	0
Superfruit Salad (150 g)	292.88	70	0	0	20	16	4	1	0	0
Melon Pot(132 g)	1901	32	0	0	7.9	6.6	1.3	0	-	6.6
Pomegranate Pot(100 g)	334.7	80	1	0	19	14	4	2	0	0
Granary										

Chicken Avocado (259 g)	1747	416	12	2.1	46	3.5	9.1	27	1.5	580.1
Cracking Egg Salad (227 g)	1913	458	25	4.5	40	5.1	5.1	17	1.7	676.4
Wild Crayfish & Rocket(199 g)	1429	340	9.9	1.9	39	4	5	21	1.2	493.5
Mature Cheddar & Pret Pickle (230 g)	2073	496	25	9.9	46	10	5.7	19	1.7	680.8
Smoked Salmon (166 g)	1638	389	12	22	45	3.3	4.5	24	1.1	421.6
Summer Chicken (227 g)	2319	555	29	5.5	41	5	4.9	30	1.9	749.1
Pret's mulitgrain open sandwich - Salmon & Soft Cheese (207 g)	1111	265	7.8	14	25	4	6.6	20	1.3	523.71
Pole & Line Caught Tuna & Rocket (201 g)	1931	462	25	3.8	39	4	4.8	19	2.1	846.2
Pret's mulitgrain open sandwich - Smashed Avo(172 g)	984	235	9.1	1	25	2	10	7.9	1.2	490.2
Veggie New Yorker (235 g)	2020	483	25	9.1	42	5.9	5.4	19	2.9	1158.5
Portobello Lettuce & Tomato Granary (230 g)	2229	534	31	11	41	4.8	5.7	20	2	793
Beef & Horseradish Granary (174 g)	1556	370	11	4.9	40	5	4.6	26	1.3	525
Prets Hot										
Chipotle Chicken Toastie (223 g)	2018	480	16	12	49	4.8	4.8	34	1.9	749.28
Chicken, Avocado and Basil Toastie (277 g)	2863	684	33	23	47	1.1	6.2	46	2.5	1,008.28
Pizza Gardiniera (vegan)(204 g)	1741	416	21	1.9	45	9.6	4.4	9.4	1.4	550.8
Pizza Margharita (208 g)	2138	512	30	8.8	42	8.1	3.1	18	15	592.8
Pizza Meat Feast (267 g)	2370	567	29	9.3	39	7.7	3.4	36	2.4	955.86
Pizza Chipotle Chicken (235 g)	2077	496	23	5	40	9.3	3.7	30	2.1	820.15
Chicken Chipotle Hot Wrap (269 g)	2224	530	21	9.1	46	7.6	5.5	36	2.7	1081.3
Classic Cheese Toastie (258 g)	2223	531	24	17	54	1.8	9	20	2.7	1,065.54
Falafel & Halloumi Hot Wrap(271 g)	2105	503	22	10	50	7	8.8	22	3.1	1243
Macaroni - Beef Bolognaise(385g)	2564	612	27	9.3	60	8.5	3	30	2	820.05
Macaroni - Salmon & Dill(355g)	2052	487	14	17	61	8.8	2.5	29	1.1	440.2
Macaroni - Veggie Meatball(491 g)	3102	738	25	11	83	16	7.2	42	3.2	1,271.69
Sausage Roll										
Tuna Melt Toastie (189 g)	2086	498	24	14	44	1.1	4.4	25	2.4	963.9
Omelette Mushroom and Spinach(322 g)	804	191	5.1	2.8	8.8	7.3	1.4	27	1.4	547.4
Omelette Feta & Red Pepper (307 g)	803	191	6.1	4	6.5	5.4	0.9	27	1.8	718.38
Pret's Porridge (337 g)	792	189	6.7	0	20	10	3.4	10	0	0
Meatball Hot Wrap (226 g)	2182	520	21	8.6	49	7.9	3.5	31	3.2	1272.3
Spicy Chicken Toasted Baguette (287 g)	3037	722	22	6.4	85	7.6	9.5	41	3.3	1320
Soup										
Malaysian Chicken (350 g)	1066	254	8.8	3.5	28	3.5	3.5	14	2.1	840
Souper Tomato(320 g)	534	128	6.4	0	13	6.4	3.2	3.2	1.6	640
Carrot and Coriander (300 g)	603	144	6	3	15	9	3	6	1.3	528
Pumpkin & Corn Chowder (295 g)	643	153	5.9	0	21	5.9	3	3	1.8	708
Thai Red Chicken Curry Soup(325 g)	1288	310	21	3.6	6.2	4.2	4.2	22	3	1196
Japanese Corn Soup(325 g)	2576	611	16	0.3	102	4.9	3.9	14	2.5	1001
Soup Bread (70 g)	761	179	0.7	0	37	0.8	2.1	5.7	0.37	147
Coffee										
Filter- Black (310 ml)	83	20	0	0	0.8	0	0	4.1	0.05	21.7
Filter- White Full Fat Milk (310 ml)	242	57	2.1	1.3	3.6	2.8	0	6.1	0.13	49.6
Filter- White Semi Skim (310 ml)	203	48	1	0.6	3.7	2.9	0	6.2	0.13	49.6
Filter- White Oat Milk (310 ml)	181	43	0.9	0.1	4.2	0	0.7	4.2	0.11	40.3
Filter- White Coconut Milk(310 ml)	235	55	0.5	0.5	8.3	3.9	0	4.3	0.1	40.3
Cappucino Full Fat Milk (280 ml)	630	151	8.2	5.1	11	11	0	7.7	0.42	168
Cappucino Semi Skim Milk(280 ml)	483	115	3.9	2.3	12	12	0	8.2	0.42	168
Cappucino Oat Milk (280 ml)	398	95	3.6	0.5	14	0.5	2.9	0.5	0.33	112
Cappucino Coconut Milk (280 ml)	604	143	2.3	1.7	29	15	0.6	0.8	0.31	126
Flat White Full Fat Milk(250 ml)	534	128	7.1	4.4	9.2	9.2	0	6.7	0.38	150
Flat White Semi Skim Milk(250 ml)	406	97	3.3	2	9.6	9.6	0	7	0.38	150
Flat White Oat Milk(250 ml)	333	79	3.1	0.4	11	0	2.4	0.5	0.3	117
Flat White Coconut Milk(250 ml)	511	121	1.9	1.4	25	13	0.5	0.7	0.28	112.5
Latte Full Fat Milk (330 g)	725	173	9.7	6	13	13	0	9	0.49	194.7
LatteSemi Skim (330 g)	551	131	4.5	2.7	13	13	0	9.6	0.49	194.7
Latte Oat Milk(330 g)	451	108	4.2	0.6	15	0	3.3	0.5	0.38	151.8

Latte Coconut Milk (330 g)	694	164	2.6	1.9	34	18	0.6	0.9	0.36	145.2
Mocha Full Fat Milk (330 ml)	912	218	11	6.6	20	18	1	10	0.54	217.8
Mocha Semi Skim Milk(330 ml)	734	174	5.3	3.2	21	18	1	11	0.54	217.8
Mocha Oat Milk(330 ml)	630	150	5	1	23	4.9	4.4	1.3	0.43	171.6
Mocha Coconut Milk(330 ml)	880	208	3.4	2.4	42	23	1.6	1.7	0.41	165
Spanish Latte 12oz - Full Fat Milk(340ml)	1340	319	12	7.8	40	38	0	12	0.4	159.8
Spanish Latte 12oz - Semi Skim Milk(340ml)	1183	281	7.8	4.9	40	38	0	13	0.42	170
Americano Black (330 ml)	6	1	0	0	0	0	0	0	0.13	49.5
Americano White Full Fat Milk(330 ml)	45	11	0.6	0.3	0.7	0.7	0	0.5	0.15	590.7
Americano White Semi Skim Milk(330 ml)	36	9	0.5	0.2	0.8	0.8	0	0.6	0.15	590.7
Americano White Oat Milk(330 ml)	30	7	0.5	0	0.9	0	0	0	0.14	590.7
Americano White Coconut Milk(330 ml)	44	10	0.5	0.1	1.9	1	0	0	0.14	561
Tea										
Hot Tea- Breakfast (330 ml)										
Hot Tea- Earl Grey(330 ml)										
Hot Tea- Green (330 ml)										
Hot Tea- Peppermint(330 ml)										
Flavored Latte										
Pret's Chai Latte Full Fat Milk (330 ml)										
Pret's Chai Latte Semi Skim Milk (330 ml)										
Pret's Chai Latte Oat Milk(330 ml)										
Pret's Chai Latte Coconut (330 ml)										
Spanish Latte 12oz - Oat Milk(340ml)	1106	263	7.6	3	42	28	2.9	5	0.38	136
Spanish Latte 12oz - Coconut Milk(340ml)	1311	310	6.2	4.2	58	43	0.6	5.3	0.36	184.9
