Regular	Energy KJ	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	Fibre(g)	Protein(g)	Salt(g)	Sodium(mg)
Brioches										
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
Hot Croissants										
Cheddar & Tomato Hot Croissant	1461	350	21	14	29	4.6	1.7	9.8	0.84	336
Zaatar & Halloumi Hot Croissant	1836	441	30	15	31	4.6	2.9	11	1.8	720
Breakfast Bun										
Smoked Salmon & Soft Cheese Breakfast Bun	1229	292	9.3	4	36	2.8	2.3	15	1.7	680
Egg & Avocado Breakfast Bun	1459	348	16	4.2	38	1.6	4.4	10	0.6	240
Breakfast										
Pret's Soya Porridge	792	189	6.7	0	20	10	3.4	10	0	0
Donuts										
Cinnamon Donut	313.8	75	1.9	0.05	12.35	3.45	0.3	1.9	0.195	78
French Pastries										
Chocolate Chunk Cookie (Pret)	1543.3	367.5	14.1	8.8	54.4	28.8	2.2	4.7	0.4	169.6
Chocolate Chunk Cookie (Baker & Baker)	1562	374	19	9.6	46	29	1.3	4.2	0.59	236
Dark Chocolate & Almond Butter Cookie (Pret)	1579.8	376.7	15.5	7.7	50.9	31.4	3.4	6.7	0.7	288
Dark Chocolate Cookie (Baker & Baker)	1519	363	19	8.2	42	28	3.8	3.9	0.46	184
Fruit,Oat & Spelt Cookie (Pret)	1457.2	323	13.5	7.6	49.4	28.3	2.9	5.6	0.28	112
Oat & Raisin Cookie (Baker & Baker)	1394	333	14	4.8	48	29	2.6	4.1	0.37	148
Pastel De Nata	569	136	5.1	3.4	19	11	0.7	2.8	0.28	112
Double Berry Muffin	1632	389	18	1.8	51	30	1.3	5.8	0.61	244
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
Savory Croissant- Mozzarella & Tomato	1486	357	23	13	23	3.1	1.6	13	1.2	480
Zaatar Croisants	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
Matcha & Kiwi Overnight Oats	1426	340	13	4.1	39	21	4.6	15	0.13	52
Mango Overnight Oats	1568	373	12	4.3	51	25	3.8	13	0.13	52
Fruits										
Banana	457	108	0	0	24	22	1.7	1.4	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
Baked Potato & Bacon 8oz	1545	373	30	12	13	1.2	1.2	11	1.6	640

Cauliflower, Cheddar & Potato 8oz	1054	252	17	7	18	2	2	6	1	400
Chicken Laksa	863	206	11	3.8	15	4.5	0	11	0.94	376
Souper Tomato Soup	534	128	6.4	0	13	6.4	3.2	3.2	1.6	640
Asian Vegetable Soup	576	138	6	0	15	9	6	3	5.3	2120
Chickpeas & Barley Mixed Vegetable Soup	627	150	6	0	18	6	6	3	0.26	104
Soup Bread	761	179	0.7	0	37	0.8	2.1	5.7	0.37	148
Toasties										
Mozzarella & Pesto Toastie	1705	406	17	12	44	2.1	4.3	18	1.6	640
Classic Cheese Toastie	2762	662	39	24	44	1.9	4.1	32	3.5	1400
Bacon & Kimchi Toastie	2646	634	35	21	47	1.6	4.6	30	3.3	1320
Tuna & Kimchi Toastie	2098	500	19	16	49	2.3	4.7	30	2.7	1080
Salads										
Chef's Italian Chicken Salad	2080	501	36	6.6	15	7	3.1	27	1.4	560
Avocado , Mozzarella & Roasted Pepper Salad	2762	672	59	12	17	7.7	7.5	15	0.81	324
Chicken & Quinoa Salad	2043	487	17	2.8	41	7.2	7.3	38	1.1	440
Hummus & Chickpea Salad	1680	404	25	3.3	28	6.9	9.2	12	2.2	880
Crayfish & Avocado Salad	1369	330	24	2.3	13	3.2	5.8	14	0.73	292
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
Bulgur Cauliflower Feta Pot	1307	313	17	4.5	28	18	7.2	8.8	1.6	640
Kimchi & Egg Pot	464	111	6.6	1.7	2.5	1.1	0.9	10	0.87	348
Kimchi Chicken Salad	1417	341	25	3.9	9.8	3.1	3.3	18	1.9	760
Granary										
Chicken Avocado Sandwich	1747	416	12	2.1	46	3.5	9.1	27	1.5	600
Coronation Chicken Sandwich	2424	579	25	3.1	55	18	8.2	30	2.1	840
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
Veggie New Yorker Sandwich	2020	483	25	9.1	42	5.9	5.4	19	2.9	1158.5
BLT	1762	422	22	5.4	40	4.7	5.2	13	1.8	720
Mature Cheddar & Pickle Sandwich	2073	496	25	9.9	46	10	5.7	19	1.7	680
Cracking Egg Salad Sandwich	1913	458	25	4.5	40	5.1	5.1	17	1.7	680
Smoked Salmon Sandwich	1757	419	19	8.5	38	3.3	4.5	23	3	1200
Baguettes										
Chicken Ceasar and Bacon Baguette	2838	676	24	7.3	72	2.8	7	38	2.7	1080
Tuna Mayo & Cucumber Baguette - Bakemart	2259	539	25	3.7	56	1.5	3.2	20	2.5	1000
Posh Cheddar & Pickle Baguette	3439	821	36	12	90	10	10	29	4.8	1920
Egg Mayo & Roasted Tomato Baguette - Bakemart	2505	599	30	5.7	60	1.2	5.3	19	3.6	1440
Smoked Salmon & Egg Mayo Baguette - Bakemart	2466	589	29	5.2	55	1.2	3.1	25	3.2	1280
Chicken Salad Baguette - Bakemart	2253	537	22	6.2	56	1.7	3.6	26	2.4	960
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
Hummus & Chipotle Wrap	1654	394	15	2	50	8.4	7.1	12	1.6	640
Avocado & Herb Salad Wrap	1742	416	20	3.9	44	3.8	6.8	13	1.4	560
Flat Breads										

Chipotle Chicken & Avo Flatbread	1937	462	17	2	27	9.8	5.9	46	1.3	520
Mediterranean Halloumi & Zaatar Flat Bread	2180	522	32	12	16	4.9	0.9	42	3.1	1240
Mexican Avocado Flat bread	1603	382	14	1.6	26	4.3	8.3	34	1.4	560
Hot Wraps										
Halloumi & Falafel Hot Wrap	2176	520	23	10	51	7.2	9.3	23	2.6	1040
Chicken & Mushroom Hot Wrap	2658	634	26	8.8	64	5.4	4.2	33	2.9	1160
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
Toasted Tortilla										
Chipotle Chicken Toasted Tortilla	2079	495	19	9	44	5.4	4.4	34	1.5	600
Avocado, Cheddar & Chipotle Toasted Tortilla	2010	480	20	8.7	52	5.4	8.7	20	1.3	520
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	105	25	0	0	6	4	0	0	5	2000
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
Aqua Panna 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
Aqua Panna 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
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
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
Lemon Cheesecake	1456	348	18.3	9.7	46.7	30.8	0.7	6	0.54	209
Chocolate Mousse	1665	398	30	21	25	4	0.3	5	0.08	30
Chocolate Brownie	2023	485	29.5	18	46.7	43.5	-	6.6	0.11	44

Mini Choc Chunk Cookies (Pret)	1543.3	367.5	14.1	8.8	54.4	28.8	2.2	4.7	0.4	169.6
Mini Choc Chunk Cookies (Baker & Baker)	1562	374	19	9.6	46	29	1.3	4.2	0.59	236
Catering										
Cookie Platter Large (Pret)	28881	6886	284	148	956	563	55	99	10.4	4160
Cookie Platter Small (Pret)	11553	2755	115	57	377	222	22	41	4.4	1760
Cookie Platter Large (Baker & Baker)	24210	5784	283	129	725	460	36	66	8.1	3240
Cookie Platter Small (Baker & Baker)	8969	2143	103	45	271	173	15	24	2.8	1120
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	10322	2464	105	18	226	33	36	136	7.9	3160
Wrap Selection Platter(Amended Recipe)	15274	3648	166	37	362	40	40	156	12.3	4947.15
Vegetarian Wraps Selection Platter	13586	3244	137	23	375	49	55	99	12	4815.2
Chicken Wraps Selection Platter	16962	4051	195	50	348	31	25	213	12.6	5055.33
Chicken & Quinoa Salad Platter	8326	2003	146	26	60	28	12	107	5.7	2263.3
Hummus & Chickpea Salad Platter	6721	1615	100	13	111	27	37	49	8.8	3518.19
Tuna & Quinoa Salad Platter	8920	2139	126	13	152	23	26	86	5.6	220.76
Meat Lovers Baguette Platter	15539	3696	121	36	435	13	37	199	17.3	6920
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
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) (Pret)	7218	1720	67	42	251	148	14	22	2	800
Choc Chunk Cookie Bag (400 g) (Baker & Baker)	7840	1874	96	48	228	144	6.4	21	3	1200
Crisps Selection(320 g)	6790	1626	90	8.7	178	6.7	12	19	4.3	1720
Watermelon Cous Cous Platter	13296	3195	216	31	234	55	30	65	7	2800
Watermelon Chicken Salad Platter	12238	2932	170	24	218	62	22	122	6.1	2440
Breakfast Bun Platter	10751	2563	102	33	296	18	27	102	9	3600
Kids Cheese Triangle Platter	7535	1796	70	41	189	16	22	91	6.8	2720
Kids Egg Trinagles Platter	7394	1764	75	11	189	16	22	73	7.1	2840
Kids Chicken Trinagles Platter	6856	1626	36	7.3	191	18	23	122	4.3	1720
Kids Mix Traiangles Platter	7411	1766	68	17	190	16	22	87	6.8	2720
Filter Coffee Box	666	157	0	0	6.6	0	0	33	0.45	180
Tea Box	4	1	0	0	0	0	0	0	0	0
Vegeterian Selection	9993	2391	123	39	215	37	27	91	9.7	3880
Mini Mix Lattice Platter	5299	1265	56	36	163	69	8.9	22	2.8	1120
Mini Mango Lattice	437	104	4.5	2.9	14	6.1	0.7	1.8	0.24	96
Mini Cherry Lattice	430	102	4.4	2.9	14	5.6	0.6	1.8	0.24	96
Mini Apple Lattice	454	108	5.2	3.2	13	5.6	0.8	1.8	0.23	92

Mini Strawberry Lattice	430	102	4.4	2.9	14	5.6	0.7	1.8	0.24	96
Sweet Mini Pastry Box	8257	1978	115	63	193	60	11	37	4.9	1960
Orange Juice 1.5 L	2355	555	0	0	135	120	15	15	0	0
Watermelon Juice 1.5 L	2055	483	0	0	105	105	0	15	0	0
Kimchi Chicken Salad	5667	1364	99	16	39	12	13	73	7.8	3120
Mini Croissant Selection (12)	8257	1978	115	63	193	60	11	37	4.9	1960
Mini Croissant Selection (24)	16513	3956	230	126	386	121	22	75	9.7	3880
Mini Lattice Selection (24)	10596	2528	113	72	326	138	17	43	5.7	2280
Mini Yogurt Pot Selection	8540	2044	117	60	173	101	7.4	72	1.6	640
Berry Muffin Box	16319	3894	179	18	506	296	13	58	6.1	2440
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
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
Cappuccino with Pret Chocolate	630	151	8.2	5.1	11	11	0	7.7	0.42	168
Mocha with Pret Chocolate	912	218	11	6.6	20	18	1	10	0.54	217.8
Organic Pret Chocolate	1020	243	11	6.6	26	22	2	10	0.46	185.2
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- Jasmine	18	4	0	0	1.1	0	0	0	0	0
Hot Tea- Chamomille	18	4	0	0	1.1	0	0	0	0	0
Hot Tea- Lemon & Ginger	18	4	0	0	1.1	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 with Pret HC	568	138	6.1	3.7	14	12	1	5.7	0.37	149
Iced Chocolate with Pret HC	729	174	6.7	4.2	21	17	2	6.5	0.32	129.2
Iced Mocha with Zuma	552	132	6.3	3.9	13	12	0	5.9	0.31	124

Iced Chocolate with Zuma	696	166	7.1	4.4	19	18	0	6.7	0.2	80
Iced Cappucino with Zuma	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 Salted Caramel - Sweetbird 25ml	375.25	88.25	0	0	21.9	21.9	0	0	0.5	200
Syrup Hazelnut - Sweetbird 25ml	388	89.5	0	0	22.3	22.3	0	0	0.0075	3
Syrup Rose - Sweetbird 25ml	385.75	90.75	0	0	22.0	22.0	0.025	0	0.0075	0
Classic Frappe	1266	299	3.6	2.2	63	28	0	3.3	0.43	172
Salted Caramel Frappe	1184	280	6.1	3.9	50	33	0	5.8	0.62	248
Chocolate Frappe with Pret HC	1960	465	10	6.4	80	49	6	10	0.7	278.2
Chocolate Frappe with Zuma	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
Rose Spanish Latte	1154	275	9.8	6.1	37	35	0	9.9	0.39	156
Iced Rose Spanish Latte	1154	275	9.8	6.1	37	35	0	9.9	0.39	156
Orange Blossom Iced Tea 12oz	381	90	0	0	22	22	0	0	0.09	36
Orange Blossom Iced Tea 16oz	498	117	0	0	29	29	0	0	0.12	48
Baklava Frappe	1447	342	3.5	2.2	74	48	0	3.3	0.58	232
Lavender Iced Green Tea 12oz	373	88	0	0	22	21	0	0	0.04	16
Lavender Iced Green Tea 16oz	475	112	0	0	28	27	0	0	0.05	20
Lavender Frappe 12oz	3794	894	3.6	2.2	212	96	0	3.3	0.87	348
Lavender Frappe 16oz	3860	910	4.5	2.8	213	97	0	4.2	0.9	360
Lavender Latte 12oz	960	229	9.4	5.8	27	27	0	8.8	0.46	184
Lavender Latte 16oz	1291	308	13	8.2	35	35	0	12	0.66	264
Lavender Iced Latte 12oz	657	156	5.4	3.3	22	22	0	5	0.32	128
Lavender Iced Latte 16oz	800	190	6.6	4.1	27	27	0	6.1	0.42	168
Praline Cappuccino 12oz	868	207	9.4	5.8	22	22	0	8.8	0.55	220
Praline Cappuccino 16oz	1202	287	13	8.2	30	30	0	12	0.78	312
Praline Latte 12oz	868	207	9.4	5.8	22	22	0	8.8	0.55	220
Praline Latte 16oz	1202	287	13	8.2	30	30	0	12	0.78	312
Rose Latte	1097	261	11	6.6	31	31	0	10	0.51	204
Iced Rose Latte	622	148	4.3	2.7	23	23	0	4	0.28	112
Praline Iced Latte 12oz	673	160	5.4	3.3	23	23	0	5	0.47	188
Praline Iced Latte 16oz	820	195	6.6	4.1	28	28	0	6.1	0.6	240
Praline Rose Latte 12oz	997	237	9.4	5.8	29	29	0	8.8	0.58	232
Praline Rose Latte 16oz	1329	316	13	8.2	37	37	0	12	0.75	300
Praline Rose Iced Latte 12oz	823	195	5.4	3.3	32	32	0	5	0.47	188
Matcha Frappe	1632	389	16	10	45	44	0.6	15	0.86	344
Dragon Fruit Smoothie	1055	249	0.9	0.3	57	18	3.4	1.2	0.02	8
Blue Spirulina and Berries Smoothie	1179	280	9.2	6.8	47	12	1.2	2.2	0.17	68
Praline Rose Iced Latte 16oz	1044	248	6.6	4.1	41	41	0	6.1	0.6	240
Iced Pumpkin Spice Latte 12oz	674	160	6	3.7	21	21	0.5	5.6	0.31	124
Iced Pumpkin Spice Latte 16oz	825	197	8.1	5	23	23	0.5	7.6	0.4	160

Pumpkin Spice Latte 12oz	911	217	8.2	5.1	28	28	0	7.7	0.42	168
Pumpkin Spice Latte 16oz	1474	351	12	7.5	48	48	0.8	11	0.71	284