

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk or egg allergies.

Pret's Ingredient List



This ingredient list only covers food and drink sold in our Irish shops.

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Our kitchens are very busy places that handle allergens and that means we **can't guarantee** our food is suitable for those with allergies.

We know that many of our customers would like to understand more about our food & drink, especially if they are avoiding specific ingredients.

To make things easier, we've put together this **handy list** of all the ingredients used in Pret's food and drinks. Inside you'll find all of the products sold in our shops, with ingredients listed for easy reference.

If you have any trouble finding what you're looking for, just **ask the Manager** in the shop - they'll be more than happy to help.

Please remember to check our ingredient guide regularly as recipes do change from time to time - the last thing we want is for anyone to be caught out by a new take on an old favourite.

We understand that no matter how detailed our guide is, there may be times when it can't answer the questions you may have. If you need to know more, please do **visit our website at www.pret.ie**



This ingredient list only covers food and drink sold in our Irish shops.

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Baguettes

Avo, Olives & Toms Baguette

Ingredients:

Stone Baked Baguette (#Wheat# Flour, Water, Brown Linseed, Malted #Wheat# Flakes, Sunflower Seeds, Yeast, Salt, #Wheatgerm#, Potassium Chloride, Potassium Gluconate, Malted #Wheat# Flour, #Sesame# Seeds, Avocado (30%), Kalamata Olives (Kalamata Olives, Salt, Red Wine Vinegar, Extra Virgin Olive Oil, Vegetable Oils (Sunflower Oil and Rapeseed Oil in varying proportions)), Roasted Tomatoes (Tomato (8%), Sugar, Salt, Sunflower Oil), Rocket, Roasted Pine Nuts, Basil.

Nutrition Information:

Typical values per 100g/per baguette: Energy per 100g/per baguette kJ 975/2308, 233/552 kcal, Fat 11.8g/27.9g, Of which saturates 2.0g/4.7g, Carbohydrates 24.2g/57.3g, Of which sugars 2.5g/5.9g, Fibre 4.0g/9.5g, Protein 5.6g/13.3g, Salt 0.75g/1.78g.

Beef & Horseradish Baguette

Ingredients:

Malted Bread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted #Wheat#, #Wheat# Bran, Yeast, #Wheat# Gluten, #Barley# Malt Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Salt Beef (33%) (Beef, Salt, Dextrose, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite), Horseradish Sauce (7%) (Water, Rapeseed Oil, Dried Horseradish, Sugar, Salt, Acidity Regulator: Acetic Acid; Skimmed #Milk# Powder, Stabiliser: Xanthan Gum; Dried #Egg# Yolk, #Mustard# Flour, Preservative: Sodium Metabisulphite (#Sulphites#)), Rocket, Mayonnaise (Rapeseed Oil, Water, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Crispy Onions (Onion, Palm Oil, #Wheat# Flour, Salt).

Nutrition Information:

typical values per 100g/per sandwich: Energy kJ 940/1669, kcal 224/397, Fat 7.6g/13.4g, Of which saturates 2.2g/3.9g, Carbohydrates 23.7g/42.1g, Of which sugars 3.0g/5.2g, Fibre 3.3g/5.9g, Protein 13.6g/24.1g, Salt 1.38g/2.45g.

Chicken Caesar Bacon Baguette

Ingredients:

Stone Baked Baguette (#Wheat# Flour, Water, Brown Linseed, Malted #Wheat# Flakes, Sunflower Seeds, Yeast, Salt, #Wheatgerm#, Potassium Chloride, Potassium Gluconate, Malted #Wheat# Flour, #Sesame# Seeds), Chicken (23%) (Chicken Breast, Salt), Caesar Mayonnaise (Rapeseed Oil, Water, Free-Range #Egg# Yolk, Italian Hard Cheese (Cheese (#Milk#), Preservative: Lysozyme (#Egg#)), Red Wine Vinegar, Sugar, Cornflour, Concentrated Lemon Juice, Worcestershire Sauce (Water, Spirit Vinegar, Cane Molasses, Tamarind Paste, Salt, Onion Powder, Spices), Salt, Anchovy Paste (Anchovy (#Fish#), Salt, Olive Oil), Spirit Vinegar, Dried Garlic), Greek Style Yoghurt Mayonnaise Mix (Greek Style Yoghurt (#Milk#), Rapeseed Oil, Water, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Smoked Streaky Bacon (4.5%) (Pork Belly, Salt, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite), Rocket, Hard Cheese (#Milk#).

Nutrition Information:

Typical values per 100g/per baguette: Energy kJ 1143/2492, kcal 273/595, Fat 12.5g/27.3g, Of which saturates 2.2g/4.8g, Carbohydrates 24.9g/54.3g, Of which sugars 1.5g/3.3g, Fibre 2.0g/4.4g, Protein 14.2g/31.0g, Salt 1.15g/2.50g.

Italian Prosciutto Baguette

Ingredients:

Stone Baked Baguette (#Wheat# Flour, Water, Brown Linseed, Malted #Wheat# Flakes, Sunflower Seeds, Yeast, Salt, #Wheatgerm#, Potassium Chloride, Potassium Gluconate, Malted #Wheat# Flour, #Sesame# Seeds), Tomato, Prosciutto Ham (17%) (Pork, Salt, Spices, Preservatives: Potassium Nitrate, Sodium Nitrite), Hard Cheese (#Milk#), Free-Range Egg Mayonnaise (Rapeseed Oil, Water, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Basil.

Nutrition Information:

Typical values per 100g/per baguette: Energy kJ 1030/2271, kcal 246/542, Fat 11.1g/24.5g, Of which saturates 2.7g/6.0g, Carbohydrates 24.7g/54.5g, Of which sugars 1.7g/3.7g, Fibre 2.2g/4.9g, Protein 10.7g/23.6g, Salt 1.60g/3.53g.

Posh Cheddar & Pickle Baguette

Ingredients:

Stone Baked Baguette (#Wheat# Flour, Water, Brown Linseed, Malted #Wheat# Flakes, Sunflower Seeds, Yeast, Salt, #Wheatgerm#, Potassium Chloride, Potassium Gluconate, Malted #Wheat# Flour, #Sesame# Seeds), Mature Cheddar Cheese (#Milk#) (17%), Pret Pickle (15%) (Apple, Sugar, Water, Balsamic Vinegar (Red Wine Vinegar, Grape Must), Tomato Purée, Kibbled Onion, Raisins, Garlic Purée, Salt, Apple Extract, Ginger Powder), Roasted Tomatoes (Tomato, Sugar, Salt, Sunflower Oil), Red Onion, Free-Range Egg Mayonnaise (Rapeseed Oil, Water, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), #Mustard Cress#, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

Nutrition Information:

Typical values per 100g/per baguette: Energy kJ 1170/2831, kcal 279/675, Fat 12.4g/30.0g, Of which saturates 3.9g/9.4g, Carbohydrates 30.7g/74.3g, Of which sugars 8g/19.4g, Fibre 3.0g/7.3g, Protein 9.7g/23.5g, Salt 1.18g/2.85g.

Tuna Mayo Baguette

Ingredients:

White Baguette (#Wheat# Flour, Water, Yeast, Salt, #Wheat# Gluten, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Tuna Mayonnaise (Pole and Line Caught Tuna (#Fish#) (29%), Rapeseed Oil, Water, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice, Sea Salt, Black Pepper), Cucumber.

Nutrition Information:

Typical values per 100g/per baguette: Energy kJ 940/2165, kcal 224/516, Fat 8.5g/19.6g, Of which saturates 0.7g/1.6g, Carbohydrates 25.1g/57.8g, Of which sugars 1.3g/3.0g, Fibre 1.3g/3.0g, Protein 11.1g/25.6g, Salt 1.18g/2.70g.

Ham & Emmental Baguette

Ingredients:

White Baguette (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, #Wheat# Gluten, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Ham (25%) (Pork, Water, Salt, Glucose Syrup, Yeast Extract, Emulsifier: Triphosphates; Preservative: Sodium Nitrite; Sugar, Antioxidant: Sodium Ascorbate; Dextrose), Emmental Cheese (#Milk#) (16%), Mustard Mayonnaise (Rapeseed Oil, Water, Free-Range #Egg# Yolk, #Mustard# Flour, Spirit Vinegar, Cornflour, Sugar, Salt, Colours: Curcumin, Plain Caramel), Salad Mix in varying proportions (Apollo Lettuce, Red Chard, Spinach).

Nutrition Information:

Typical values per 100g/per baguette: Energy kJ 1138/2532, kcal 271/603, Fat 11.8g/26.3g, Of which saturates 4.0g/8.9g, Carbohydrates 26.0g/57.9g, Of which sugars 1.4g/3.1g, Fibre 1.6g/3.6g, Protein 14.5g/32.3g, Salt 1.70g/3.78g.

Rolls

Avo Brunch Rye Roll

Ingredients:

Barley and Rye Roll (Wheat Flour (**#Wheat#** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Potato Flakes, Sea Salt, Yeast, **#Barley#** Malt Flour, Rye Sourdough (Wholemeal **#Rye#** Flour, Water, Starter Cultures), Malted **#Wheat#** Flour, Flour Treatment Agent: Ascorbic Acid; Rice Flour), Free-Range Boiled **#Egg#** (21%), Avocado (17%), Roasted Tomatoes (12%) (Tomato, Sugar, Salt, Sunflower Oil), Chipotle Ketchup (4%) (Red Pepper, Muscovado Sugar, Red Wine Vinegar, Onion, Chipotle Peppers in Adobo Sauce (Chipotle Pepper, Water, Tomato Paste, Salt, Sugar, Onion, Acidity Regulator: Acetic Acid), Vegetable Oil (Sunflower Oil and Rapeseed Oil in varying proportions), Tomato Paste, Maize Starch, Water, Garlic, Salt, Black Pepper, Cayenne Pepper), **#Mustard#** Cress, Basil, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

Nutrition Information:

Typical values per 100g/per bowl: Energy kJ 857/1761, kcal 205/420, Fat 8.3g/17.1g, Of which saturates 1.7g/3.4g, Carbohydrates 23.6g/48.4g, Of which sugars 5.3g/10.9g, Fibre 3.1g/6.3g, Protein 7.4g/15.1g, Salt 0.88g/1.80g.

Jambon-Beurre

Ingredients:

Losange Baguette (**#Wheat#** Flour, Water, Salt, Yeast, **#Wheat#** Gluten, Deactivated Yeast, Malted **#Wheat#** Flour, Flour Treatment Agent: Ascorbic Acid), Ham (27%) (Pork, Water, Salt, Glucose Syrup, Yeast Extract, Emulsifier: Triphosphates; Preservative: Sodium Nitrite; Sugar, Antioxidant: Sodium Ascorbate; Dextrose), Cornichons (Pickled Cucumbers, Water, Salt, Acidity Regulator: Acetic Acid), Butter (**#Milk#**).

Nutrition Information

Typical values per 100g/per baguette : Energy kJ 945/1389, kcal 225/331, Fat 7.7g/11.3g, Of which saturates 4.7g/6.9g, Carbohydrates 27.4g/40.3g, Of which sugars 1.0g/1.5g, Fibre 2.0g/2.9g, Protein 10.5g/15.4g, Salt 1.73g/2.53g.

Scandi Salmon Rye Roll

Ingredients:

Barley and Rye Roll (Wheat Flour (**#Wheat#** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Potato Flakes, Sea Salt, Yeast, **#Barley#** Malt Flour, Rye Sourdough (Wholemeal **#Rye#** Flour, Water, Starter Cultures), Malted **#Wheat#** Flour, Flour Treatment Agent: Ascorbic Acid; Rice Flour), Smoked Salmon (20%) (Salmon (**#Fish#**), Salt, Sugar), Cucumber, Pickled Cabbage (8%) (Red Cabbage, **#Barley#** Malt Vinegar, Sugar, Water, Sea Salt, Spices), Mustard Mayonnaise (7%) (Rapeseed Oil, Water, Free-Range **#Egg#** Yolk, **#Mustard#** Flour, Spirit Vinegar, Cornflour, Sugar, Salt, Colours: Curcumin, Plain Caramel), Red Onion, Dill.

Nutrition Information:

Typical values per 100g/per roll: Energy kJ 895/1550, kcal 213/369, Fat 7.4g/12.8g, Of which saturates 0.9g/1.5g, Carbohydrates 26.6g/46.1g, Of which sugars 5.0g/8.6g, Fibre 2.3g/4.0g, Protein 8.8g/15.2g, Salt 1.20g/2.09g.

Spicy Chicken Rye Roll

Ingredients:

Barley and Rye Roll (Wheat Flour (**#Wheat#** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Potato Flakes, Sea Salt, Yeast, **#Barley#** Malt Flour, Rye Sourdough (Wholemeal **#Rye#** Flour, Water, Starter Cultures), Malted **#Wheat#** Flour, Flour Treatment Agent: Ascorbic Acid; Rice Flour), Chicken (23%) (Chicken Breast, Salt), Chipotle Ketchup (9%) (Red Pepper, Muscovado Sugar, Red Wine Vinegar, Onion, Chipotle Peppers in Adobo Sauce (Chipotle Pepper, Water, Tomato Paste, Salt, Sugar, Onion, Acidity Regulator: Acetic Acid), Vegetable Oil (Sunflower Oil and Rapeseed Oil in varying proportions), Tomato Paste, Maize Starch, Water, Garlic, Salt, Black Pepper, Cayenne Pepper), Red Pepper, Pickled Cabbage (7%) (Red Cabbage, **#Barley#** Malt Vinegar, Sugar, Water, Sea Salt, Spices), Coriander, Mayonnaise (1%) (Rapeseed Oil, Water, Free-Range **#Egg#** Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Chilli Salt (Paprika, Sea Salt, Chilli Flakes).

Nutrition Information:

Typical values per 100g/per roll: Energy kJ 750/1406, kcal 178/333, Fat 2.8g/5.2g, Of which saturates 0.5g/0.9g, Carbohydrates 26.0g/48.8g, Of which sugars 6.2g/11.6g, Fibre 2.5g/4.6g, Protein 10.9g/20.4g, Salt 1.15g/2.16g.

Sandwiches

Chicken, Avocado & Basil

Ingredients:

Malted Wholegrain Bread (Wheat Flour (**#Wheat#** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **#Wheat#**, **#Wheat#** Bran, Yeast, **#Wheat#** Gluten, **#Barley#** Malt Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Avocado (30%), Chicken (20%) (Chicken Breast, Salt), Greek Style Yoghurt Mayonnaise Mix (Greek Style Yoghurt (**#Milk#**), Rapeseed Oil, Water, Free-Range **#Egg#** Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Salad Mix in varying proportions (Apollo Lettuce, Red Chard, Spinach), Basil, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

Nutrition Information:

Typical values per 100g/per sandwich: Energy kJ 836/2003, kcal 200/479, Fat 9.7g/23.2g, Of which saturates 2.0g/4.8g, Carbohydrates 16.9g/40.5g, Of which sugars 1.7g/4.1g, Fibre 3.1g/7.4g, Protein 9.7g/23.2g, Salt 0.83g/1.98g.

Classic Super Club

Ingredients:

Malted Wholegrain Bread (Wheat Flour (**#Wheat#** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **#Wheat#**, **#Wheat#** Bran, Yeast, **#Wheat#** Gluten, **#Barley#** Malt Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Chicken (20%) (Chicken Breast, Salt), Tomato, Salad Mix in varying proportions (Apollo Lettuce, Red Chard, Spinach), Smoked Streaky Bacon (7%) (Pork Belly, Salt, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite), Free-Range Egg Mayonnaise (Rapeseed Oil, Water, Free-Range **#Egg#** Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

Nutrition Information:

Typical values per 100g/per sandwich: Energy kJ 930/2168, kcal 222/517, Fat 11.2g/26.1g, Of which saturates 1.7g/4.0g, Carbohydrates 17.3g/40.3g, Of which sugars 2.0g/4.7g, Fibre 2.4g/5.6g, Protein 11.9g/27.7g, Salt 1.25g/2.93g.

Crayfish & Rocket Bloomer

Ingredients:

Seeded Bloomer (Wheat Flour (**#Wheat#** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, **#Oatmeal#**, Yeast, Sunflower Seed, Dried **#Rye#** Sourdough, Kibbled **#Rye#**, Kibbled **#Wheat#**, Yellow Linseed, Millet, Brown Linseed, Sugar, Salt, Rapeseed Oil, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Maize Grits, Flour Treatment Agent: Ascorbic Acid; **#Wheat#** Starch, **#Wheat#** Flour), Crayfish (35%) (Crayfish (**#Crustacean#**), Water, Salt), Mayonnaise (Rapeseed Oil, Water, Free Range **#Egg#** Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Rocket (6%), Lemon Juice, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

Nutrition Information:

Typical values per 100g/per bloomer: Energy kJ 876/1705, kcal 209/406, Fat 8.2g/15.9g, Of which saturates 0.8g/1.5g, Carbohydrates 22.0g/42.8g, Of which sugars 1.7g/3.3g, Fibre 2.2g/4.2g, Protein 10.7g/20.9g, Salt 1.12g/2.18g.

Free-Range Egg Mayo

Ingredients:

Chopped Free-Range Egg Mayonnaise (46%) (Free-Range **#Egg#**, Rapeseed Oil, Water, Free-Range **#Egg#** Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Malted Wholegrain Bread (**#Wheat#** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **#Wheat#**, **#Wheat#** Bran, Yeast, **#Wheat#** Gluten, **#Barley#** Malt Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids), Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), **#Mustard#** Cress.

Nutrition Information:

Typical values per 100g/per sandwich: Energy kJ 968/1826, kcal 232/438, Fat 12.0g/22.6g, Of which saturates 1.6g/3.0g, Carbohydrates 20.5g/38.7g, Of which sugars 1.6g/3.0g, Fibre 2.8g/5.3g, Protein 9.0g/17.0g, Salt 0.58g/1.08g.

Ham & Cheese

Ingredients:

Malted Wholegrain Bread (Wheat Flour (**#Wheat#** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **#Wheat#**, **#Wheat#** Bran, Yeast, **#Wheat#** Gluten, **#Barley#** Malt Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids), Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Ham (31%) (Pork, Water, Salt, Glucose Syrup, Yeast Extract, Emulsifier: Triphosphates; Preservative: Sodium Nitrite; Sugar, Antioxidant: Sodium Ascorbate; Dextrose), Mature Cheddar Cheese (**#Milk#**) (21%), Butter (**#Milk#**), Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

Nutrition Information:

Typical values per 100g/per sandwich: Energy kJ 1140 /2219, kcal 273/531, Fat 13.5g/26.3g, Of which saturates 7.8g/15.2g, Carbohydrates 20.2g/39.3g, Of which sugars 1.7g/3.3g, Fibre 2.9g/5.6g, Protein 16.1g/31.3g, Salt 1.80g/3.50g.

Mature Cheddar & Pret Pickle

Ingredients:

Malted Wholegrain Bread (**#Wheat#** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **#Wheat#**, **#Wheat#** Bran, Yeast, **#Wheat#** Gluten, **#Barley#** Malt Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Tomato, Mature Cheddar Cheese (**#Milk#**)(18%), Pret Pickle (11%) (Apple, Sugar, Water, Balsamic Vinegar (Red Wine Vinegar, Grape Must), Tomato Purée, Kibbled Onion, Raisins, Garlic Purée, Salt, Apple Extract, Ginger Powder), Salad Mix in varying proportions (Apollo Lettuce, Red Chard, Spinach), Red Onion, Free-Range Egg Mayonnaise (Rapeseed Oil, Water, Free-Range **#Egg#** Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

Nutrition Information:

Energy per 100g/per sandwich kJ 945/2118, 226/506 kcal, Fat 10.4g/23.3g, Of which saturates 3.9g/8.7g, Carbohydrates 22.9g/51.3g, Of which sugars 6.1g/13.7g, Fibre 2.9g/6.5g, Protein 8.7g/19.5g, Salt 0.90g/2.03g.

Smashed Avo Open Sandwich

Ingredients:

Avocado (48%), Pret's Multigrain Bread (Water, Tapioca Starch, Rice Flour, Maize Starch, Potato Starch, Rapeseed Oil, Sunflower Seeds, Maize Flour, Treacle, Brown Linseeds, Red Quinoa Seeds, Thickeners: Hydroxypropyl Methyl Cellulose, Xanthan Gum, Humectant: Glycerol), Brown Teff Flour, Brown Rice Flour, Yeast, Psyllium Husk Powder, Apple Fibre, Quinoa Flour, Buckwheat Flour, Millet Seeds, Cornflour, Pea Protein, **#Oat#** Flour, Salt, Cultured Dextrose, Acids: Citric Acid, Malic Acid, Tartaric Acid, Flour Treatment Agent: Ascorbic Acid), Lemon, Lemon Juice, Vegetable Oils (Olive Pomace Oil (52%), Rapeseed Oil (48%)), Seasoning (Sea Salt, Black Pepper, Rapeseed Oil), Chilli Salt (Paprika, Sea Salt, Chilli Flakes).

Nutrition Information:

Typical values per 100g/per sandwich: Energy per 100g/per open sandwich kJ 883/1333, 213/322 kcal, Fat 14.6g/22.0g, Of which saturates 2.8g/4.2g, Carbohydrates 14.6g/22.0g, Of which sugars 0.9g/1.4g, Fibre 5.9g/8.9g, Protein 2.8g/4.2g, Salt 0.28g/0.43g.

Smoked Salmon

Ingredients:

Malted Wholegrain Bread (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted #Wheat#, Wheat Bran, Yeast, #Wheat# Gluten, #Barley# Malt Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids), Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Smoked Salmon (40%)(Salmon (#Fish#), Salt, Sugar), Butter (#Milk#), Lemon Juice, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

Nutrition Information:

Typical values per 100g/per sandwich: Energy kJ 1082/1883, kcal 258/449, Fat 11.1g/19.3g, Of which saturates 3.4g/5.9g, Carbohydrates 23.9g/41.6g, Of which sugars 1.9g/3.3g, Fibre 3.1g/5.4g, Protein 14.1g/24.5g, Salt 0.40g/0.70g.

Salmon & Soft Cheese Open Sandwich

Ingredients:

Pret's Multigrain Bread (Water, Tapioca Starch, Rice Flour, Maize Starch, Potato Starch, Rapeseed Oil, Sunflower Seeds, Maize Flour, Treacle, Brown Linseeds, Red Quinoa Seeds, Thickeners: Hydroxypropyl Methyl Cellulose, Xanthan Gum, Humectant: Glycerol, Brown Teff Flour, Brown Rice Flour, Yeast, Psyllium Husk Powder, Apple Fibre, Quinoa Flour, Buckwheat Flour, Millet Seeds, Cornflour, Pea Protein, #Oat# Flour, Salt, Cultured Dextrose, Acids: Citric Acid, Malic Acid, Tartaric Acid, Flour Treatment Agent: Ascorbic Acid), Smoked Salmon (27%) (Salmon (#Fish#), Salt, Sugar), Cucumber, Lemon, Medium Fat Soft Cheese (#Milk#) (8%), Dill (0.5%), Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

Nutrition Information:

Typical values per 100g/per sandwich: Energy per 100g/per open sandwich kJ 770/1386, 185/333 kcal, Fat 10.1g/18.2g, Of which saturates 2.6g/4.7g, Carbohydrates 12.5g/22.5g, Of which sugars 1.4g/2.5g, Fibre 3.6g/6.5g, Protein 9.1g/16.4g, Salt 1.18g/2.13g.

Super Greens & Reds

Ingredients:

Malted Wholegrain Bread (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted #Wheat#, #Wheat# Bran, Yeast, #Wheat# Gluten, #Barley# Malt Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids), Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Avocado (32%), Red Tapenade (9%) (Cherry Tomato, Semi-Dried Red Pepper, Rapeseed Oil, Tomato Concentrate, Sugar, Salt, Concentrated Lemon Juice, Garlic, Parsley, Chive, Basil, Basil Flavouring), Red Pepper (8%), Spinach (7%), Kalamata Olives (6%) (Kalamata Olives, Salt, Red Wine Vinegar, Extra Virgin Olive Oil, Vegetable Oils (Sunflower Oil and Rapeseed Oil in varying proportions)), Lemon Juice, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

Nutrition Information:

typical values per 100g/per baguette: Energy kJ 819 /1837, kcal 196 / 440, Fat 10.5g/23.5g, Of which saturates 2.0g/4.5g, Carbohydrates 19.1g/42.8g, Of which sugars 2.9g/6.5g, Fibre 3.9g/8.7g, Protein 4.4g/9.9g, Salt 0.58g/1.30g.

Tuna & Cucumber

Ingredients:

Malted Wholegrain Bread (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted #Wheat#, #Wheat# Bran, Yeast, #Wheat# Gluten, #Barley# Malt Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Rapeseed Oil, Flour Treatment Agent Ascorbic Acid), Tuna Mayonnaise (Pole and Line Caught Tuna (#Fish#) (26%), Rapeseed Oil, Water, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice, Sea Salt, Black Pepper), Cucumber.

Nutrition Information:

Typical values per 100g/per baguette: Energy kJ 940/2165, kcal 224/516, Fat 8.5g/19.6g, Of which saturates 0.7g/1.6g, Carbohydrates 25.1g/57.8g, Of which sugars 1.3g/3.0g, Fibre 1.3g/3.0g, Protein 11.1g/25.6g, Salt 1.18g/2.70g.

Wraps

Avocado & Herb Wrap

Ingredients:

Avocado (29%), Kibbled Rye Wrap (Wheat Flour (**#Wheat#** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Malted **#Rye#** Flakes, Rapeseed Oil, Humectant: Glycerol, Raising Agents: Diphosphates, Sodium Bicarbonate, Dried Fermented **#Wheat#** Flour, Emulsifier: Mono- and Diglycerides of Fatty Acids, Salt, Acidity Regulator: Citric Acid, **#Wheat#** Starch, Flour Treatment Agent: L-Cysteine), Cucumber, Tomato, Spinach, Greek Style Yoghurt Mayonnaise Mix (Greek Style Yoghurt (**#Milk#**), Rapeseed Oil, Water, Free-Range **#Egg#** Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Roasted Pine Nuts, Hard Cheese (**#Milk#**), Basil (0.5%), Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

Nutrition Information:

Typical values per 100g/per wrap: Energy kJ 836 /2093, kcal 201/503, Fat 12.2g/30.5g, Of which saturates 2.5g/6.3g, Carbohydrates 16.4g/41.1g, Of which sugars 1.7g/4.3g, Fibre 2.4g/6.0g, Protein 5.1g/12.8g, Salt 0.53g/1.33g.

Chicken & Caesar Wrap

Ingredients: Kibbled Rye Wrap (Wheat Flour (**#Wheat#** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Malted **#Rye#** Flakes, Rapeseed Oil, Humectant: Glycerol, Raising Agents: Diphosphates, Sodium Bicarbonate, Dried Fermented **#Wheat#** Flour, Emulsifier: Mono- and Diglycerides of Fatty Acids, Salt, Acidity Regulator: Citric Acid, **#Wheat#** Starch, Flour Treatment Agent: L-Cysteine), Chicken (20%) (Chicken Breast, Salt), Tomato, Caesar Mayonnaise (Rapeseed Oil, Water, Free-Range **#Egg#** Yolk, Italian Hard Cheese (Cheese (**#Milk#**), Preservative: Lysozyme (**#Egg#**), Red Wine Vinegar, Sugar, Cornflour, Concentrated Lemon Juice, Worcestershire Sauce (Water, Spirit Vinegar, Cane Molasses, Tamarind Paste, Salt, Onion Powder, Spices), Salt, Anchovy Paste (Anchovy (**#Fish#**), Salt, Olive Oil), Spirit Vinegar, Dried Garlic), Cucumber, Spinach, Hard Cheese (**#Milk#**), Lemon Juice.

Nutrition Information:- typical values per 100g/per wrap: Energy kJ 906/2290, kcal 217/549, Fat 12.5g/31.6g, Of which saturates 1.9g/4.8g, Carbohydrates 15.7g/39.7g, Of which sugars 1.5g/3.8g, Fibre 1.3g/3.3g, Protein 9.8g/24.8g, Salt 0.85g/2.15g.

Hoisin Duck Wrap

Ingredients:

Kibbled Rye Wrap (Wheat Flour (**#Wheat#** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Malted **#Rye#** Flakes, Rapeseed Oil, Humectant: Glycerol, Raising Agents: Diphosphates, Sodium Bicarbonate, Dried Fermented **#Wheat#** Flour, Emulsifier: Mono- and Diglycerides of Fatty Acids, Salt, Acidity Regulator: Citric Acid, **#Wheat#** Starch, Flour Treatment Agent: L-Cysteine), Shredded Duck (26%) (Duck, Water, Sugar, Salt, Chinese Five Spice (Star Anise, Cinnamon, Fennel, Black Pepper, Clove), Cucumber, Hoisin Sauce (10%) (Demerara Sugar, White Miso Paste (Water, **#Soya#** Bean, Rice, Salt, Alcohol), Water, Tomato Paste, White Wine Vinegar, Dark Soy Sauce (Water, **#Soya#** Bean, **#Wheat#**, Salt, Alcohol), Cornflour, Salt, Star Anise, Ginger, Cinnamon, Fennel Seeds, Black Pepper, Clove), Free-Range Egg Mayonnaise (Rapeseed Oil, Water, Free-Range **#Egg#** Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice).

Nutrition Information:

Typical values per 100g/per wrap: Energy kJ 892/1986, kcal 213/474, Fat 9.4g/20.9g, Of which saturates 7.9g/17.6g, Carbohydrates 21.8g/48.5g, Of which sugars 5.6g/12.5g, Fibre 1.7g/3.8g, Protein 9.4g/20.9g, Salt 1.18g/2.63g.

Humous & Chipotle Wrap

Ingredients:

Kibbled Rye Wrap (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Malted #Rye# Flakes, Rapeseed Oil, Humectant: Glycerol; Raising Agents: Diphosphates, Sodium Bicarbonate; Dried Fermented #Wheat# Flour, Emulsifier: Mono- and Diglycerides of Fatty Acids; Salt, Acidity Regulator: Citric Acid; #Wheat# Starch, Flour Treatment Agent: L-Cysteine), Humous (24%) (Cooked Chickpeas (Water, Chickpeas), #Sesame# Seeds, Lemon Juice, Olive Oil, Sea Salt, Dried Garlic, Antioxidant: Ascorbic Acid), Red Peppers, Grated Carrot, Chipotle Ketchup (8%) (Red Pepper, Muscovado Sugar, Red Wine Vinegar, Onion, Chipotle Peppers in Adobo Sauce (Chipotle Pepper, Water, Tomato Paste, Salt, Sugar, Onion, Acidity Regulator: Acetic Acid), Vegetable Oils (Sunflower Oil and Rapeseed Oil in varying proportions), Tomato Paste, Maize Starch, Water, Garlic, Salt, Black Pepper, Cayenne Pepper), Spinach, Pickled Cabbage (Red Cabbage, #Barley# Malt Vinegar, Sugar, Water, Sea Salt, Snices), Coriander.

Nutrition Information:

Typical values per 100g/per wrap: Energy kJ 653/1629, kcal 156/388, Fat 5.3g/13.3g, Of which saturates 0.9g/2.3g, Carbohydrates 20.7g/51.6g, Of which sugars 4.5g/11.3g, Fibre 3.3g/8.2g, Protein 4.6g/11.4g, Salt 0.70g/1.75g.

Breakfast

Almond Croissant

Ingredients:

#Wheat# Flour, Butter (#Milk#), Water, Almond Filling (16%) (Sugar, #Almonds#, Water, #Wheat# Flour, Flavouring, Alcohol), Sugar, #Almonds# (3.5%), Yeast, #Wheat# Gluten, Icing Sugar, Free-Range #Egg#, Salt, Flour Treatment Agent: Ascorbic Acid.

Nutrition Information:

Typical values per 100g/per croissant: Energy kJ 1774/1597, kcal 425/383, Fat 23.5g/21.2g, Of which saturates 11.9g/10.7g, Carbohydrates 43.2g/38.9g, Of which sugars 15.9g/14.3g, Fibre 2.8g/2.5g, Protein 8.7g/7.8g, Salt 0.60g/0.55g.

Bacon & Egg Roll

Ingredients:

Ciabatta Roll (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rice Flour, Extra Virgin Olive Oil, Durum #Wheat# Semolina, Yeast, Sea Salt, #Wheat# Gluten, #Rye# Flour, Sourdough Starter Culture), Unsmoked Back Bacon (29%) (Pork, Water, Salt, Preservatives: Potassium Nitrate, Sodium Nitrite, Antioxidant: Sodium Ascorbate), Free-Range #Egg# (22%), Low Fat #Milk#.

Nutrition Information:

typical values per 100g/per roll: Energy kJ 854/1614, kcal 203/384, Fat 7.9g/15.0g, Of which saturates 2.6g/4.9g, Carbohydrates 19.4g/36.7g, Of which sugars 1.8g/3.3g, Fibre 1.1g/2.0g, Protein 13.1g/24.7g, Salt 1.31g/2.48g.

Banana, Honey & Granola Bowl

Ingredients:

Greek Style Yoghurt (#Milk#), Granola (20%) (#Oats#, Golden Syrup (Partially Inverted Syrup), Dark Muscovado Sugar, Pumpkin Seeds, Rapeseed Oil, Golden Linseed, Raisins (Raisins, Sunflower Oil), Concentrated Apple Juice, Buckwheat Flakes, Ground Cinnamon, Salt), Banana (17%), Honey (9%).

Nutrition Information:

typical values per 100g/per bowl: Energy kJ 793/1686, kcal 188/400, Fat 5.0g/10.6g, Of which saturates 1.8g/3.8g, Carbohydrates 28.6g/60.8g, Of which sugars 21.8g/46.4g, Fibre 1.7g/3.5g, Protein 6.5g/13.7g, Salt 0.14g/0.29g.

Bircher Muesli Bowl

Ingredients:

Greek Style Yoghurt (#Milk#) (61%), Apple (14%), #Oats#, Honey, Pomegranate Seeds, Pumpkin Seeds, Golden Syrup (Partially Inverted Syrup), Roasted #Pistachio Nuts# (1%), Dark Muscovado Sugar, Sugar, Sunflower Seeds, Rapeseed Oil, Sultanas, Cranberry, Golden Linseed, Raisins (Raisins, Sunflower Oil), Concentrated Apple Juice, Buckwheat Flakes, Cottonseed Oil, Sunflower Oil, Ground Cinnamon, Salt.

Nutrition Information:

typical values per 100g/per bowl: Energy kJ 650/1390, kcal 155/332, Fat 6.9g/14.7g, Of which saturates 2.9g/6.2g, Carbohydrates 17.5g/37.5g, Of which sugars 13.3g/28.5g, Fibre 1.5g/3.2g, Protein 5.1g/11.0g, Salt 0.09g/0.18g.

Breakfast Egg & Avo Baguette

Ingredients:

White Baguette (#Wheat# Flour, Water, Yeast, Salt, #Wheat# Gluten, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Chopped Free-Range Egg Mayonnaise (31%) (Free-Range #Egg#, Rapeseed Oil, Water, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice, Sea Salt, Black Pepper, Rapeseed Oil), Avocado (24%), Lemon Juice, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

Nutrition Information:

Typical values per 100g/per baguette : Energy kJ 1046/1588, kcal 250/379, Fat 12.7g/19.3g, Of which saturates 2.2g/3.3g, Carbohydrates 25.1g/38.1g, Of which sugars 1.2g/1.8g, Fibre 1.9g/2.9g, Protein 7.9g/12.0g, Salt 1.33g/2.0g.

Breakfast Egg & Bacon Baguette

Ingredients:

White Baguette (#Wheat# Flour, Water, Yeast, Salt, #Wheat# Gluten, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Chopped Free-Range Egg Mayonnaise (45%) (Free-Range #Egg#, Rapeseed Oil, Water, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice, Sea Salt, Black Pepper, Rapeseed Oil), Smoked Streaky Bacon (7%)(Pork Belly, Salt, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite).

Nutrition Information:

Typical values per 100g/per baguette: Energy kJ 846/1176, 203/282 kcal, Fat 12.2/17.0g, Of which saturates 4.2g/5.8, Carbohydrates 14.3g/19.9g, Of which sugars 0.7g/ 1.0g, Fibre 0.6g/0.8g, Protein 8.6g/12.0g, Salt 0.80g/1.10g.

Breakfast Egg & Tomato Baguette

Ingredients:

White Baguette (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, #Wheat# Gluten, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Free-Range Egg Mayo Mix (40%) (Free-Range #Egg#, Rapeseed Oil, Water, Salt, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Concentrated Lemon Juice, Black Pepper), Roasted Tomatoes (16%) (Tomato, Sugar, Salt, Sunflower Oil).

Nutrition Information:

Typical values per 100g/per baguette: Energy kJ 1095/1710, kcal 261/408, Fat 12.5g/19.5g, Of which saturates 1.6g/2.5g, Carbohydrates 27.2g/42.5g, Of which sugars 3.5g/5.4g, Fibre 2.0g/3.1g, Protein 9.0g/14.1g, Salt 1.17g/1.84g.

Breakfast Smoked Salmon & Egg Baguette

Ingredients:

White Baguette (**#Wheat#** Flour, Water, Yeast, Salt, **#Wheat#** Gluten, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Chopped Free-Range Egg Mayonnaise (40%) (Free-Range **#Egg#**, Rapeseed Oil, Water, Free-Range **#Egg#** Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice, Sea Salt, Black Pepper, Rapeseed Oil), Smoked Salmon (11%) (Salmon (**#Fish#**), Salt, Sugar), **#Mustard#** Cress.

Nutrition Information:

Typical values per 100g/per baguette: Energy kJ 1021/1600, kcal 243/381, Fat 9.8g/15.4g, Of which saturates 1.3g/2.0g, Carbohydrates 25.3g/39.6g, Of which sugars 1.4g/2.2g, Fibre 1.3g/2.0g, Protein 12.8g/20.1g, Salt 1.20g/1.88g.

Butter Croissant

Ingredients:

#Wheat# Flour, Butter (**#Milk#**) (27%), Water, Sugar, Yeast, **#Wheat#** Gluten, Free-Range **#Egg#**, Salt, Flour Treatment Agent: Ascorbic Acid.

Nutrition Information:

Typical values per 100g/per croissant: Energy kJ 1709/1213, kcal 409/290, Fat 23.7g/16.8g, Of which saturates 16.2g/11.5g, Carbohydrates 38.8g/27.5g, Of which sugars 6.3g/4.5g, Fibre 2.2g/1.6g, Protein 9.1g/6.5g, Salt 0.95g/0.68g.

Cheese Twist

Ingredients:

#Wheat# Flour, Cheese Béchamel Sauce Filling (26%) (Emmental Cheese (**#Milk#**), Pasteurised Free-Range **#Egg#**, Whey Powder (**#Milk#**), Water, Modified Starch, Salt, Coconut Oil, Dried Skimmed **#Milk#**, Thickener: Sodium Alginate; Dried **#Egg#** Yolk, Sugar), Butter (**#Milk#**), Emmental Cheese (**#Milk#**) (4%), Yeast, Sugar, Pasteurised Free Range **#Egg#**, Water, **#Wheat#** Gluten, Salt, Flour Treatment Agents: Alpha-Amylase, Hemicellulases, Ascorbic Acid.

Nutrition Information:

typical values per 100g/per twist: Energy kJ 1519/1367, kcal 363/327, Fat 20.0g/18.0g, Of which saturates 13.0g/11.7g, Carbohydrates 34.0g/30.6g, Of which sugars 6.9g/6.2g, Fibre 1.7g/1.6g, Protein 11.0g/9.9g, Salt 0.88g/0.79g.

Chocolate Croissant

Ingredients:

#Wheat# Flour, Butter (**#Milk#**), Chocolate Filling (20%) (Sugar, Chocolate (Fat Reduced Cocoa Powder, Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: Sunflower Lecithin, Vanilla Flavouring), Sunflower Oil, Palm Oil, Palm Fat, Maize Starch), Water, Sugar, Dark Chocolate Decoration (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: **#Soya#** Lecithin), Yeast, **#Wheat#** Gluten, Free-Range **#Egg#**, Salt, Flour Treatment Agent: Ascorbic Acid.

Nutrition Information:

Typical values per 100g/per croissant: Energy kJ 1699/1461, kcal 407/350, Fat 24.0g/20.6g, Of which saturates 14.3g/12.3g, Carbohydrates 38.8g/33.4g, Of which sugars 18.1g/15.6g, Fibre 4.3g/3.7g, Protein 6.9g/5.9g, Salt 0.48g/0.40g.

Cinnamon Danish

Ingredients:

#Wheat# Flour, Butter (**#Milk#**), Water, Sugar, Yeast, Free-Range **#Egg#**, Cinnamon, Brown Sugar, Salt, Corn Starch, **#Wheat#** Gluten, Whey Powder (**#Milk#**), Whole **#Milk#** Powder, Skimmed **#Milk#** Powder, Thickener: Sodium Alginate, Free-Range **#Egg#** White Powder, Flour Treatment Agent: Ascorbic Acid, Carrot Extract, Turmeric Extract, Flavouring

Nutrition Information:

Typical values per 100g/per swirl: Energy kJ 1556/1727, kcal 372/413, Fat 18.8g/20.9g, Of which saturates 11.9g/13.2g, Carbohydrates 43.5g/48.3g, Of which sugars 21.7g/24.1g, Fibre 2.3g/2.6g, Protein 6.0g/6.7g, Salt 0.90g/1.0g.

Five Berry Bowl

Ingredients:

Greek Style Yoghurt (**#Milk#**), Five Berry Compote (25%) (Water, Strawberries, Sugar, Redcurrants, Blackcurrants, Raspberries, Blackberries, Corn Flour, Lemon Juice, Gelling Agent: Pectins), **#Oats#**, Golden Syrup (Partially Inverted Syrup), Dark Muscovado Sugar, Pumpkin Seeds, Rapeseed Oil, Golden Linseed, Raisins (Raisins, Sunflower Oil), Concentrated Apple Juice, Buckwheat Flakes, Ground Cinnamon, Salt.

Nutrition Information:

typical values per 100g/per bowl: Energy kJ 663/1370, kcal 158/327, Fat 6.1g/12.6g, Of which saturates 2.6g/5.4g, Carbohydrates 19.6g/40.4g, Of which sugars 12.5g/25.9g, Fibre 2.3g/4.8g, Protein 5.1g/10.5g, Salt 0.12g/0.26g.

Mango & Banana Sunshine Bowl

Ingredients:

Banana (15%), Mango Purée (14%), Banana Purée, Coconut Milk, **#Oats#**, Mango, Pomegranate Seeds (5%), Golden Syrup, Toasted Coconut, Dark Muscovado Sugar, Pumpkin Seeds, Rapeseed Oil, Golden Linseed, Raisins (Raisins, Sunflower Oil), Concentrated Apple Juice, Buckwheat Flakes, Lemon Juice, Ground Cinnamon, Turmeric, Salt, Antioxidant: Ascorbic Acid.

Nutrition Information:

typical values per 100g/per bowl: Energy kJ 871/1452, kcal 208/346, Fat 8.3g/13.8g, Of which saturates 4.1g/6.8g, Carbohydrates 28.0g/46.7g, Of which sugars 13.0g/21.7g, Fibre 3.1g/5.2g, Protein 3.7g/6.2g, Salt 0.11g/0.18g.

Ham, Cheese, Tomato & Bacon Croissant

Ingredients:

#Wheat# Flour, Margarine (Palm Fat, Water, Sunflower Oil, Salt, Emulsifier: Mono-and Diglycerides of Fatty Acids, Acidity Regulator: Citric Acid, Flavouring), Ham (12%) (Pork, Water, Salt, Flavouring, Glucose Syrup, Spice, Antioxidant: Extracts of Rosemary, Preservative: Sodium Nitrate), Water, Mozzarella Cheese (**#Milk#**) (8.5%), Emmental Cheese (**#Milk#**) (8.0%), Tomato (6.5%), Tomato Paste, Cooked Smoked Lardons (3.5%) (Pork Belly, Water, Salt, Dextrose, Spice, Antioxidant: Extracts of Rosemary, Preservative: Sodium Nitrate, Flavouring, Yeast, Sugar, Courgette, Carrot, **#Eggs#**, **#Wheat#** Gluten, Tomato Concentrate, Onion, Salt, Pepper, Poppy Seed, Garlic, Pink Peppercorns, Sunflower Oil, Acidity Regulator: Citric Acid, White Pepper, Flour Treatment Agent: Ascorbic Acid.

Nutrition Information:

Typical values per 100g/per croissant: Energy kJ 1327, 318 kcal/ 1459 kJ, 350 kcal, Fat 19.8g/21.7g, Of which saturates 10g/11g, Carbohydrates 20.3g/22.4g, Of which sugars 3.3g/3.6g, Fibre 1.9g/2.1g, Protein 13.8g/15.2g, Salt 1.21g/1.33g.

Mozzarella & Tomato Croissant

Ingredients:

#Wheat# Flour, Mozzarella Cheese (**#Milk#**) (16%), Tomato (15%), Water, Palm Fat, Emmental Cheese (**#Milk#**), Tomato Paste, Yeast, **#Egg#**, Sugar, Sunflower Oil, Courgette, Carrot, **#Wheat#** Gluten, Salt, Tomato Concentrate, Onion, Acidity Regulator: Citric Acid, Emulsifier: Mono-and Diglycerides of Fatty Acids, Flavouring, Herbs (Savory, Rosemary, Thyme, Marjoram, Oregano, Basil), White Pepper, Flour Treatment Agent: Ascorbic Acid.

Nutrition Information:

Typical values per 100g/per croissant: Energy kJ 1358, 326 kcal/1562 kJ, 375 kcal, Fat 21.4g/24.6g, Of which saturates 11.3g/13.0g, Carbohydrates 20.7g/23.8g, Of which sugars 2.7g/3.1g, Fibre 1.5g/1.7g, Protein 11.9g/13.7g, Salt 0.95g/1.09g.

Pain aux Raisins

Ingredients:

#Wheat# Flour, Butter (**#Milk#**) (23%), Water, Sugar, Yeast, Whole **#Milk#** Powder, **#Egg#**, Salt, **#Wheat#** Gluten, Flour Treatment Agent (Ascorbic Acid), Pastry Cream (Water, Sugar, Corn Starch, **#Egg#**, Whole **#Milk#** Powder, Whey Powder (**#Milk#**), **#Egg#** White Powder, Dried Skimmed **#Milk#**, Thickener (Sodium Alginate), Colour (Turmeric Extract, Carrot Extract), Vanilla, Salt, Natural Flavouring, Acidity Regulator (Citric Acid), Raisins (12%), Egg wash (**#Egg#**, Water), Brown Sugar.

Nutrition Information:

Typical values per 100g/per pain aux raisins: Energy kJ 1375/1651, kcal 328/394, Fat 14.3g/17.2g, Of which saturates 10.2g/12.0g, Carbohydrates 41.7g/50.0g, Of which sugars 16.8g/20.1g, Fibre 2.9g/3.5g, Protein 6.7g/8.0g, Salt 0.8g/1.00g.

Pastel de Nata

Ingredients:

#Wheat# Flour, Sugar, Butter (**#Milk#**), Water, Pasteurised Free-Range **#Egg#** Yolk (8%), Dried Skimmed **#Milk#**, Glucose-Fructose Syrup, Pasteurised Free-Range **#Egg#** (2.5%), Corn Starch, Salt, Lemon, Cinnamon 0.5%.

Nutrition Information:

Typical values per 100g/per pastel de nata: Energy kJ 1098/659, kcal 262/157, Fat 10.4g/6.2g, Of which saturates 6.7g/4.0g, Carbohydrates 35.3g/21.2g, Of which sugars 19.6g/11.8g, Fibre 3.7g/2.2g, Protein 4.9g/2.9g, Salt 0.55g/0.33g.

Pret's Bacon Roll

Ingredients:

Unsmoked Back Bacon (49%) (Pork, Water, Salt, Preservatives: Potassium Nitrate, Sodium Nitrite, Antioxidant: Sodium Ascorbate), Ciabatta Roll (Wheat Flour (**#Wheat#** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rice Flour, Extra Virgin Olive Oil, Durum **#Wheat#** Semolina, Yeast, Sea Salt, **#Wheat#** Gluten, **#Rye#** Flour, Sourdough Starter Culture), Butter (**#Milk#**).

Nutrition Information:

typical values per 100g/per roll: Energy kJ 1145/1889, kcal 273/450, Fat 12.5g/20.6g, Of which saturates 5.3g/8.7g, Carbohydrates 25.8g/42.6g, Of which sugars 0.9g/1.5g, Fibre 1.1g/1.8g, Protein 13.8g/22.8g, Salt 1.53g/2.83g.

Porridge

Ingredients:

Whole **#Milk#** (91%), **#Oats#** (9%).

Nutrition Information:

typical values per 100g/per bowl: Energy kJ 390/1169, kcal 151/470, Fat 3.9g/11.7g, Of which saturates 2.2g/6.5g, Carbohydrates 10.0g/29.9g, Of which sugars 3.7g/11.2g, Fibre 1.0g/2.9g, Protein 4.0g/12.0g, Salt 0.11g/0.33g.

Pret's Veggie Roll

Ingredients:

Ciabatta Roll (Wheat Flour (**#Wheat#** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rice Flour, Extra Virgin Olive Oil, Durum **#Wheat#** Semolina, Yeast, Sea Salt, **#Wheat#** Gluten, **#Rye#** Flour, Sourdough Starter Culture), Free-Range **#Egg#** (24%), Cherry Tomato (15%), Low Fat **#Milk#**, Hard Cheese (**#Milk#**), Spinach (2%).

Nutrition Information:

typical values per 100g/per roll: Energy per 100g/per roll: Energy kJ 728/1270, kcal 173/302, Fat 5.2g/9.2g, Of which saturates 1.9g/3.4g, Carbohydrates 21.6g/37.7g, Of which sugars 2.3g/4.0g, Fibre 1.4g/2.5g, Protein 9.1g/15.9g, Salt 0.60g/1.05g.

Sausage & Egg Breakfast Roll

Ingredients:

Ciabatta Roll (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rice Flour, Extra Virgin Olive Oil, Durum #Wheat# Semolina, Yeast, Sea Salt, #Wheat# Gluten, #Rye# Flour, Sourdough Starter Culture), Sausage (28%) (Pork, Rice Flour, Salt, Marjoram, Sage, Parsley, Brown Sugar, Nutmeg, White Pepper, Black Pepper, Rapeseed Oil), Free-Range #Egg# (22%), Low Fat #Milk#.

Nutrition Information:

typical values per 100g/per roll: Energy kJ 1159/2168, kcal 278/519, Fat 16.1g/30.1g, Of which saturates 5.6g/10.4g, Carbohydrates 20.2g/37.8g, Of which sugars 1.8g/3.3g, Fibre 1.2g/2.3g, Protein 12.3g/23.1g, Salt 0.97g/1.82g.

Very Berry Croissant

Ingredients:

Mixed Berry Filling (37%) (Sugar, Strawberry, Redcurrant, Blackcurrant, Raspberry, Blackberry, Concentrated Lemon Juice, Gelling Agent: Pectins, Flavouring), #Wheat# Flour, Water, Shea Butter, Sugar, Yeast, #Wheat# Gluten, Salt, Sunflower Oil, Potato Starch, Concentrated Lemon Juice, Flour Treatment Agent: Ascorbic Acid.

Nutrition Information:

Typical values per 100g/per croissant: Energy kJ 1426/1255, kcal 340/299, Fat 13.9g/12.2g of which saturates 8.4g/7.4g, Carbohydrates 47.4g/41.7g, Of which sugars 24.9g/21.9g, Fibre 2.6g/2.3g, Protein 5.0g/4.4g, Salt 0.65g/0.58g.

Cold Drinks

Apple Juice

Ingredients:

See individual pack

Nutritional Information:

See individual pack

Coke - all types

Ingredients:

See individual pack

Nutritional Information:

See individual pack

Cranberry, Raspberry & Pomegranate Pret Still

Ingredients:

Water, Apple Juice from Concentrate (31%), Raspberry Juice (5%), Cranberry Juice from Concentrate (4.6%), Pomegranate Juice from Concentrate (3.7%), Lemon Juice.

Nutritional Information:

Typical value per 100g/Per serving: Energy (kJ) 94.8/474, Energy (Kcal) 22.4/112, Fat (g) 0.2/1.0, of which saturates (g) 0.1/0.3, Carbohydrates (g) 4.8/24, of which sugars (g) 4.8/24, Fibre (g) 0.5/2.5, Protein (g) 0.1/0.5, Salt (g) 0/0

Easy Greens

Ingredient List:

Coconut Water (25%), Cucumber (24%), Apple (23%), Spinach (11%), Pineapple (11%), Kale (3.5%), Lime (2.0%), Mint (1.0%), antioxidant (Ascorbic Acid).

Nutritional Information:

Typical value per 100g/Per serving: Energy (KJ) 75/229, Energy (Kcal) 18/70, Fat (g) 0/0, of which saturates (g) 0/0, Carbohydrates (g) 4.4/17.6, of which sugars (g) 3.5/14.0, Fibre (g) 0/0, Protein (g) 0/0, Salt (g) 0.05/0.22.

Ginger Shot

Ingredient List:

Apple (75%), Ginger (25%), Antioxidant (Ascorbic Acid).

Nutritional Information:

Typical value per 100g/Per serving: Energy (KJ) 212.7/234, Energy (Kcal) 50/55, Fat (g) 0.3/0.3, of which saturates (g) 0.1/0.1, Carbohydrates (g) 10.4/11.4, of which sugars (g) 8.8/9.7, Fibre (g) 1.8/2, Protein (g) 0.7/0.8, Salt (g) 0/0.

Green Tea & Peach Pret Still

Ingredient List:

Water, Apple Juice from Concentrate (31%), Peach Juice from Concentrate (18%), Lemon Juice, Green Tea Extract (0.1%), Flavourings.

Nutritional Information:

Typical value per 100g/Per serving: Energy (KJ) 88/440, Energy (Kcal) 20.8/104, Fat (g) 0.2/1.2, of which saturates (g) 0.1/0.5, Carbohydrates (g) 4.3/21.7, of which sugars (g) 4.3/21.7, Fibre (g) 0.5/2.5, Protein (g) 0.1/0.5, Salt (g) 0/0.

Hot Shot

Ingredients List:

Apple (60%), Orange (22%), Lemon (12%), Turmeric (3%), Ginger (2%), Cayenne Pepper, Antioxidant (Ascorbic Acid).

Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 179.1/197, Energy (Kcal) 42.7/47, Fat (g) 0.2/0.2, of which saturates (g) 0/0, Carbohydrates (g) 4.7/5.2, of which sugars (g) 3.4/3.7, Fibre (g) 1.3/1.4, Protein (g) 0.4/0.4, Salt (g) 0/0.

Lemon & Ginger Pret Still

Ingredients List:

Water, Apple Juice from Concentrate (31%), Lemon Juice (3%), Lemon Comminute from concentrate (2.38%), Ginger Flavouring (0.1%).

Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 78.8/394, Energy (Kcal) 18.6/93, Fat (g) 0.2/1, of which saturates (g) 0.1/0.3, Carbohydrates (g) 3.9/19.3, of which sugars (g) 3.9/19.3, Fibre (g) 0.5/2.5, Protein (g) 0.1/0.5, Salt (g) 0/0.

Mango, Passion Fruit & Lime Pret Still

Ingredient List:

Water, Apple Juice from Concentrate (31%), Mango Purée (5%), Passion Fruit Juice (2.5%), Lime Juice (1.5%).

Nutritional Information:

Typical value per 100g/Per serving: Energy (KJ) 93.8/469, Energy (Kcal) 22.2/111, Fat (g) 0.3/1.3, of which saturates (g) 0.1/0.3, Carbohydrates (g) 4.7/23.3, of which sugars (g) 4.7/23.3, Fibre (g) 0.5/2.5, Protein (g) 0.1/0.5, Salt (g) 0/0.

Orange Juice

Ingredient List:

See individual pack

Nutritional Information:

See individual pack

Orchard Blend

Ingredient List:

See individual pack

Nutritional Information:

See individual Pack

Pret Apple Fizz

Ingredient List:

Fruit Juices from Concentrate (Apple 65%, Grape 5%), Carbonated Water, Natural Flavourings, Antioxidant (Ascorbic Acid).

Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 143/472, Energy (Kcal) 33.9/112, Fat (g) 0/0, of which saturates (g) 0/0, Carbohydrates (g) 7.9/26.1, of which sugars (g) 7.6/25.1, Fibre (g) 0/0, Protein (g) 0/0, Salt (g) 0/0

Pret Cucumber & Mint Seltzer

Ingredient List:

Carbonated Water, Flavourings, acid (Citric Acid).

Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 0/0, Energy (Kcal) 0/0, Fat (g) 0/0, of which saturates (g) 0/0, Carbohydrates (g) 0/0, of which sugars (g) 0/0, Fibre (g) 0/0, Protein (g) 0/0, Salt (g) 0/0

Pret Ginger Beer

Ingredient List:

Fruit Juices from Concentrate (Grape 58%, Lime 1%), Carbonated Water, Ginger Juice (1%), Natural Flavourings, Acid (Citric Acid), Antioxidant (Ascorbic Acid).

Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 150.9/498, Energy (Kcal) 39.1/129, Fat (g) 0/0, of which saturates (g) 0/0, Carbohydrates (g) 9/29.7, of which sugars (g) 8.9/29.4, Fibre (g) 0/0, Protein (g) 0/0, Salt (g) 0/0.

Pret Grape & Elderflower

Ingredient List:

Fruit Juices from Concentrate (Grape 37%, Apple 15%, Lemon 5%), Carbonated Water, Elderflower Extract (0.5%), Natural Flavourings, Antioxidant (Ascorbic Acid), Lime Flower Infusion.

Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 139.1/459, Energy (Kcal) 33/109, Fat (g) 0/0, of which saturates (g) 0/0, Carbohydrates (g) 7.4/24.4, of which sugars (g) 6.7/22.2, Fibre (g) 0/0, Protein (g) 0/0, Salt (g) 0/0.

Pret Lime & Raspberry Seltzer

Ingredient List:

Carbonated Water, Flavourings, acid (Citric Acid).

Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 0/0, Energy (Kcal) 0/0, Fat (g) 0/0, of which saturates (g) 0/0, Carbohydrates (g) 0/0, of which sugars (g) 0/0, Fibre (g) 0/0, Protein (g) 0/0, Salt (g) 0/0

Pret Rhubarb Lemonade

Ingredient List:

Fruit and Vegetable Juices from Concentrate (Grape 50%, Lemon 5%, Rhubarb 5%) Carbonated Water, Lemon Juice (14%), Natural Flavouring, Colouring Concentrate (Black Carrot).

Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 150/495 Energy (Kcal) 35.8/118, Fat (g) 0/0, Carbohydrates (g) 8.1/26.7, of which sugars (g) 8.1/26.7, Protein (g) 0/0, Salt (g) 0/0.

Roots & Fruits Juice

Ingredient List:

Beetroot (37%), Coconut Water (16%), Cherry (14%), Apple (13%), Raspberry (12%), Water, Lime (3%), Green Tea Extract (0.5%), Antioxidant: Ascorbic Acid.

Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 155.3/621, Energy (Kcal) 36.8/147, Fat (g) 0.2/0.8, of which saturates (g) 0.2/0.8, Carbohydrates (g) 6.9/27.6, of which sugars (g) 6.5/26, Fibre (g) 1.5/6, Protein (g) 1.1/4.4, Salt (g) 0.1/0.4.

Sparkling Spring Water

Ingredient List:

See individual pack

Nutritional Information:

See individual pack

Still Water

Ingredient List:

See individual pack

Nutritional Information:

See individual pack

Tropical Zest

Ingredient List:

See individual pack

Nutritional Information:

See individual pack

Fruit

Apple

Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ)222.4/358, Energy (Kcal) 52.8/85, Fat (g) 0.1/0.2, of which saturates (g) 0.1/0.1, Carbohydrates (g) 11.7/18.9, of which sugars (g) 11.7/18.9, Fibre (g) 2.4/3.8, Protein (g) 0.4/0.6, Salt (g) 0/0.

Banana

Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 430/258, Energy (Kcal) 103.3/62, Fat (g) 0.3/0.2, of which saturates (g) 0.2/0.1, Carbohydrates (g) 23.2/13.9, of which sugars (g) 20.2/12.1, Fibre (g) 2.7/1.6, Protein (g) 1.2/0.7, Salt (g) 0/0.

Fruit Salad

Ingredient List:

See individual pack

Nutritional Information

See individual pack

Mango & Lime

Ingredient List:

See individual pack

Nutritional Information

See individual pack

Hot Baguettes

Chipotle Mozzarella Hot Baguette

Ingredients:

Stone Baked Baguette (#Wheat# Flour, Water, Brown Linseed, Malted #Wheat# Flakes, Sunflower Seeds, Yeast, Salt, #Wheatgerm#, Potassium Chloride, Potassium Gluconate, Malted #Wheat# Flour, #Sesame# Seeds), Mozzarella Cheese (#Milk#) (21%), Roasted Tomatoes (10%)(Tomato, Sugar, Salt, Sunflower Oil), Chipotle Ketchup (9%) (Red Pepper, Muscovado Sugar, Red Wine Vinegar, Onion, Chipotle Peppers in Adobo Sauce (Chipotle Pepper, Water, Tomato Paste, Salt, Sugar, Onion, Acidity Regulator: Acetic Acid), Vegetable Oils (Sunflower Oil and Rapeseed Oil in varying proportions), Tomato Paste, Maize Starch, Water, Garlic, Salt, Black Pepper, Cayenne Pepper), Red Peppers (7%), Hard Cheese (4%) (#Milk#).

Nutrition Information:

typical values per 100g/per baguette: Energy kJ 956/2232, kcal 227/530, Fat 7.2g/16.8g, Of which saturates 3.3g/7.7g, Carbohydrates 30.1g/70.3g, Of which sugars 4.8g/11.2g, Fibre 2.0g/4.7g, Protein 9.5g/22.2g, Salt 1.10g/2.58g.

Prosciutto & Mozzarella Hot Baguette

Ingredients:

Stone Baked Baguette (#Wheat# Flour, Water, Brown Linseed, Malted #Wheat# Flakes, Sunflower Seeds, Yeast, Salt, #Wheatgerm#, Potassium Chloride, Potassium Gluconate, Malted #Wheat# Flour, #Sesame# Seeds), Mozzarella Cheese (#Milk#) (22%), Prosciutto Ham (12%) (Pork, Salt, Spices, Preservatives: Potassium Nitrate, Sodium Nitrite), Roasted Tomatoes (9%) (Tomato, Sugar, Salt, Sunflower Oil), Red Tapenade (7%) (Cherry Tomato, Semi-Dried Red Pepper, Rapeseed Oil, Tomato Concentrate, Sugar, Salt, Concentrated Lemon Juice, Garlic, Parsley, Chive, Basil, Basil Flavouring).

Nutrition Information:

typical values per 100g/per baguette: Energy kJ 1040 /2318, kcal 248 / 553, Fat 10.3g/23.0g, Of which saturates 3.8g/8.5g, Carbohydrates 25.7g/57.3g, Of which sugars 3.2g/7.1g, Fibre 2.5g/5.6g, Protein 11.9g/26.5g, Salt 1.5g/3.35g.

Hot Wraps

Falafel & Halloumi Hot Wrap

Ingredients:

Kibbled Rye Wrap (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Malted #Rye# Flakes, Rapeseed Oil, Humectant: Glycerol, Raising Agents: Diphosphates, Sodium Bicarbonate, Dried Fermented #Wheat# Flour, Emulsifier: Mono- and Diglycerides of Fatty Acids, Salt, Acidity Regulator: Citric Acid, #Wheat# Starch, Flour Treatment Agent: L-Cysteine), Halloumi Cheese (21%) (Pasteurised Cow's, Sheep and Goat's Milk (#Milk#), Sea Salt, Microbial Rennet, Dried Mint), Sweet Potato Falafel (21%)(Sweet Potato, Cooked Chickpeas (Chickpeas, Water), Onion, Dried Potato, Coriander Leaf, Red Pepper, Salt, Cumin Powder, Concentrated Lemon Juice, Rapeseed Oil, Paprika, Water, Smoked Paprika, Black Pepper, Dried Garlic, Coriander Powder, Chilli Flakes), Red Tapenade (Cherry Tomato, Semi-Dried Red Pepper, Rapeseed Oil, Tomato Concentrate, Sugar, Salt, Concentrated Lemon Juice, Garlic, Parsley, Chive, Basil, Basil Flavouring), Red Pepper, Crispy Onions (Onion, Palm Oil, #Wheat# Flour, Salt), Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

Nutrition Information:

Typical values per 100g/per wrap: Energy kJ 1039 /2754, kcal 249/660, Fat 12.7g/33.7g, Of which saturates 4.2g/11.1g, Carbohydrates 23.5g/62.3g, Of which sugars 5.4g/14.3g, Fibre 2.9g/7.7g, Protein 8.6g/22.8g, Salt 1.03g/2.73g.

Meatball Hot Wrap

Ingredients:

Meatballs (38%) (Pork, Onion, Tomato Paste, Red Pepper, Paprika, Garlic Purée, Parsley, Salt, Black Pepper, Thyme, Rosemary, Sage, Flavouring), Kibbled Rye Wrap (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Malted #Rye# Flakes, Rapeseed Oil, Humectant: Glycerol; Raising Agents: Diphosphates, Sodium Bicarbonate; Dried Fermented #Wheat# Flour, Emulsifier: Mono- and Diglycerides of Fatty Acids; Salt, Acidity Regulator: Citric Acid, #Wheat# Starch, Flour Treatment Agent: L-Cysteine), Emmental Cheese (15%) (#Milk#), Chipotle Ketchup (9%) (Red Pepper, Muscovado Sugar, Red Wine Vinegar, Onion, Chipotle Peppers in Adobo Sauce (Chipotle Pepper, Water, Tomato Paste, Salt, Sugar, Onion, Acidity Regulator: Acetic Acid); Vegetable Oils (Sunflower Oil and Rapeseed Oil in varying proportions), Tomato Paste, Maize Starch, Water, Garlic, Salt, Black Pepper, Cayenne Pepper), Red Tapenade (7%) (Cherry Tomato, Semi-Dried Red Pepper, Rapeseed Oil, Tomato Concentrate, Sugar, Salt, Concentrated Lemon Juice, Garlic, Parsley, Chive, Basil, Basil Flavouring), Red Onion, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

Nutrition Information

typical values per 100g/per wrap: Energy kJ 1131/2699, kcal 271/647, Fat 15.7g/37.5g, Of which saturates 6.7g/16.0g, Carbohydrates 18.4g/43.9g, Of which sugars 3.4g/8.1g, Fibre 1.8g/4.3g, Protein 13.1g/31.3g, Salt 1.08g/2.58g.

Italian Style Chicken Hot Wrap

Ingredients:

Kibbled Rye Wrap (Wheat Flour (**#Wheat#** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Malted **#Rye#** Flakes, Rapeseed Oil, Humectant: Glycerol; Raising Agents: Diphosphates, Sodium Bicarbonate; Dried Fermented **#Wheat#** Flour, Emulsifier: Mono- and Diglycerides of Fatty Acids; Salt, Acidity Regulator: Citric Acid; **#Wheat#** Starch, Flour Treatment Agent: L-Cysteine), Chicken (24%) (Chicken Breast, Salt), Red Tapenade (Cherry Tomato, Semi-Dried Red Pepper, Rapeseed Oil, Tomato Concentrate, Sugar, Salt, Concentrated Lemon Juice, Garlic, Parsley, Chive, Basil, Basil Flavouring), Emmental Cheese (**#Milk#**) (8%), Red Pepper, Roasted Tomatoes (Tomato, Sugar, Salt, Sunflower Oil), Hard Cheese (**#Milk#**) (4%), Basil.

Nutrition Information:

typical values per 100g/per wrap: Energy kJ 995/2418, kcal 238/578, Fat 11.5g/27.9g, Of which saturates 3.3g/7.9g, Carbohydrates 18.7g/45.5g, Of which sugars 4.0g/9.7g, Fibre 2.1g/5.0g, Protein 13.8g/33.5g, Salt 1.15g/2.78g.

Toasties

All day breakfast toastie

Ingredients:

Seeded Bloomer (Wheat Flour (**#Wheat#** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **#Wheat#** Flakes, **#Rye#** Flour, Poppy Seeds, Sunflower Seeds, Yeast, Millet, Salt, **#Wheat# Gluten**, **#Oats#**, Brown Linseed, Malted **#Barley#** Flour, Cracked **#Wheat#**, **#Wheat#** Bran, Flour Treatment Agent: Ascorbic Acid), Emmental Cheese (**#Milk#**), Free-Range Egg Mayonnaise (14%) (Free-Range **#Egg#**, Rapeseed Oil, Water, Salt, Free-Range **#Egg#** Yolk, Spirit Vinegar, Cornflour, Sugar, Concentrated Lemon Juice, Black Pepper), Pork Sausage (11%) (Pork, Rice Flour, Salt, Marjoram, Sage, Parsley, Brown Sugar, Nutmeg, White Pepper, Black Pepper), Roasted Tomatoes (Tomatoes, Sunflower Oil, Sugar, Salt), Smoked Streaky Bacon (6%) (Pork Belly, Water, