

<i>Regular</i>	<i>Nutrition Develop Status</i>	<i>Date of Develop</i>	<i>Pret HK Approval Status</i>	<i>Energy EU</i>	<i>Energy Kcal</i>	<i>Fat(g)</i>	<i>Sat. Fat(g)</i>	<i>CHO(g)</i>	<i>Sugar(g)</i>	<i>Fibre(g)</i>	<i>Protein(g)</i>	<i>Salt(g)</i>	<i>Sodium(mg)</i>
Baguettes <i>No. of Products: 10</i>													
Avo. Olives & Roasted Tomatoes Baguette (290 g)		21.02.2022		2592	616	17	1.5	89	3.5	12	21	3.1	1,226.70
Chicken Caesar Baguette (238 g)		09.02.2022		2771	658	18	5.4	82	3.1	8	37	3.6	1444
Chicken Salad Baguette (257 g)		09.02.2022		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)		09.02.2022		2523	602	26	3.9	68	1.9	4.1	22	1.8	715.2
Posh Cheddar & Pickle Baguette (263 g)		09.02.2022		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)		09.02.2022		2561	607	12	19	85	3.8	7.9	35	3.4	1351.6
Truffle Egg Mayo Baguette (286 g)		22.04.2022		2968	709	35	6.7	68	1.9	4.1	28	1.8	703.5
Italian Beef Baguette (232 g)		22.04.2022		2685	639	24	6.1	71	1.8	5.1	33	1.9	767
Snacks <i>No. of Products: 5</i>													
Pret A Mango (100 g)		15.02.2022		493	116	0.315	0.1	28.5	13.5	-	0.6	0.01	-
Burts - Sea Salted		15.02.2022		2169	519	28.8	2.4	58.6	0.2	2.5	5.1	1.2	-
Burts - Mature Cheddar		15.02.2022		2083	499	27.2	3.1	53.8	2.3	4.9	7.9	1.1	-
Burts - Sweet Chili		15.02.2022		2169	519	28.8	2.4	58.6	4.5	2.5	5.1	1.1	-
HUNTERS-Salt and black pepper		30.05.2022		2046	489	26.9	2.9	59.8	0	5.6	7.5	-	663
Drinks <i>No. of Products: 23</i>													
Coconut Water (100 ml)		15.02.2022		585.7	140	0	0	34	32	1	1	-	50
Easy Green(250 ml)		15.02.2022		-	60	0	0	13	10	-	-	-	55
Essential Green(250 ml)		15.02.2022		-	50	0	0	11	8	-	-	-	60
Essentially- Nourish Me Shot (80 ml)		15.02.2022		-	25	0	0	6	5	-	0	-	0
Essentially- Hit Me Shot (80 ml)		15.02.2022		-	20	0	0	5	3	-	0	-	-
Essentially- Wake Me (80 ml)		15.02.2022		-	45	0	0	10	4	-	0	-	0
Nai Jasmine White Tea(100 ml)		15.02.2022		-	30	0	0	7	6.8	0	0	-	4.2
Nai Hibiscus Flower Tea (100 ml)		15.02.2022		-	30	0	0	7	6.8	0	0	-	4.2
Nai Moroccan Mint Tea(100 ml)		15.02.2022		-	30	0	0	7	5.5	0	0	-	4.2
Nai Ginger Green Tea(100 ml)		15.02.2022		-	30	0	0	7	5.9	0	0	-	4.2
Orange Juice- Cold Pressed(250 ml)		15.02.2022		-	70	0	0	17	15	-	1	-	0
Pineapple Powow(250 ml)		15.02.2022		-	80	0	0	19	16	-	0	-	0
Pink Lemonaid (250 ml)		13.03.2022		168	40	0	0	9	7	0	0	-	10
Blue Lemonaid (250 ml)		13.03.2022		190	45	0	0	11	8	0	0	-	10
Black Lemonaid (250 ml)		13.03.2022		125	30	0	0	8	6.3	0	0	-	70
Pepsi (100 ml)		15.02.2022		-	42	0	0	11	11	0	0	-	10
Light Pepsi(100 ml)		15.02.2022		-	0	0	0	0	0	0	0	-	20
Pomegranate Juice- Cold Pressed(250 ml)		15.02.2022		-	210	3	0	47	34	-	4	-	10
Root Reboot(250 ml)		15.02.2022		-	60	0	0	16	11	-	1	-	85
San Pellegrino Sparkling Water (1000 ml)		21.02.2022		0	0	0	0	0	0	0	0	0	30
Sunny Dayz(250 ml)		15.02.2022		-	80	1	0	19	14	-	-	-	0
Aqua Morelli Still Water 500ml(1000 ml)		21.02.2022		0	0	0	0	0	0	0	0	0	2.9
Aqua Morelli Still Water 1ltr(1000 ml)		21.02.2022		0	0	0	0	0	0	0	0	0	2.9
Hot Chocolate <i>No. of Products: 4</i>													
Hot Chocolate Full Fat Milk(330 ml)		23.02.2022		1020	243	11	6.6	26	22	2	10	0.46	185.2
Hot Chocolate Semi Skim Milk (330 ml)		23.02.2022		854	203	5.6	3.4	27	22	2	11	0.46	185.2
Hot Chocolate with Oat Milk(330 ml)		23.02.2022		758	181	5.3	1.4	29	9.7	5.1	2	0.36	145.2
Hot Chocolate with Rice Coconut Milk (330 ml)		23.02.2022		990	234	3.8	2.7	47	27	2.5	2.3	0.34	136.5
Milks													
Full Fat Milk (360 ml)		09.09.2022		950	227	13	7.9	17	17	0	12	0.47	
Semi Skim Milk(360 ml)		09.09.2022		721	171	5.8	3.5	17	17	0	13	0.47	
Oat Milk(360 ml)		09.09.2022		589	141	5.4	0.7	20	0	4.3	0.7	0.32	
Coconut Milk(360 ml)		09.09.2022		910	215	3.2	2.5	45	23	0.7	1.1	0.3	
Syrups <i>No. of Products: 3</i>													
Caramel Shot (3 pumps - 30 ml)		24.02.2022		404	95	0	0	24	24	-	0	0	3.6
Vanilla Shot (3 pumps - 30 ml)		24.02.2022		429	101	0	0	25	25	-	0	0	3.6
Date Shot (3 pumps - 30 ml)													
Smoothies <i>No. of Products: 3</i>													
Smoothie- Strawberry & Banana - 456 ml		12.08.2022		228	54	0	0	13	4.6	0.8	0	0	
Smoothie - Berry - 460 ml		09.09.2022		959	227	0.5	0.1	49	13	9.1	1.4	0.05	
Smoothie- Mango & Pineapple - 460 ml		12.08.2022		223	53	0	0	12	3.3	0.7	0	0.02	
Frappe <i>No. of Products: 2</i>													
Chocolate Frappe Full Fat Milk		24.02.2022		1960	465	10	6.4	80	49	6	10	0.7	278.2
Chocolate Frappe Semi Skim Milk		24.02.2022		1848	438	7.1	4.3	80	49	6	11	0.7	278.2
Chocolate Frappe Oat Milk		24.02.2022		1784	423	6.9	2.9	81	41	8.1	4.8	0.63	251.7
Chocolate Frappe Coconut Milk		24.02.2022		1940	459	5.8	3.8	93	52	6.3	5	0.62	246.4
Classic Frappe Full Fat Milk		24.02.2022		1266	299	3.6	2.2	63	28	0	3.3	0.43	172.2
Classic Frappe Semi Skim Milk		24.02.2022		1202	283	1.7	1	63	29	0	3.5	0.43	172.2
Classic Frappe Oat Milk		24.02.2022		1165	275	1.6	0.2	64	24	1.3	0	0.39	155.4
