



Ramadan Launch	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	Fiber(g)	Protein(g)	Sodium(mg)
Tomato Mozzarella Croissant Frozen to Bake 8pcs (100)g	380	25	14	24	3	2	13	520
Cinnamon Pecan Bites with Toffee Sauce Gathering Size (100)g	370	17	10	50	30	2	6	290
Sticky Date Pudding in Butterscotch Sauce (100)g	320	11	4	55	30	4	3	35
Raspberry & Lemon Curd Croissant Pudding (100)g	280	12	7	40	23	1	6	160
Saffron Milk Cake (130g)	270	10	2.5	38	35	1	6	115
Turkish Latte Hot (12Oz)	290	14	5	32	30	0	10	160
Turkish Latte Cold (12Oz)	250	12	3.5	29	27	0	8	140
Millionaires Caramel Shortbread (100)g	498	27.4	17.8	57.2	39.8	2.3	4.3	264
Granary No. of Products:08								
Tuna & Jalapeno Sandwich (257g)	550	33	5	41	5	6	28	970
Mature Cheddar & Pickle (225)g	450	22	8	51	13	7	20	650
Smoked Salmon Slim (90)g	200	10	3	20	2	3	12	640
Classic Super Club (258)g	440	25	5	41	5	6	19	1000
Free Range Egg Mayo & Tomato Slim (98)g	210	12	2.5	20	2	2	8	300
Free Range Egg Mayo (183)g	420	24	5	39	3	5	17	600
Chicken Avocado Basil Slim (121)g	220	13	2.0	22	2	4	9	470
Chicken Avocado Basil (236)g	480	29	4.5	44	4	8	18	960
Cold Baguettes No. of Products: 08								
Egg & Avo Slim Baguette (110)g	260	12	2.0	32	1	3	8	810
Avo, Olives & Toms (Slim) (114)g	250	11	1.5	34	2	4	7	390
Tuna Mayo & Cucumber (Slim) (120)g	260	12	2	32	2	3	9	470
Chicken Caesar & Bacon (236)g	570	26	6	63	3	5	25	1100
Posh Cheddar & Pickle (264)g	610	26	10	80	18	6	18	1090
Pesto Caprese (Slim) (114)g	320	19	4	32	2	3	6	450
Brie & Tapenade Baguette (Slim) (131)g	340	19	9	36	2	3	9	440
Turkey & Cheese (242)g	510	18	4	68	6	7	26	960
Hot Baguettes No. of Products:03								
Portobello Mushroom & Cheese (183)g	410	24	9	38	4	4	16	850
Pesto Chicken (267)g	610	29	10	67	4	6	25	1260
Chipotle Mozzarella (238)g	480	14	6	72	11	5	23	1060
Cold Wraps No. of Products: 03								
Crunchy Chipotle Chicken & Avo Wrap (254)g	430	19	3	50	9	5	18	1030
Chicken Caesar Wrap (225)g	570	35	8	44	2	3	23	1020
Pesto Hummus & Veggies (213)g	320	11	2	50	6	6	10	580
Hot Wraps No. of Products: 3								
Chicken Fajita Hot Wrap (169)g	350	12	3.5	44	5	3	20	900
Falafel & Halloumi Hot Wrap (248)g	460	20	2	59	9	5	17	1280
Chicken Mushroom Hot Wrap (227)g	490	25	10	45	4	3	23	1200
Kids Granary No. of Products: 3								
Cream Cheese & Cucumber (135)g	250	10	6	36	4	4	8	330
Almond Butter & Berry Spread (137)g	260	4	0	52	15	6	9	260
Turkey & Cream Cheese (131)g	270	8	5	39	4	5	16	530
Salads No. of Products: 5								
Greek Salad & Vinaigrette (236)g	370	14	4.5	19	5	2	22	740
Classic Caesar Chicken Salad (254)g	400	28	6	21	2	3	16	740
Tamari & Ginger Chicken Salad Bowl (312)g	240	11	4.5	22	15	2	16	1180
Mozzarella, Pesto & Avo Salad (290)g	490	43	13	14	4	6	19	440
Salmon & Mango Salad Bowl (335)g	330	19	6.0	24	11	6	22	860
Savoury Pots No. of Products: 05								
Edamame & Sea Salt Pot (101)g	130	5	0.5	11	3	5	11	15
Roasted Beet Dip (113)g	160	12	4	8	2	0	3	760
Pesto Hummus Dip (112)g	230	25	4	10	0	4	6	450
Feta, Cranberry & Walnuts Dip (105)g	290	25	8	11	9	1	7	590
Add On: No. of Products: 01								
Sourdough Crackers (25)g	45	0	0	10	0	1	2	125
Sweet Pots No. of Products: 11								
Cinnamon Pecan Bites (185)g	710	36	19	90	56	3	10	500
