



Regular	Energy KJ	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	Fibre(g)	Protein(g)	Salt(g)	Sodium(mg)
Hot Box Curries										
Butter Chicken Rice Bowl	3053	730	38	16	65	15	5	30	1.1	440
Indian Paneer Rice Bowl	2230	533	27	2.9	57	7.6	6.5	12	1.7	680
Thai Green Vegetable Curry Rice Bowl	2168	516	19	9.6	69	4.5	5	16	0.71	284
Chilli Con Carne Rice Bowl	2076	494	17	3.3	59	6.7	2.3	26	1.3	520
Brioche										
Feta & Spinach Brioche	2689	646	44	18	40	9.4	1.2	21	2	800
Chicken Sausage and Egg Brioche	1848	442	25	11	35	5.3	1.7	20	0.75	300
Egg & Bacon Brioche	1697	407	28	12	23	3.9	0.8	16	0.97	388
Breakfast Baguettes										
Egg Mayo & Roasted Tomato Baguette	2758	659	30	5.8	71	1.1	6.5	22	3.9	1560
Smoked Salmon & Egg Mayo Baguette	2665	635	26	12	70	1.1	4.3	29	2.6	1040
Hot Croissants										
Cheddar & Tomato Hot Croissant	1461	350	21	14	29	4.6	1.7	9.8	0.84	336
Salmon & Egg Hot Croissant	1758	421	25	15	29	4.2	1.7	19	1.5	600
Rye Rolls										
New Yorker Rye Roll	1630	387	12	2.7	46	7.2	3.9	22	2.3	920
Egg & Avo Rye Roll	2373	568	30	5.3	52	7.6	7.2	19	3.6	1440
Rueben Rye Roll	1923	459	19	3.5	47	8.5	3.7	23	1.7	680
Veggie Deli Rye Roll	1840	439	19	8.8	47	8.4	4	19	2.9	1160
Breakfast										
Pret's Soya Porridge	792	189	6.7	0	20	10	3.4	10	0	0
Donuts										
Vanilla Donut	407.94	98	2.47	0.065	16.05	4.48	0.39	2.47	0.25	100
Super Chocolate Donut	527.19	126	3.1	0.8	22.8	11.9	0.39	2.47	0.25	100
Cinnamon Donut	313.8	75	1.9	0.05	12.35	3.45	0.3	1.9	0.195	78
French Pastries										
Chocolate Chubk Cookie	1444	344	13	8.3	50	30	2.7	4.4	0.39	156
Fruit,Oat & Spelt Cookie	1356	323	13	7	46	26	2.7	5	0.26	104
Dark Chocolate & Almond Butter Cookie	1463	349	14	7.2	47	30	3.2	6	0.67	268
Double Berry Muffin	1632	389	18	1.8	51	30	1.3	5.8	0.61	244
Cheese Twist	1365	327	18	11.7	30.6	6.2	1.33	9.9	0.79	316
Very Berry Croissant	1317	314	14	6.4	43	23	2.3	4.4	0.47	188
French Butter Croissant	1089	261	15	10	26	3.8	1.4	4.9	0.66	264
Almond Croissant	1211	289	14	9.1	32	9.6	2.2	6.7	0.73	292
Chocolate Croissant	1452	348	20	11	36	13	2.3	6.1	0.49	196
Pain Au Raisin	1442	345	18	8.5	39	18	1.7	6.1	0.62	248
Chicken & Mushroom Turnover	2380	572	41	25	25	2.9	1.1	23	1.2	480
Bacon & Cheese Turnover	2648	637	48	28	27	3.7	1.3	25	1.8	720
Savory Croissant- Mozzarella & Tomato	1486	357	23	13	23	3.1	1.6	13	1.2	480
Zaatar Croissants	983	236	14	6.6	23	5	2	4.6	0.8	320
Bowls/ Pots										
Five Berry Breakfast Bowl	1556	371	14	5.8	45	33	2.8	14	0.13	52
Berry Yoghurt Parfait	1047	250	11	4.8	24	15	1.7	12	0.12	48
Banana & Honey Bowl	1962	466	15	5.8	66	37	3.1	15	0.14	56
Acai Bircher Bowl	1180	281	11	5.6	31	16	5.1	13	0.02	8
Blue Goodness Bowl	1307	312	15	9.4	31	23	3.3	13	0.25	100
Pink Goodness Bowl	1405	337	20	9.4	23	15	3.2	15	0.26	104
Fruits										
Banana	457	108	0	0	24	22	1.7	1.4	0	0
Pomegranate Pot	334.7	80	1	0	19	14	4	2	0	0
Pear & Grapes	251	60	0	0	15	13	2	0	0	0
Mango & Lime	337	81	0	0	23	18	4	1	0	0
Superfruit Salad	292.88	70	0	0	20	16	4	1	0	0
Soup										
Malaysian Chicken Soup	868.0	206.5	7.0	2.1	24.5	4.2	2.8	9.8	3.2	1274
Carrot and Coriander Soup	603	144	6	3	15	9	3	6	1.3	520
Thai Red Chicken Curry Soup	1288	310	21	3.6	6.2	4.2	4.2	22	3	1200
Chicken Laksa	863	206	11	3.8	15	4.5	0	11	0.94	376
Chicken Shitake Miso Mushrooms	1564	371	23	4.1	7.5	4.9	3.8	23	3.4	1360
Veggie Tom Yum	911	225	17	7.5	15	3.8	3.8	3.8	0.49	196
Souper Tomato Soup	534	128	6.4	0	13	6.4	3.2	3.2	1.6	640
Chicken Multigrain Soup	576	137.6	2.9	0.8	20	2.5	3.6	7.4	1.9	760
Curried Lentil, Sweet Potatoe & Quiona Soup	454	108	3.9	0.2	14	2.3	3.4	3.1	1.3	520
Soup Bread	761	179	0.7	0	37	0.8	2.1	5.7	0.37	148
Rye Roll	923	218	1.3	0.2	42.3	5.4	3.4	7.5	0.907	362.8
Toasties										
Tuna Melt Toastie	2086	498	24	14	44	1.1	4.4	25	2.4	960
All Day Breakfast Toastie	2596	621	32	16	47	1.4	6.2	33	2.8	1120
Mozzarella & Pesto Toastie	1705	406	17	12	44	2.1	4.3	18	1.6	640
Chipotle Chicken Toastie	2018	480	16	12	49	4.8	4.8	34	1.9	760
Classic Cheese Toastie	2762	662	39	24	44	1.9	4.1	32	3.5	1400
Salads										
Chef's Italian Chicken Salad	2080	501	36	6.6	15	7	3.1	27	1.4	560
Smoked Salmon & Avocado Salad	1813	437	33	3.9	13	4.3	5.3	20	2.4	960
Avocado , Mozzarella & Roasted Pepper Salad	2762	672	59	12	17	7.7	7.5	15	0.81	324
Mozzarella & Quinoa Bowl	2697	646	37	11	51	4.7	9	23	3.1	1240

Salsa Verde Chicken Bowl	2800	671	38	6.2	53	6.4	7.4	25	4	1600
Crayfish & Avocado Salad	1369	330	24	2.3	13	3.2	5.8	14	0.73	292
Pret's Caprese Shaker	499	120	9.3	4	2.4	1.2	0.7	6.4	0.69	276
Pret's Cobb Shaker	525	126	8.8	2.9	1.4	1.1	0.5	10	0.3	120
Pret's Panzanella Shaker	843	203	15	4.2	10	2.5	1	6.8	0.62	248
Edamame	706	168	4.1	0.6	15	1.1	5.7	15	0.97	388
Egg & Avo Protein Pot	797	191	10	2.4	8.1	0	4.5	15	0.02	8
Chicken & Smashed Avo Protein Pot	1226	293	15	4.6	11	0.5	5.6	26	1.2	480
Granary										
Chicken Acocado Sandwich	1747	416	12	2.1	46	3.5	9.1	27	1.5	600
Summer Chicken Sandwich	2319	555	29	5.5	41	5	4.9	30	1.9	760
Tuna Mayo Sandwich	1931	462	25	3.8	39	4	4.8	19	2.1	840
Wild Crayfish and Rocket Sandwich	1429	340	9.9	1.9	39	4	5	21	1.2	480
Classic Super Club	2201	527	28	5.4	39	4.2	4.9	26	1.5	600
Mature Cheddar & Pickle Sandwich	2073	496	25	9.9	46	10	5.7	19	1.7	680
Falafel & Tapenade Sandwich	2081	497	20	3.8	56	9.5	11	18	1.3	520
Chicken Salsa Verde Sandwich	2187	522	23	9.9	41	5.5	5.3	35	1.8	720
Cracking Egg Salad Sandwich	1913	458	25	4.5	40	5.1	5.1	17	1.7	680
BLT	1762	422	22	5.4	40	4.7	5.2	13	1.8	720
Smoked Salmon Sandwich	1757	419	19	8.5	38	3.3	4.5	23	3	1200
Baguettes										
Chicken Caesar and Bacon Baguette	2838	676	24	7.3	72	2.8	7	38	2.7	1080
Tuna Mayo & Cucumber Baguette	2523	602	26	3.9	68	1.9	4.1	22	1.8	720
Posh Cheddar & Pickle Baguette	3439	821	36	12	90	10	10	29	4.8	1920
Chicken Salad Baguette	2512	598	23	6.3	69	2.2	4.5	27	1.7	680
Italian Beef Premium Baguette	2685	639	24	6.1	71	1.8	5.1	33	1.9	760
Salmon, Soft Cheese & Dill Baguette	2452	583	18	4.7	69	3.4	7.1	34	4.7	1880
Pesto Caprese Toasted Baguette	2925	698	30	10	77	2.2	6.2	26	3.4	1360
Chipotle Chicken Bacon Toasted Baguette	3499	835	36	17	72	5.6	7.4	52	3.2	1280
Kibbled Rye Salad Wraps										
Chicken Caesar & Bacon Wrap	2051	489	19	7.8	49	4.1	3.4	28	1.7	680
Chicken Pesto Rocket Wrap	2191	525	30	4.7	38	3.6	2.9	25	1.3	520
Avocado & Herb Salad Wrap	1742	416	20	3.9	44	3.8	6.8	13	1.4	560
Flat Breads										
Avo & Chipotle Flatbread	1683	398	4.9	0.7	59	5.6	8	26	1.5	600
Tuna Flatbread	2152	514	25	3.6	51	5.5	4.3	18	1.8	720
Hot Wraps										
Halloumi & Falafel Hot Wrap	2176	520	23	10	51	7.2	9.3	23	2.6	1040
Chipotle Chicken Hot Wrap	2224	530	21	9.1	46	7.6	5.5	36	2.7	1080
Meatball Hot Wrap	2182	520	21	8.6	49	7.9	3.5	31	3.2	1280
Drinks										
Cold Press Orange Juice	292.8	70	0	0	17	15	-	1	0	0
Cold Pressed Pomegranate Juice	878.6	210	3	0	47	34	-	4	0	0
Pineapple Powow	334.7	80	0	0	19	16	-	0	0	0
Root Reboot	251	60	0	0	16	11	-	1	0	0
Pink Lemonaid	168	40	0	0	9	7	0	0	0	0
Blue Lemonaid	190	45	0	0	11	8	0	0	0	0
Black Lemonaid	125	30	0	0	8	6.3	0	0	0	0
Essential Green	209.2	50	0	0	11	8	-	-	0	0
Sunny Dayz	334.7	80	1	0	19	14	-	-	0	0
Ginger Shot	83.68	20	0	0	5	3	-	0	0	0
Tumeric Shot	188.28	45	0	0	10	4	-	0	0	0
San Pelegrino 500ml	0	0	0	0	0	0	0	0	0	0
Aqua Morelli Still	0	0	0	0	0	0	0	0	0	0
Eira Small	0	0	0	0	0	0	0	0	0	0
Pure Pret Rhubarb Lemonade	495	118.8	0	0	26.7	26.7	0	0	0	0
Cucumber and Cool Mint Seltzer	3.3	0	0	0	0	0	0	0	0	0
Pure Pret Apple Fizz	549.7	129.3	0	0	32.3	31.3	0	0	0	0