Classic Frappe Coconut Milk		24.02.2022		1254	295	1	0.7	71	30	0.5	0.5	0.38	153.3
Salted Caramel Frappe Full Fat Milk		09.09.2022		1165	276	6.1	3.9	49	32	0	5.8	0.47	
Iced Drinks													
Iced Black Americano		24.02.2022		6	1	0	0	0	0	0	0	0.12	46
Iced Latte Full Fat Milk		24.02.2022		745	178	9.9	6.2	13	13	0	9.3	0.48	191.4
Iced Latte Semi Skim Milk		24.02.2022		566	135	4.6	2.7	13	13	0	9.8	0.48	191.4
Iced Latte Oat Milk		24.02.2022		463	111	4.3	0.6	16	0	3.4	0.6	0.37	145.2
Iced Latte Coconut Milk		24.02.2022		713	169	2.6	2	35	18	0.6	0.9	0.35	138.6
Iced Chai Latte													
Iced Mocha Full Fat Milk		24.02.2022		568	138	6.1	3.7	14	12	1	5.7	0.37	149
Iced Mocha Semi Skim Milk		24.02.2022		473	112	3.2	1.9	14	12	1	6	0.37	149
Iced Mocha Oat Milk		24.02.2022		417	99	3.1	0.7	15	4.9	2.8	1.1	0.31	126
Iced Mocha Coconut Milk		24.02.2022		551	131	2.2	1.5	26	15	1.3	1.3	0.3	121.8
Iced Chocolate Full Fat Milk		24.02.2022		729	174	6.7	4.2	21	17	2	6.5	0.32	129.2
Iced Chocolate Semi Skim Milk		24.02.2022		634	150	3.8	2.3	21	17	2	6.7	0.32	129.2
Iced Chocolate Oat Milk		24.02.2022		578	138	3.7	1.2	22	9.7	3.8	1.8	0.26	103.7
Iced Chocolate Coconut Milk		24.02.2022		712	169	2.8	1.9	33	19	2.3	2	0.25	100.3
Iced Filter Full Fat Milk		24.02.2022		479	114	5.3	3.3	7.7	6.9	0	9	0.24	93.5
Iced Filter Semi Skim Milk		24.02.2022		384	91	2.4	1.5	8	7.2	0	9.3	0.24	93.5
Iced Filter Oat Milk		24.02.2022		328	78	2.3	0.3	9.2	0	1.8	4.4	0.18	69.7
Iced Filter Coconut Milk		24.02.2022		462	109	1.4	1.1	20	9.7	0.5	4.5	0.17	66.13
Iced Matcha Latte Full Fat Milk		24.02.2022		418	100	5.3	3.3	7.1	6.9	0.8	5.6	0.2	79.04
Iced Matcha Latte Semi Skim Milk		24.02.2022		322	77	2.4	1.5	7.4	7.2	0.8	5.9	0.2	79.04
Iced Matcha Latte Oat Milk		24.02.2022		267	64	2.3	0.3	8.6	0	2.6	0.9	0.14	54.72
Iced Matcha Latte Coconut Milk		24.02.2022		401	95	1.4	1	19	9.8	1.1	1.1	0.13	50.16
Breakfast <i>No. of Products: 2</i>													
Almond Croissant (84 g)		21.02.2022		1211	289	14	9.1	32	9.6	2.2	6.7	0.73	292.32

Banana and Honey Breakfast Bowl (295 g)		19.02.2022		1962	466	15	5.8	66	37	3.1	15	0.14	53.1
Bircher Muesli (270 g)		19.02.2022		1417	338	12	5.3	40	22	4.7	15	0.13	53.19
Berry Yoghurt Parfait (176 g)		19.02.2022		1047	250	11	4.8	24	15	1.7	12	0.12	45.76
Pot-Pear, Raisin and Cinnamon (217 g)		15.08.2022		1627	388	16	6.1	45	28	3.1	15	0.15	57.86
Rice Pudding - Pomegranate - 221 g		27.05.2022		1067	254	8	3.7	38	13	1.9	6.7	1.9	749.19