Berries & Cherries Yoghurt Pot (155)g	280	10	5	40	30	2	10	75
Bakewell Tart Bites (135)g	640	39	17	62	41	7	9	220
Nutty Salted Caramel Brownie Bites (133)g	670	44	23	55	48	4	11	380
Almond Butter & Honey Yoghurt Pot (152)g	240	12	6	26	20	1	10	80
Five Berry Bowl (208)	300	13	7	38	25	2	12	95
Five Berry Pot (134g)	210	9	5	25	15	2	9	70
Bircher Muesli (207)g	300	14	7	32	22	3	13	140
Mango & Banana Sunshine Bowl (175)g	260	7	2	49	27	5	6	25
Honey Granola Pot (135)g	270	10	5	38	26	2	10	75
Coconut Chia (230)g	180	5	2	32	17	3	3	5
Frittata No of Products:02								
Pret's Shakshuka Frittata (403)g	490	34	2	13	8	1	34	590
Greek Style Feta & Spinach Frittata (336)g	400	27	3	9	5	1	30	450
Toasties No. of Products:05								
Pulled Beef & Cheese (202)g	590	33	9	49	6	5	29	960
Classic Cheese Toastie (185)g	580	34	14	46	2	5	28	1060
Super Club Toastie (241)g	560	31	12	46	2	5	29	1140
Tuna Melt Toastie (190)g	480	23	8	45	1	4	28	930
Halloumi, Red Pepper, & Basil Toastie (209)g	460	21	1	49	4	5	22	1330
Focaccia No. of Products: 02								
Firecracker Chicken Focaccia (280)g	660	36	11	63	11	4	28	1500
Mozzarella Pesto Focaccia (198)g	480	25	7	52	2	3	17	920
PIZZETTA No. of Products: 02								
Italian Style Pizzetta (196)g	460	20	5	55	4	3	18	920
Mushroom & Truffle Pizzetta (209)g	580	29	12	55	4	3	26	1290

Panna Still Water (500ml)	0	0	0	0	0	0	0	0
San Pellegrino Water Sparkling (500ml)	0	0	0	0	0	0	0	0
Cans	No. of Products: 4							
Apple Fizz (100ml)	34	0	0	8	8	0	0	0
Grape & Elderflower (100ml)	33	0	0	7	7	0	0	0
Ginger Komboucha (100ml)	18	0	0	5	5	0	0	0
Rhuahrb Lemonade (100ml)	36	0	0	8	8	0	0	0
Canned Coffee	No. of Products: 2							
Latte (100g)	53	1	1	8	7	0	3	0
Mocha (100g)	16	1	1	9	8	0	3	0
Frappe	No. of Products: 2							
Chocolate - 12 Oz	516	25	16	55	47	3	16	150
Classic - 12 Oz	330	20	13	26	17	1	10	110
Iced Drinks	No. of Products: 24							
Spanish Rose Tea Latte Cold (12 Oz)	340	19	8	34	32	0	9	110
Pumpkin Spice Latte Frappe With whole Milk (12Oz)	300	11	7	42	34	1	9	70
Chocolate Chai Latte With whole Milk (12Oz) Cold	270	7	4.5	46	43	2	7	75
Pumpkin Spice Latte With whole Milk (12Oz) Iced	200	7	4	30	29	1	7	140
Apple & Green Tea Limeade 12(Oz) Cold	30	0	0	12	6	5	0	10
Lavender & Butterfly Pea Limeade 12(Oz) Cold	70	0	0	17	15	1	1	15
Hibiscus & Strawberry Limeade 12(Oz) Cold	50	0	0	13	11	1	0	10
Chocolate With whole Milk (16Oz) Iced	340	14	9	44	42	3	14	150
Chocolate With whole Milk (12Oz) Iced	210	6	4	34	32	3	7	55
Chai Latte With Whole Milk (12Oz) Cold	230	7	4	36	33	0	7	90
Cappuccino With whole Milk (16 Oz) Iced	147	8	5	11	11	0	8	160
Cappuccino With whole Milk (12 Oz) Iced	108	6	4	8	8	0	6	140
Mocha With whole Milk (16 Oz) Iced	237	9	6	27	28	2	10	170
Mocha With whole Milk (12 Oz) Iced	160	7	5	18	1	18	7	150
Latte With whole Milk (16 Oz) Iced	156	9	5	11	11	0	8	170
Latte With whole Milk (12 Oz) Iced	110	6	4	8	8	0	6	140
Americano With whole Milk (16 Oz) Iced	350	14	8	46	35	2	9	350
Americano With whole Milk (12 Oz) Iced	310	11	5	41	32	1	6	280
Spanish Matcha Latte with Whole Milk (12 Oz) Iced	240	11	3.5	28	27	0	7	95
Spanish Latte Traditional with Whole Milk(16Oz) Iced	330	16	4.5	37	35	0	10	280
Spanish Latte Traditional with Whole Milk(12Oz) Iced	250	12	3.5	28	27	0	8	210
Matcha Latte With Rice Coconut Milk (12 Oz) Iced	130	2	2	24	15	0	0	10
Pret Cold Brew (16 Oz) Iced	0	0	0	0	0	0	0	135
Pret Cold Brew (12 Oz) Iced	0	0	0	0	0	0	0	100
Carbonated Drinks	No. of Products: 03							
Coke Zero (100ml)	0	0	0	0	0	0	0	0
Coke Regular (100g)	140	0	0	39	39	0	0	45
Coke Diet (100g)	0	0	0	0	0	0	0	5
Hot Drinks	No. of Products: 25							
Spanish Rose Tea Latte Hot (12 Oz)	280	13	4	34	32	0	9	110
Marvelous Hot Chocolate (8 Oz)	430	24	15	45	42	3	10	280
Americano (16 Oz)	2	0	0	0	0	0	0	60
Americano (12 Oz)	2	0	0	0	0	0	0	60
Cappuccino (16 Oz)	162	9	5	12	12	0	9	170
Cappuccino (12 Oz)	150	8	5	11	11	0	8	160
Espresso (4 Oz)	2	0	0	0	0	0	0	60
Filter Coffee With whole Milk (16 Oz)	32	2	1	2	2	0	2	125
Filter Coffee With whole Milk (12 Oz)	22	1	1	2	2	0	1	120
Flat White With whole Milk (8 Oz)	162	9	6	12	12	0	9	170
Latte With whole Milk (16 Oz)	236	13	8	17	17	0	13	220
Latte With whole Milk (12 Oz)	146	8	5	11	11	0	8	160
Macchiato With whole Milk (4 Oz)	14	1	1	1	1	0	1	70
Mocha With whole Milk (16 Oz)	311	14	8	34	33	2	14	260
Mocha With whole Milk (12 Oz)	236	10	6	29	28	2	10	160
Chocolate Chai Latte With whole Milk (12 Oz) Hot	320	10	6	50	47	2	10	105
Pumpkin Spice Latte With whole Milk (12 Oz) Hot	200	7	4	30	29	1	7	140
Spanish Latte Traditional with Whole Milk- (16Oz) Hot	410	20	7	43	42	0	15	260
Spanish Latte Traditional with Whole Milk- (12Oz) Hot	310	15	6	32	31	0	11	190
Hot Chocolate With whole Milk (16 Oz) Hot	390	16	10	46	45	3	17	180
Hot Chocolate With whole Milk (12 Oz) Hot	290	11	7	39	37	3	11	115
Chai Latte With whole Milk (12 Oz) Hot	280	11	7.0	35	33	0	11	130
Matcha Latte With Rice Coconut Milk (16 Oz) Hot	300	3	3	69	50	0	1	0
Matcha Latte With Rice Coconut Milk (12 Oz) Hot	200	2	2	44	31	0	0	0
Spanish Matcha Latte with Whole Milk- (12 Oz) Hot	300	14	5	32	31	0	10	130
Hot Tea	No. of Products: 8							
Ceylon Tea - 16 Oz	2	0	0	1	0	0	0	0
Ceylon Tea - 12 Oz	1	0	0	0	0	0	0	0
Earl Grey Tea - 16 Oz	2	0	0	1	0	0	0	0
Earl Grey Tea - 12 Oz	1	0	0	0	0	0	0	0
Green Tea - 16 Oz	1	0	0	0	0	0	0	7
Green Tea - 12 Oz	0	0	0	0	0	0	0	4
Peppermint Tea - 16 Oz	1	0	0	0	0	0	0	9
Peppermint Tea - 12 Oz	0	0	0	0	0	0	0	6
Beverage Add Ons	No. of Products: 12							
Caramel Syrup (15ml)	48	0	0	12	12	0	0	0
Extra Shot X1 (14ml)	2	0	0	0	0	0	0	60
Extra Shot X2 (28ml)	3	1	0	0	0	0	0	120
Extra Shot X3 (42ml)	5	1	0	0	0	0	0	180
Make It Strong (14ml)	2	0	0	0	0	0	0	60
Hazelnut - Nut & Sugar Free Syrup (15ml)	6	0	0	2	0	0	0	10
Hazelnut - Nut Free Syrup (15ml)	47	0	0	12	12	0	0	0
Simple Syrup (15ml)	51	0	0	13	13	0	0	0
Vanilla Syrup (15ml)	51	0	0	13	13	0	0	0
Vanilla - Sugar Free Syrup (15ml)	6	0	0	2	0	0	0	10
Whipped Cream (30ml)	101	11	7	1	1	0	1	10

Milks		No. of Products: 06						
Organic Almond Milk (100ml)	86	2	1	18	8	0	0	55
Organic Rice Coconut Milk (100ml)	60	1	1	13	8	0	0	50
Organic Skimmed Milk (100ml)	47	2	1	5	5	0	3	44
Organic Oat Milk (100ml)	47	1	0	8	4	1	0	40
Organic Soya Milk (100ml)	45	2	0	2	2	1	4	60
Organic Whole Milk (100ml)	65	4	2	5	5	0	3	43
CPG		No. of Products: 03						
Espresso Whole Bean (100g)	10	1	0	0	0	0	0	420
Classic Blend Ground (100g)	12	1	0	0	0	0	0	420
Peru Single Origin Ground (100g)	12	1	0	0	0	0	0	420