

<i>Regular</i>	<i>Energy KJ</i>	<i>Energy Kcal</i>	<i>Fat(g)</i>	<i>Sat. Fat(g)</i>	<i>CHO(g)</i>
<b><i>Brioche</i></b>					
Chicken Sausage and Egg Brioche	1848	442	25	11	35
Egg & Bacon Brioche	1697	407	28	12	23
<b><i>Pies</i></b>					
Chicken	3501	838	43	26	63
Pepper & Steak	3145	752	40	22	63
<b><i>Quiche</i></b>					
Lorraine	3334	798	46	25	61
Goat Cheese & Spinach	3040	728	41	23	61
<b><i>Hot Croissants</i></b>					
Cheddar & Tomato Hot Croissant	1461	350	21	14	29
<b><i>Breakfast</i></b>					
Pret's Soya Porridge	792	189	6.7	0	20
<b><i>Donuts</i></b>					
Vanilla Donut	407.94	98	2.47	0.065	16.05
Cinnamon Donut	313.8	75	1.9	0.05	12.35
<b><i>French Pastries</i></b>					
Chocolate Chubk Cookie	1444	344	13	8.3	50
Fruit,Oat & Spelt Cookie	1356	323	13	7	46
Dark Chocolate & Almond Butter Cookie	1463	349	14	7.2	47
Double Berry Muffin	1632	389	18	1.8	51
Cheese Twist	1365	327	18	11.7	30.6
Very Berry Croissant	1317	314	14	6.4	43
French Butter Croissant	1089	261	15	10	26
Almond Croissant	1211	289	14	9.1	32
Chocolate Croissant	1452	348	20	11	36
Pain Au Raisin	1442	345	18	8.5	39
Savory Croissant- Mozzarella & Tomato	1486	357	23	13	23
Zaatar Croissants	983	236	14	6.6	23
<b><i>Bowls/ Pots</i></b>					
Five Berry Breakfast Bowl	1556	371	14	5.8	45
Berry Yoghurt Parfait	1047	250	11	4.8	24
Banana & Honey Bowl	1962	466	15	5.8	66
Acai Bircher Bowl	1180	281	11	5.6	31
<b><i>Fruits</i></b>					
Banana	457	108	0	0	24
Mango & Lime	337	81	0	0	23
Superfruit Salad	292.88	70	0	0	20
<b><i>Soup</i></b>					
Malaysian Chicken Soup	868.0	206.5	7.0	2.1	24.5
Carrot and Coriander Soup	603	144	6	3	15
Baked Potato & Bacon 8oz	1545	373	30	12	13
Cauliflower, Cheddar & Potato 8oz	1054	252	17	7	18
Red Rice & Kale 8oz	386	92	4	0	12
Mushroom 8oz	1317.96	315	27	17	20
Chicken Laksa	863	206	11	3.8	15
Chicken Shitake Miso Mushrooms	1564	371	23	4.1	7.5
Veggie Tom Yum	911	225	17	7.5	15
Souper Tomato Soup	534	128	6.4	0	13
Soup Bread	761	179	0.7	0	37
<b><i>Toasties</i></b>					
Tuna Melt Toastie	2086	498	24	14	44
Mozzarella & Pesto Toastie	1705	406	17	12	44
Chipotle Chicken Toastie	2018	480	16	12	49
Classic Cheese Toastie	2762	662	39	24	44
<b><i>Salads</i></b>					
Chef's Italian Chicken Salad	2080	501	36	6.6	15
Smoked Salmon & Avocado Salad	1813	437	33	3.9	13
Avocado , Mozzarella & Roasted Pepper Salad	2762	672	59	12	17
Chicken & Quinoa Salad	2043	487	17	2.8	41
Hummus & Chickpea Salad	1680	404	25	3.3	28
Tuna & Quinoa Salad	2230	535	31	3.3	38
Crayfish & Avocado Salad	1369	330	24	2.3	13
Egg & Avo Protein Pot	797	191	10	2.4	8.1
Chicken & Smashed Avo Protein Pot	1226	293	15	4.6	11
<b><i>Granary</i></b>					
Chicken Acocado Sandwich	1747	416	12	2.1	46
Summer Chicken Sandwich	2319	555	29	5.5	41
Coronation Chicken Sandwich	2424	579	25	3.1	55