Rice Pudding - Five Berry - 247 g		27.05.2022		1288	306	7.9	3.7	51	28	2.2	6.4	1.9	748.4
Fresh Fruit Yoghurt and Granola (303 g)		19.02.2022		1609	383	12	4.6	50	35	7.1	14	0.11	42.42
Sunshine Parfait													
Very Berry Croissant (88 g)		21.02.2022		1317	314	14	6.4	43	23	2.3	4.4	0.47	186.56
Chocolate Croissant (88 g)		21.02.2022		1452	348	20	11	36	13	2.3	6.1	0.49	197.12
Zaatar Croissants													
Five Berry Breakfast Bowl (218 g)		19.02.2022		1556	371	14	5.8	45	33	2.8	14	0.13	52.3
French Butter Croissant (65 g)		21.02.2022		1089	261	15	10	26	3.8	1.4	4.9	0.66	265.2
Mozzarella & Tomato Croissant (109g)		21.02.2022		1101	263	13	0	23	3.2	0	13	1.2	479.6
Pain Au Raisin(97 g)		21.02.2022		1442	345	18	8.5	39	18	1.7	6.1	0.62	248.32
Pret's Veggie Brioche (208 g)		19.02.2022		2689	646	44	18	40	9.4	1.2	21	2	792.48
Turkey Bacon and Egg Brioche (201 g)		19.02.2022		2357	565	36	13	34	5.4	1.1	25	2.8	1,125.60
Chicken Sausage and Egg Brioche (235g)		19.02.2022		2195	525	28	12	37	6	2.6	30	0.75	298.45
Hot Croissants	No. of Products: 5												
Cheese and Tomato Croissant (103 g)		30.05.2022		1461	350	21	14	29	4.6	1.7	9.8	0.84	336.81
Salmon & Egg Croissant (137 g)		30.05.2022		1722	412	23	19	31	4.2	1.7	19	0.92	367.16
Beef & Onion Croissant (109 g)		30.05.2022		1599	383	22	14	29	4.3	1.7	17	0.95	379.32
Scrambled Eggs & Portobello Mushrooms (168 g)		15.08.2022		1743	418	26	14	31	5.5	2.2	15	1.7	697.2
Scrambled Eggs & Chicken (177 g)		15.08.2022		1868	448	27	15	28	4.9	1.9	23	1.6	627.8
Fruits	No. of Products: 6												
Banana (120 g)		21.02.2022		457	108	0	0	24	22	1.7	1.4	0	0
Apple (230 g)		21.02.2022		581	138	1.2	0.3	29	26	2.8	1.4	0	0
Mango and Lime (150 g)		19.02.2022		2160	81	0	0	23	18	4	1	0	0
Superfruit Salad (150 g)		19.02.2022		292.88	70	0	0	20	16	4	1	0	0
Melon Pot(132 g)		19.02.2022		1901	32	0	0	7.9	6.6	1.3	0	-	6.6
Pomegranate Pot(100 g)		19.02.2022		334.7	80	1	0	19	14	4	2	0	0
Granary													
Chicken Avocado (259 g)		09.02.2022		1747	416	12	2.1	46	3.5	9.1	27	1.5	580.1
Cracking Egg Salad (227 g)		09.02.2022		1913	458	25	4.5	40	5.1	5.1	17	1.7	676.4
Wild Crayfish & Rocket(199 g)		09.02.2022		1429	340	9.9	1.9	39	4	5	21	1.2	493.5
Mature Cheddar & Pret Pickle (230 g)		09.02.2022		2073	496	25	9.9	46	10	5.7	19	1.7	680.8
Smoked Salmon (166 g)		09.02.2022		1638	389	12	22	45	3.3	4.5	24	1.1	421.6
Summer Chicken (227 g)		09.02.2022		2319	555	29	5.5	41	5	4.9	30	1.9	749.1
Pret's multigrain open sandwich - Salmon & Soft Cheese (207 g)		21.02.2022		1111	265	7.8	14	25	4	6.6	20	1.3	523.71
Pole & Line Caught Tuna & Rocket (201 g)		09.02.2022		1931	462	25	3.8	39	4	4.8	19	2.1	846.2
Pret's multigrain open sandwich - Smashed Avo(172 g)		21.02.2022		984	235	9.1	1	25	2	10	7.9	1.2	490.2
Veggie New Yorker (235 g)		09.02.2022		2020	483	25	9.1	42	5.9	5.4	19	2.9	1158.5
Portobello Lettuce & Tomato Granary (230 g)		22.04.2022		2229	534	31	11	41	4.8	5.7	20	2	793
Beef & Horseradish Granary (174 g)		22.04.2022		1556	370	11	4.9	40	5	4.6	26	1.3	525
Prots Hot													
Chipotle Chicken Toastie (223 g)		19.02.2022		2018	480	16	12	49	4.8	4.8	34	1.9	749.28
Chicken, Avocado and Basil Toastie (277 g)		19.02.2022		2863	684	33	23	47	1.1	6.2	46	2.5	1,008.28
Pizza Gardiniera (vegan)(204 g)		21.02.2022		1741	416	21	1.9	45	9.6	4.4	9.4	1.4	550.8
Pizza Margharita (208 g)		21.02.2022		2138	512	30	8.8	42	8.1	3.1	18	15	592.8
Pizza Meat Feast (267 g)		21.02.2022		2370	567	29	9.3	39	7.7	3.4	36	2.4	955.86
Pizza Chipotle Chicken (235 g)		21.02.2022		2077	496	23	5	40	9.3	3.7	30	2.1	820.15
Chicken Chipotle Hot Wrap (269 g)		09.02.2022		2224	530	21	9.1	46	7.6	5.5	36	2.7	1081.3
Classic Cheese Toastie (258 g)		19.02.2022		2223	531	24	17	54	1.8	9	20	2.7	1,065.54
Vegan Meatballs Hot Wrap (210 g)		15.08.2022		1660	395	12	3.2	51	10	6.9	18	2.5	989.10
Falafel & Halloumi Hot Wrap(271 g)		09.02.2022		2105	503	22	10	50	7	8.8	22	3.1	1243
Macaroni - Beef Bolognaiset(385g)		19.02.2022		2564	612	27	9.3	60	8.5	3	30	2	820.05
Macaroni - Veggie Kale (376 g)		15.08.2022		2660	634	27	10	70	8.6	3	27	1.8	706.88
Macaroni - Salmon & Dill (355g)		19.02.2022		2052	487	14	17	61	8.8	2.5	29	1.1	440.2
Macaroni - Veggie Meatball(491 g)		19.02.2022		3102	738	25	11	83	16	7.2	42	3.2	1,271.69
Sausage Roll													
Tuna Melt Toastie (189 g)		19.02.2022		2086	498	24	14	44	1.1	4.4	25	2.4	963.9
Omelette Mushroom and Spinach(322 g)		19.02.2022		804	191	5.1	2.8	8.8	7.3	1.4	27	1.4	547.4
Omelette Feta & Red Pepper (307 g)		19.02.2022		803	191	6.1	4	6.5	5.4	0.9	27	1.8	718.38
Pret's Porridge (337 g)		21.02.2022		792	189	6.7	0	20	10	3.4	10	0	0
Meatball Hot Wrap (226 g)		09.02.2022		2182	520	21	8.6	49	7.9	3.5	31	3.2	1272.3
Portobello Mushroom Toasted Baguette (217 g)		15.08.2022		2011	477	9.3	1.8	79	3.4	5.4	17	2.7	1078.49
Spicy Chicken Toasted Baguette (287 g)		09.02.2022		3037	722	22	6.4	85	7.6	9.5	41	3.3	1320
Soup													
Malaysian Chicken (350 g)		21.02.2022		1065	254	8.8	3.5	28	3.5	3.5	14	2.1	840
Souper Tomato(320 g)		21.02.2022		534	128	6.4	0	13	6.4	3.2	3.2	1.6	640
Carrot and Coriander (300 g)		21.02.2022		603	144	6	3	15	9	3	6	1.3	528
Parsnip (325 g)		15.08.2022		912.2	218	11.1	4.4	23.2	13	3.7	1	0.99	386
Chicken Multigrain (325 g)		15.08.2022		576	137.6	2.9	0.8	20	2.5	3.6	7.4	1.9	774.6
Pumpkin & Corn Chowder (295 g)		21.02.2022		643	153	5.9	0	21	5.9	3	3	1.8	708
Thai Red Chicken Curry Soup(325 g)		04.05.2022		1288	310	21	3.6	6.2	4.2	4.2	22	3	1196
Japanese Corn Soup(325 g)		04.05.2022		2576	611	16	0.3	102	4.9	3.9	14	2.5	1001
Soup Bread (70 g)		21.02.2022		761	179	0.7	0	37	0.8	2.1	5.7	0.37	147
Coffee													
Filter- Black (310 ml)		23.02.2022		83	20	0	0	0.8	0	0	4.1	0.05	21.7
Filter- White Full Fat Milk (310 ml)		23.02.2022		242	57	2.1	1.3	3.6	2.8	0	6.1	0.13	49.6
Filter- White Semi Skim (310 ml)		23.02.2022		203	48	1	0.6	3.7	2.9	0	6.2	0.13	49.6
Filter- White Oat Milk (310 ml)		23.02.2022		181	43	0.9	0.1	4.2	0	0.7	4.2	0.11	40.3
Filter- White Coconut Milk(310 ml)		23.02.2022		235	55	0.5	0.5	8.3	3.9	0	4.3	0.1	40.3
Cappucino Full Fat Milk (280 ml)		23.02.2022		630	151	8.2	5.1	11	11	0	7.7	0.42	168
Cappucino Semi Skim Milk(280 ml)		23.02.2022		483	115	3.9	2.3	12	12	0	8.2	0.42	168
Cappucino Oat Milk (280 ml)		23.02.2022		398	95	3.6	0.5	14	0.5	2.9	0.5	0.33	112
Cappucino Coconut Milk (280 ml)		23.02.2022		604	143	2.3	1.7	29	15	0.6	0.8	0.31	126
Flat White Full Fat Milk(250 ml)		23.02.2022		534	128	7.1	4.4	9.2	9.2	0	6.7	0.38	150
Flat White Semi Skim Milk(250 ml)		23.02.2022		406	97	3.3	2	9.6	9.6	0	7	0.38	150
Flat White Oat Milk(250 ml)		23.02.2022		333	79	3.1	0.4	11	0	2.4	0.5	0.3	117
Flat White Coconut Milk(250 ml)		23.02.2022		511	121	1.9	1.4	25	13	0.5	0.7	0.28	112.5
Latte Full Fat Milk (330 g)		23.02.2022		725	173	9.7	6	13	13	0	9	0.49	194.7
LatteSemi Skim (330 g)		23.02.2022		551	131	4.5	2.7	13	13	0	9.6	0.49	194.7
Latte Oat Milk(330 g)		23.02.2022		451	108	4.2	0.6	15	0	3.3	0.5	0.38	151.8
Latte Coconut Milk (330 g)		23.02.2022		694	164	2.6	1.9	34	18	0.6	0.9	0.36	145.2
Mocha Full Fat Milk (330 ml)		23.02.2022		912	218	11	6.6	20	18	1	10	0.54	217.8

Mocha Semi Skim Milk(330 ml)		23.02.2022		734	174	5.3	3.2	21	18	1	11	0.54	217.8
Mocha Oat Milk(330 ml)		23.02.2022		630	150	5	1	23	4.9	4.4	1.3	0.43	171.6
Mocha Coconut Milk(330 ml)		23.02.2022		880	208	3.4	2.4	42	23	1.6	1.7	0.41	165
Spanish Latte 12oz - Full Fat Milk(340ml)		04.05.2022		1340	319	12	7.8	40	38	0	12	0.4	159.8
Spanish Latte 12oz - Semi Skim Milk(340ml)		04.05.2022		1183	281	7.8	4.9	40	38	0	13	0.42	170
Americano Black (330 ml)		23.02.2022		6	1	0	0	0	0	0	0	0.13	49.5
Americano White Full Fat Milk(330 ml)		23.02.2022		45	11	0.6	0.3	0.7	0.7	0	0.5	0.15	590.7
Americano White Semi Skim Milk(330 ml)		23.02.2022		36	9	0.5	0.2	0.8	0.8	0	0.6	0.15	590.7
Americano White Oat Milk(330 ml)		23.02.2022		30	7	0.5	0	0.9	0	0	0	0.14	590.7
Americano White Coconut Milk(330 ml)		23.02.2022		44	10	0.5	0.1	1.9	1	0	0	0.14	561
Espresso (100 ml)		09.09.2022		11	3	0	0	0	0	0	0	0.23	92
MacchiatoFull Fat Milk(61 ml)		09.09.2022		35	8	0.5	0.3	0.5	0.5	0	0.5	0.13	85
Macchiato Semi Skim Milk(61 ml)		09.09.2022		28	7	0.5	0.1	0.6	0.6	0	0.5	0.13	85
Macchiato Oat Milk(61 ml)		09.09.2022		24	6	0.5	0	0.6	0	0	0	0.12	82
Macchiato Coconut Milk(61 ml)		09.09.2022		33	8	0	0	1.4	0.7	0	0	0.12	81
Tea													
Hot Tea- Breakfast (330 ml)		09.09.2022		5	1	0	0	0.5	0	0	0	0	0
Hot Tea- Earl Grey(330 ml)		09.09.2022		5	1	0	0	0.5	0	0	0	0	0.16
Hot Tea- Green(330 ml)		09.09.2022		2	1	0	0	0	0	0	0	0	0
Hot Tea- Peppermint(330 ml)		09.09.2022		5	1	0	0	0.5	0	0	0	0	0
Flavored Latte													
Pret's Chai Latte Full Fat Milk (330 ml)		09.09.2022		1118	267	13	9	25	24	0	12	0.54	
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)		04.05.2024		1106	263	7.6	3	42	28	2.9	5	0.38	136
Spanish Latte 12oz - Coconut Milk(340ml)		04.05.2025		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)		23.02.2022		697	167	9.1	5.7	12	12	0.5	8.9	0.34	132
Pret's Matcha Latte Semi Skim Milk (330 ml)		23.02.2022		532	126	4.2	2.6	13	12	0.5	9.4	0.34	132
Pret's Matcha Latte Oat Milk(330 ml)		23.02.2022		403	96	3.6	0.5	14	0	3.3	0.8	0.22	66
Pret's Matcha Latte Coconut Milk(330 ml)		23.02.2022		617	146	2.2	1.7	30	16	0.9	1.1	0.21	79.2
Salads													
Caesar Salad (294 g)		21.02.2022		2967	711	41	10	43	4.2	3.2	41	1.5	585.06
Chef's Italian Chicken Salad (325 g)		21.02.2022		2080	501	36	6.6	15	7	3.1	27	1.4	565.5
Smoked Salmon Salad (295 g)		21.02.2022		1687	405	26	19	20	4.3	5.3	20	0.33	129.8
Super Food Salad (437 g)		21.02.2022		2542	611	39	4.4	44	24	15	15	0.57	227.24
Tuna Nicoise Salad(352 g)		21.02.2022		1816	437	32	4.3	8.7	5.6	2.6	27	1	377
Wild Crayfish & Avocado (238 g)		19.02.2022		1369	330	24	2.3	13	3.2	5.8	14	0.73	292.74
Hanoi Beef Salad (246 g)		22.04.2022		1243	298	17	1.7	12	6.6	3.6	22	1.2	492
Roasted Eggplant & Quinoa Salad (326 g)		22.04.2022		1895	453	21	1.4	49	13	9.6	13	2.7	1079
Japanese Potato & Tuna Salad (402 g)		22.04.2022		2291	552	40	4.8	25	9.8	6.6	19	1.1	458
Chicken & Smashed Avo Pot (226 g)		19.02.2022		1226	293	15	4.6	11	0.5	5.6	26	1.2	485.9
Edamame Beans Pot(126 g)		19.02.2022		706	168	4.1	0.6	15	1.1	5.7	15	0.97	378
Salad - Salmon Protein Box (317 g)		21.02.2022		1886	452	27	19	18	3.3	4.4	33	0.75	297.98
Coco-Nut Protein Ball (15g)		15.02.2022		-	55	1	0	8	6	-	3	-	-
Egg & Avocado Protein Pot (189 g)		19.02.2022		797	191	10	2.4	8.1	0	4.5	15	0.02	7.56
Quinoa & Crayfish Pot (199 g)		22.04.2022		1430	341	14	2	34	3.9	4.4	17	1.3	527
Japanese Potato Salad Pot (243 g)		22.04.2022		1461	351	22	4.4	23	3.1	3.9	13	2.8	1100
Espresso Mocha Protein Ball (15g)		15.02.2022		-	57	2	0	8	5	-	3	-	-
Cherry Bites Protein Ball (15g)		15.02.2022		-	64.65	2.68	0	7.07	5.06	-	3.07	-	-
Sweet Treats													
Choco Bar		15.02.2022		2075	498	32.4	19.4	45.5	35	-	4.5	0.45	-
Chocolate Brownie Bar		15.02.2022		2023	485	29.5	18	46.7	43.5	-	6.6	0.11	0
Chocolate Chunk Cookie (80 g)		21.02.2022		1444	344	13	8.3	50	30	2.7	4.4	0.39	156.8
Vegan Lotus Biscoff Cake		15.08.2022		1450	346.6	18.4	0.25	50.3	18.75	1.39	4.25	0.65	200.8
Honey Cake (115 g)		30.05.2022		305	64	17	13	35	26	0.6	3.1	0.23	105.8
Double Berry Muffin (115 g)		21.02.2022		1632	389	18	1.8	51	30	1.3	5.8	0.61	243.8
Dark Chocolate and Almond Butter Cookie(80 g)		21.02.2022		1463	349	14	7.2	47	30	3.2	6	0.67	268.8
Fruit, Oat & Spelt Cookie (80 g)		21.02.2022		1356	323	13	7	46	26	2.7	5	0.26	102.4
Love Bar		15.02.2022		1947	465	24.5	12.2	54.1	31	-	5.6	0.61	-
Very Berry Croissant (88 g)		21.02.2022		1317	314	14	6.4	43	23	2.3	4.4	0.47	186.56
Wraps													
Avocado & Chipotle Chicken Flatbread(293 g)		21.02.2022		1683	398	4.9	0.7	59	5.6	8	26	1.5	594.7
Avocado & Herb Salad Wrap(263 g)		21.02.2022		1742	416	20	3.9	44	3.8	6.8	13	1.4	578.6
Humous & Chipotle Salad Wrap(247 g)		21.02.2022		1915	457	17	2.4	54	11	10	17	0.65	261.82
Falafel Flat Bread(364 g)		21.02.2022		2188	521	13	1.2	76	10	15	16	0.81	323.96
Mediterranean Tuna Flat Bread(293 g)		21.02.2022		2152	514	25	3.6	51	5.5	4.3	18	1.8	723.71
Coffee Products													
Espresso (200g Whole Bean)		09.09.2022		832	196	0	0	8.2	0	0	41	0.41	162
Classic Blend (200g Ground)		09.09.2022		832	196	0	0	8.2	0	0	41	0.41	162
Peru Single Origin (200g Ground)		09.09.2022		832	196	0	0	8.2	0	0	41	0.41	162