Pret's Matcha Latte Full Fat Milk(330 ml)	697	167	9.1	5.7	12	12	0.5	8.9	0.34	132
Pret's Matcha Latte Semi Skim Milk (330 ml)	532	126	4.2	2.6	13	12	0.5	9.4	0.34	132
Pret's Matcha Latte Oat Milk(330 ml)	403	96	3.6	0.5	14	0	3.3	0.8	0.22	66
Pret's Matcha Latte Coconut Milk(330 ml)	617	146	2.2	1.7	30	16	0.9	1.1	0.21	79.2
Salads										
Caesar Salad (294 g)	2967	711	41	10	43	4.2	3.2	41	1.5	585.06
Chef's Italian Chicken Salad (325 g)	2080	501	36	6.6	15	7	3.1	27	1.4	565.5
Smoked Salmon Salad (295 g)	1687	405	26	19	20	4.3	5.3	20	0.33	129.8
Super Food Salad (437 g)	2542	611	39	4.4	44	24	15	15	0.57	227.24
Tuna Nicoise Salad(352 g)	1816	437	32	4.3	8.7	5.6	2.6	27	1	377
Wild Crayfish & Avocado (238 g)	1369	330	24	2.3	13	3.2	5.8	14	0.73	292.74
Hanoi Beef Salad (246 g)	1243	298	17	1.7	12	6.6	3.6	22	1.2	492
Roasted Eggplant & Quinoa Salad (326 g)	1895	453	21	1.4	49	13	9.6	13	2.7	1079
Japanese Potato & Tuna Salad (402 g)	2291	552	40	4.8	25	9.8	6.6	19	1.1	458
Chicken & Smashed Avo Pot (226 g)	1226	293	15	4.6	11	0.5	5.6	26	1.2	485.9
Edamame Beans Pot(126 g)	706	168	4.1	0.6	15	1.1	5.7	15	0.97	378
Salad - Salmon Protein Box (317 g)	1886	452	27	19	18	3.3	4.4	33	0.75	297.98
Coco-Nut Protein Ball (15g)	-	55	1	0	8	6	-	3	-	-
Egg & Avocado Protein Pot (189 g)	797	191	10	2.4	8.1	0	4.5	15	0.02	7.56
Quinoa & Crayfish Pot (199 g)	1430	341	14	2	34	3.9	4.4	17	1.3	527
Japanese Potato Salad Pot (243 g)	1461	351	22	4.4	23	3.1	3.9	13	2.8	1100
Espresso Mocha Protein Ball (15g)	-	57	2	0	8	5	-	3	-	-
Cherry Bites Protein Ball (15g)	-	64.65	2.68	0	7.07	5.06	-	3.07	-	-
Sweet Treats										
Choc Bar	2075	498	32.4	19.4	45.5	35	-	4.5	0.45	-
Chocolate Brownie Bar	2023	485	29.5	18	46.7	43.5	-	6.6	0.11	0
Chocolate Chunk Cookie (80 g)	1444	344	13	8.3	50	30	2.7	4.4	0.39	156.8
Double Berry Muffin (115 g)	1632	389	18	1.8	51	30	1.3	5.8	0.61	243.8
Dark Chocolate and Almond Butter Cookie(80 g)	1463	349	14	7.2	47	30	3.2	6	0.67	268.8
Fruit, Oat & Spelt Cookie (80 g)	1356	323	13	7	46	26	2.7	5	0.26	102.4
Love Bar	1947	465	24.5	12.2	54.1	31	-	5.6	0.61	-
Very Berry Croissant (88 g)	1317	314	14	6.4	43	23	2.3	4.4	0.47	186.56
Wraps										
Avocado & Chipotle Chicken Flatbread(293 g)	1683	398	4.9	0.7	59	5.6	8	26	1.5	594.7
Avocado & Herb Salad Wrap(263 g)	1742	416	20	3.9	44	3.8	6.8	13	1.4	578.6
Humous & Chipotle Salad Wrap(247 g)	1915	457	17	2.4	54	11	10	17	0.65	261.82

Falafel Flat Bread(364 g)	2188	521	13	1.2	76	10	15	16	0.81	323.96
Mediterranean Tuna Flat Bread(293 g)	2152	514	25	3.6	51	5.5	4.3	18	1.8	723.71
Coffee Products										
Espresso (200g Whole Bean)										
Classic Blend (200g Ground)										
Peru Single Origin (200g Ground)										