Tuna Mayo Sandwich	1931	462	25	3.8	39
Wild Crayfish and Rocket Sandwich	1429	340	9.9	1.9	39
Classic Super Club	2201	527	28	5.4	39
Veggie New Yorker	2020	483	25	9.1	42
BLT	1762	422	22	5.4	40
Mature Cheddar & Pickle Sandwich	2073	496	25	9.9	46
Falafel & Tapenade Sandwich	2081	497	20	3.8	56
Cracking Egg Salad Sandwich	1913	458	25	4.5	40
Smoked Salmon Sandwich	1757	419	19	8.5	38
<b>Baguettes</b>					
Chicken Ceasar and Bacon Baguette	2838	676	24	7.3	72
Tuna Mayo & Cucumber Baguette	2523	602	26	3.9	68
Posh Cheddar & Pickle Baguette	3439	821	36	12	90
Egg Mayo & Roasted Tomato Baguette	2758	659	30	5.8	71
Smoked Salmon & Egg Mayo Baguette	2665	635	26	12	70
Chicken Salad Baguette	2512	598	23	6.3	69
Pesto Caprese Toasted Baguette	2925	698	30	10	77
Chipotle Chicken Bacon Toasted Baguette	3499	835	36	17	72
<b>Kibbled Rye Salad Wraps</b>					
Chicken Caesar & Bacon Wrap	2051	489	19	7.8	49
Chicken Pesto Rocket Wrap	2191	525	30	4.7	38
Hummus & Chipotle Wrap	1654	394	15	2	50
Avocado & Herb Salad Wrap	1742	416	20	3.9	44
<b>Hot Wraps</b>					
Halloumi & Falafel Hot Wrap	2176	520	23	10	51
Chipotle Chicken Hot Wrap	2224	530	21	9.1	46
Meatball Hot Wrap	2182	520	21	8.6	49
<b>Drinks</b>					
Cold Press Orange Juice	292.8	70	0	0	17
Cold Pressed Pomegranate Juice	878.6	210	3	0	47
Pineapple Powow	334.7	80	0	0	19
Root Reboot	251	60	0	0	16
Pink Lemonaid	168	40	0	0	9
Blue Lemonaid	190	45	0	0	11
Black Lemonaid	125	30	0	0	8
Essential Green	209.2	50	0	0	11
Sunny Dayz	334.7	80	1	0	19
Ginger Shot	83.68	20	0	0	5
Tumeric Shot	188.28	45	0	0	10
San Pelegrino 500ml	0	0	0	0	0
Aqua Morelli Still	0	0	0	0	0
Aqua Panna Small	0	0	0	0	0
Pure Pret Rhubarb Lemonade	495	118.8	0	0	26.7
Cucumber and Cool Mint Seltzer	3.3	0	0	0	0
Pure Pret Apple Fizz	549.7	129.3	0	0	32.3
Aqua Panna Large	0	0	0	0	0
Aqua Morelli Still	0	0	0	0	0
Arwa 500ml	0	0	0	0	0
Coke	900	210	0	0	53
Coke Zero	7	2	0	0	0
Sprite	590	135	0	0	33
Coconut Water	585.7	140	0	0	34
<b>Snacks &amp; Desserts</b>					
Pret Crisps - Sea Salt & Black Pepper	870.24	208	12.48	5.76	22.56
Pret Crisps - Sea Salt & Cider Vinegar	876.96	209.6	12.96	6.08	21.92
Pret Crisps - Cheese & Chives	856.8	204.8	12	5.6	22.56
Pret Nuts , Fruits & Chocolate	808	195	14	2.2	9.4
Pret Dark Chocolate Almonds	892	215	15	5.3	12
Caramel Waffle	696	166	6.2	3.5	26
Cranberries in Coats	1012	242	11	6.3	34
Pret a Mango	493	116	0.315	0.1	28.5
Choc Bar	2075	498	32.4	19.4	45.5
Popcorn Bar	719	172	8	4.7	22.8
Love Bar	1947	465	24.5	12.2	54.1
Lemon Cheesecake	1456	348	18.3	9.7	46.7
Chocolate Mousse	1665	398	30	21	25
Chocolate Brownie	2023	485	29.5	18	46.7
<b>Catering</b>					
Cookie Platter Large	28881	6886	284	148	956
Cookie Platter Small	11553	2755	115	57	377
Bar Platter	6631	1589	98	57	158
Baguette Platter	16656	3962	128	47	497