Eira Large	0	0	0	0	0	0	0	0	0	0
Aqua Morelli Still	0	0	0	0	0	0	0	0	0	0
Arwa 500ml	0	0	0	0	0	0	0	0	0	0
Coke	900	210	0	0	53	53	0	0	0	0
Coke Zero	7	2	0	0	0	0	0	0	0.1	40
Sprite	590	135	0	0	33	33	0	0	0	0
Coconut Water	585.7	140	0	0	34	32	1	1	0.1	40
Snacks & Desserts										
Pret Crisps - Sea Salt & Black Pepper	870.24	208	12.48	5.76	22.56	0.16	2.4	3.2	0.368	147.2
Pret Crisps - Sea Salt & Cider Vinegar	876.96	209.6	12.96	6.08	21.92	0.16	2.24	3.04	0.368	147.2
Pret Crisps - Cheese & Chives	856.8	204.8	12	5.6	22.56	0.96	2.4	3.2	0.368	147.2
Pret Nuts , Fruits & Chocolate	808	195	14	2.2	9.4	8.6	2.4	6.4	0.01	4
Pret Dark Chocolate Almonds	892	215	15	5.3	12	7.9	3.5	5.5	0.2	80
Caramel Waffle	696	166	6.2	3.5	26	15	0.6	1.4	0.22	88
Cranberries in Coats	1012	242	11	6.3	34	30	1.2	0.5	0.1	40
Pret a Mango	493	116	0.315	0.1	28.5	13.5	-	0.6	0.01	4
Choc Bar	2075	498	32.4	19.4	45.5	35	-	4.5	0.45	180
Popcorn Bar	719	172	8	4.7	22.8	13.9	0.7	1.7	0.09	36
Love Bar	1947	465	24.5	12.2	54.1	31	-	5.6	0.61	244
Honey Cake	1506	360	20.6	14.6	41.6	30.1	0.5	4	0.4	160
Vegan Lotus Biscoff Cake	1450	346.6	18.4	0.25	50.3	18.75	1.39	4.25	0.65	260
Chocolate Brownie	2023	485	29.5	18	46.7	43.5	-	6.6	0.11	44
Catering										
Cookie Platter Large	28881	6886	284	148	956	563	55	99	10.4	4160
Cookie Platter Small	11553	2755	115	57	377	222	22	41	4.4	1760
Bar Platter	6631	1589	98	57	158	123	-	19	1.2	480
Baguette Platter	16656	3962	128	47	497	26	50	181	20.3	8120
Best of Pret Platter	8800	2098	83	41	216	26	29	107	7.1	2840

Chef Salad Platter	8321	2002	146	26	60	28	12	107	5.7	2280
Sweet Pastry Selection Box	15577	3728	206	120	391	126	22	67	7.1	2840
Breakfast Baguette Platter	1443	16431	3922	178	33	413	6.3	32	152	60800
Brioche Platter	862	10223	2448	142	35	185	26	7.2	105	42000
Chicken Supreme Platter	1190	10218	2440	109	20	212	20	33	136	54400
Meat Lovers Baguette Platter	1490	16513	3931	142	40	440	11	36	207	82800
Rye Roll Platter	1640	13881	3306	122	46	372	62	32	163	65200
Seafood Platter	966	8478	2023	88	20	194	19	24	103	41200
Veggie lovers mix Platter	1180	11183	2674	134	41	252	41	31	100	40000
Smoked Salmon Salad Platter	1180	7253	1748	132	16	50	17	21	79	31600
Avocado Mozzarella Platter	1390	11112	2687	235	47	69	31	30	59	23600
Donut Platter	295	1994	473	12	1	80	28	1.8	11	4400
Small cookie Platter	480	8524	2032	81	45	286	171	17	31	12400
Brownie Bag (300 g)	6007	1439	89	54	140	131	-	21	0.33	132
Love Bar Bag (350 g)	6801	1625	86	43	189	109	-	24	2.1	840
Choc Chunk Cookie Bag (400 g)	7218	1720	67	42	251	148	14	22	2	800
Crisps Selection(320 g)	6790	1626	90	8.7	178	6.7	12	19	4.3	1720
MTS Drinks										
Extra Shot	11	3	0	0	0	0	0	0	0.23	92
Spanish Latte	1340	319	12	7.8	40	38	0	12	0.4	160
Grapefruit Green Tea	440	104	0	0	23	21	1	1	0.05	20
Grapefruit Iced Green Tea	440	104	0	0	23	21	1	1	0.05	20
Grapefruit Tea	440	104	0	0	23	21	1	1	0.05	20
Grapefruit Iced Tea	440	104	0	0	23	21	1	1	0.05	20
Filter- Black	83	20	0	0	0.8	0	0	4.1	0.05	20
Filter- White	242	57	2.1	1.3	3.6	2.8	0	6.1	0.13	52
Americano Black	6	1	0	0	0	0	0	0	0.13	52
Americano White	45	11	0.6	0.3	0.7	0.7	0	0.5	0.15	60
Pret's Matcha Latte	697	167	9.1	5.7	12	12	0.5	8.9	0.34	136
Pret's Chai Latte	1118	267	13	9	25	24	0	12	0.54	216
Latte	725	173	9.7	6	13	13	0	9	0.49	196
Cappucino	628	150	8.3	5.1	11	11	0	7.7	0.41	164
Mocha	895	214	11	6.7	19	18	0	10	0.48	192
Organic Chocolate	986	235	11	6.9	24	23	0	10	0.34	136
Macchiato	35	8	0.5	0.3	0.5	0.5	0	0.5	0.13	52
Flat White	534	128	7.1	4.4	9.2	9.2	0	6.7	0.38	152
Rice Coconut Milk	256	61	0.8	0.8	13	7.7	0	0.2	0.13	52
Almond Milk	236	56	1.5	0.3	10	4.7	0.5	0.5	0.08	32
Oat Milk	254	61	3.1	0.4	7.9	3.8	0	0.3	0.1	40
Soya Milk	132	32	1.9	0.3	0	0	0.6	3.3	0.3	120
Cup of Milk 80z	950	227	13	7.9	17	17	0	12	0.47	188
Hot Tea- Breakfast	5	1	0	0	0.5	0	0	0	0	0
Hot Tea- Green	2	1	0	0	0	0	0	0	0	0
Hot Tea- Peppermint	5	1	0	0	0.5	0	0	0	0	0
Raspberry Mint Iced Tea	432	102	0	0	25	25	0.5	0	0	0
Cherry Blossom Iced Tea	388	91	0	0	22	22	0	0	0.14	56
Peach & Hibiscus Iced Tea	454	107	0	0	26	26	0.5	0	0	0
Iced Latte	745	178	9.9	6.2	13	13	0	9.3	0.48	192
Iced Americano	6	1	0	0	0	0	0	0	0.12	48
Iced Filter	479	114	5.3	3.3	7.7	6.9	0	9	0.24	96
Iced Mocha	552	132	6.3	3.9	13	12	0	5.9	0.31	124
Iced Chocolate	696	166	7.1	4.4	19	18	0	6.7	0.2	80
Iced Cappucino	477	114	5.8	3.6	9.9	9.7	0	5.4	0.31	124
Iced Chai Latte	753.12	180	0	0	33	31	0	7	0.3	120
Iced Matcha Latte	418	100	5.3	3.3	7.1	6.9	0.8	5.6	0.2	80
Iced Spanish Latte	1340	319	12	7.8	40	38	0	12	0.4	160
Syrup Vanilla	429	101	0	0	25	25	-	0	0	0
Syrup Caramel	404	95	0	0	24	24	-	0	0	0
Syrup Salted Caramel	1381	325	0	0	80.4	80.3	0	0	1	400
Classic Frappe	1266	299	3.6	2.2	63	28	0	3.3	0.43	172
Salted Caramel Frappe	1165	276	6.1	3.9	49	32	0	5.8	0.47	188
Chocolate Frappe	1859	441	12	7.3	73	53	0	11	0.33	132
Berries & Cherries Smoothie	981	231	0	0	55	19	3.2	1	0.02	8
Sweet Greens Smoothie	836	197	0	0	46	11	4.2	1	0.02	8
Tropical Mango Smoothie	921	217	0	0	51	17	4.2	1	0.02	8