Best of Pret Platter	8800	2098	83	41	216
Chef Salad Platter	8321	2002	146	26	60
Sweet Pastry Selection Box	15577	3728	206	120	391
Breakfast Baguette Platter	1443	16431	3922	178	33
Brioche Platter	862	10223	2448	142	35
Chicken Supreme Platter	10322	2464	105	18	226
Wrap Selection Platter( Amended Recipe)	15274	3648	166	37	362
Vegetarian Wraps Selection Platter	13586	3244	137	23	375
Chicken Wraps Selection Platter	16962	4051	195	50	348
Chicken & Quinoa Salad Platter	8326	2003	146	26	60
Hummus & Chickpea Salad Platter	6721	1615	100	13	111
Tuna & Quinoa Salad Platter	8920	2139	126	13	152
Meat Lovers Baguette Platter	15539	3696	121	36	435
Seafood Platter	966	8478	2023	88	20
Veggie lovers mix Platter	1180	11183	2674	134	41
Smoked Salmon Salad Platter	1180	7253	1748	132	16
Avocado Mozzarella Platter	1390	11112	2687	235	47
Donut Platter	295	1994	473	12	1
Small cookie Platter	480	8524	2032	81	45
Brownie Bag (300 g)	6007	1439	89	54	140
Love Bar Bag (350 g)	6801	1625	86	43	189
Choc Chunk Cookie Bag (400 g)	7218	1720	67	42	251
Crisps Selection( 320 g)	6790	1626	90	8.7	178
<b>MTS Drinks</b>					
Extra Shot	11	3	0	0	0
Spanish Latte	1340	319	12	7.8	40
Filter- Black	83	20	0	0	0.8
Filter- White	242	57	2.1	1.3	3.6
Americano Black	6	1	0	0	0
Americano White	45	11	0.6	0.3	0.7
Pret's Matcha Latte	697	167	9.1	5.7	12
Pret's Chai Latte	1118	267	13	9	25
Latte	725	173	9.7	6	13
Cappuccino with Pret Chocolate	630	151	8.2	5.1	11
Mocha with Pret Chocolate	912	218	11	6.6	20
Organic Pret Chocolate	1020	243	11	6.6	26
Organic Chocolate	986	235	11	6.9	24
Macchiato	35	8	0.5	0.3	0.5
Flat White	534	128	7.1	4.4	9.2
Rice Coconut Milk	256	61	0.8	0.8	13
Almond Milk	236	56	1.5	0.3	10
Oat Milk	254	61	3.1	0.4	7.9
Soya Milk	132	32	1.9	0.3	0
Cup of Milk 80z	950	227	13	7.9	17
Hot Tea- Breakfast	5	1	0	0	0.5
Hot Tea- Green	2	1	0	0	0
Hot Tea- Jasmine	18	4	0	0	1.1
Hot Tea- Chamomille	18	4	0	0	1.1
Hot Tea- Lemon & Ginger	18	4	0	0	1.1
Hot Tea- Peppermint	5	1	0	0	0.5
Raspberry Mint Iced Tea	432	102	0	0	25
Cherry Blossom Iced Tea	388	91	0	0	22
Peach & Hibiscus Iced Tea	454	107	0	0	26
Iced Latte	745	178	9.9	6.2	13
Iced Americano	6	1	0	0	0
Iced Filter	479	114	5.3	3.3	7.7
Iced Mocha with Pret HC	568	138	6.1	3.7	14
Iced Chocolate with Pret HC	729	174	6.7	4.2	21
Iced Mocha with Zuma	552	132	6.3	3.9	13
Iced Chocolate with Zuma	696	166	7.1	4.4	19
Iced Cappucino with Zuma	477	114	5.8	3.6	9.9
Iced Chai Latte	753.12	180	0	0	33
Iced Matcha Latte	418	100	5.3	3.3	7.1
Iced Spanish Latte	1340	319	12	7.8	40
Syrup Vanilla	429	101	0	0	25
Syrup Salted Caramel - Sweetbird 25ml	375.25	88.25	0	0	21.9
Syrup Hazelnut - Sweetbird 25ml	388	89.5	0	0	22.3
Syrup Rose - Sweetbird 25ml	385.75	90.75	0	0	22.0
Classic Frappe	1266	299	3.6	2.2	63
Salted Caramel Frappe	1184	280	6.1	3.9	50
Chocolate Frappe with Pret HC	1960	465	10	6.4	80
Chocolate Frappe with Zuma	1859	441	12	7.3	73

Berries & Cherries Smoothie	981	231	0	0	55
Sweet Greens Smoothie	836	197	0	0	46
Tropical Mango Smoothie	921	217	0	0	51

<i>Sugar(g)</i>	<i>Fibre(g)</i>	<i>Protein(g)</i>	<i>Salt(g)</i>	<i>Sodium(mg)</i>
5.3	1.7	20	0.75	300
3.9	0.8	16	0.97	388
1.7	6	50	4.6	1840
7	6.6	33	7.6	3040
5.3	3.2	33	3.5	1400
5.8	3.1	27	3.5	1400
4.6	1.7	9.8	0.84	336
10	3.4	10	0	0
4.48	0.39	2.47	0.25	100
3.45	0.3	1.9	0.195	78
30	2.7	4.4	0.39	156
26	2.7	5	0.26	104
30	3.2	6	0.67	268
30	1.3	5.8	0.61	244
6.2	1.33	9.9	0.79	316
23	2.3	4.4	0.47	188
3.8	1.4	4.9	0.66	264
9.6	2.2	6.7	0.73	292
13	2.3	6.1	0.49	196
18	1.7	6.1	0.62	248
3.1	1.6	13	1.2	480
5	2	4.6	0.8	320
33	2.8	14	0.13	52
15	1.7	12	0.12	48
37	3.1	15	0.14	56
16	5.1	13	0.02	8
22	1.7	1.4	0	0
18	4	1	0	0
16	4	1	0	0
4.2	2.8	9.8	3.2	1274
9	3	6	1.3	520
1.2	1.2	11	1.6	640
2	2	6	1	400
2	2	2	2	800
0.225	8	7	1.6	640
4.5	0	11	0.94	376
4.9	3.8	23	3.4	1360
3.8	3.8	3.8	0.49	196
6.4	3.2	3.2	1.6	640
0.8	2.1	5.7	0.37	148
1.1	4.4	25	2.4	960
2.1	4.3	18	1.6	640
4.8	4.8	34	1.9	760
1.9	4.1	32	3.5	1400
7	3.1	27	1.4	560
4.3	5.3	20	2.4	960
7.7	7.5	15	0.81	324
7.2	7.3	38	1.1	440
6.9	9.2	12	2.2	880
5.7	6.5	22	1.4	560
3.2	5.8	14	0.73	292
0	4.5	15	0.02	8
0.5	5.6	26	1.2	480
3.5	9.1	27	1.5	600
5	4.9	30	1.9	760
18	8.2	30	2.1	840

4	4.8	19	2.1	840
4	5	21	1.2	480
4.2	4.9	26	1.5	600
5.9	5.4	19	2.9	1158.5
4.7	5.2	13	1.8	720
10	5.7	19	1.7	680
9.5	11	18	1.3	520
5.1	5.1	17	1.7	680
3.3	4.5	23	3	1200
2.8	7	38	2.7	1080
1.9	4.1	22	1.8	720
10	10	29	4.8	1920
1.1	6.5	22	3.9	1560
1.1	4.3	29	2.6	1040
2.2	4.5	27	1.7	680
2.2	6.2	26	3.4	1360
5.6	7.4	52	3.2	1280
4.1	3.4	28	1.7	680
3.6	2.9	25	1.3	520
8.4	7.1	12	1.6	640
3.8	6.8	13	1.4	560
7.2	9.3	23	2.6	1040
7.6	5.5	36	2.7	1080
7.9	3.5	31	3.2	1280
15	-	1	0	0
34	-	4	0	0
16	-	0	0	0
11	-	1	0	0
7	0	0	0	0
8	0	0	0	0
6.3	0	0	0	0
8	-	-	0	0
14	-	-	0	0
3	-	0	0	0
4	-	0	0	0
0	0	0	0	0
0	0	0	0	0
0	0	0	0	0
26.7	0	0	0	0
0	0	0	0	0
31.3	0	0	0	0
0	0	0	0	0
0	0	0	0	0
0	0	0	0	0
53		0	0	0
0	0	0	0.1	40
33	0	0	0	0
32	1	1	0.1	40
0.16	2.4	3.2	0.368	147.2
0.16	2.24	3.04	0.368	147.2
0.96	2.4	3.2	0.368	147.2
8.6	2.4	6.4	0.01	4
7.9	3.5	5.5	0.2	80
15	0.6	1.4	0.22	88
30	1.2	0.5	0.1	40
13.5	-	0.6	0.01	4
35	-	4.5	0.45	180
13.9	0.7	1.7	0.09	36
31	-	5.6	0.61	244
30.8	0.7	6	0.54	209
4	0.3	5	0.08	30
43.5	-	6.6	0.11	44
563	55	99	10.4	4160
222	22	41	4.4	1760
123	-	19	1.2	480
26	50	181	20.3	8120

26	29	107	7.1	2840
28	12	107	5.7	2280
126	22	67	7.1	2840
413	6.3	32	152	60800
185	26	7.2	105	42000
33	36	136	7.9	3160
40	40	156	12.3	4947.15
49	55	99	12	4815.2
31	25	213	12.6	5055.33
28	12	107	5.7	2263.3
27	37	49	8.8	3518.19
23	26	86	5.6	220.76
13	37	199	17.3	6920
194	19	24	103	41200
252	41	31	100	40000
50	17	21	79	31600
69	31	30	59	23600
80	28	1.8	11	4400
286	171	17	31	12400
131	-	21	0.33	132
109	-	24	2.1	840
148	14	22	2	800
6.7	12	19	4.3	1720
0	0	0	0.23	92
38	0	12	0.4	160
0	0	4.1	0.05	20
2.8	0	6.1	0.13	52
0	0	0	0.13	52
0.7	0	0.5	0.15	60
12	0.5	8.9	0.34	136
24	0	12	0.54	216
13	0	9	0.49	196
11	0	7.7	0.42	168
18	1	10	0.54	217.8
22	2	10	0.46	185.2
23	0	10	0.34	136
0.5	0	0.5	0.13	52
9.2	0	6.7	0.38	152
7.7	0	0.2	0.13	52
4.7	0.5	0.5	0.08	32
3.8	0	0.3	0.1	40
0	0.6	3.3	0.3	120
17	0	12	0.47	188
0	0	0	0	0
0	0	0	0	0
0	0	0	0	0
0	0	0	0	0
0	0	0	0	0
25	0.5	0	0	0
22	0	0	0.14	56
26	0.5	0	0	0
13	0	9.3	0.48	192
0	0	0	0.12	48
6.9	0	9	0.24	96
12	1	5.7	0.37	149
17	2	6.5	0.32	129.2
12	0	5.9	0.31	124
18	0	6.7	0.2	80
9.7	0	5.4	0.31	124
31	0	7	0.3	120
6.9	0.8	5.6	0.2	80
38	0	12	0.4	160
25	-	0	0	0
21.9	0	0	0.5	200
22.3	0	0	0.0075	3
22.0	0.025	0	0.0075	0
28	0	3.3	0.43	172
33	0	5.8	0.62	248
49	6	10	0.7	278.2
53	0	11	0.33	132

19	3.2	1	0.02	8
11	4.2	1	0.02	8
17	4.2	1	0.02	8

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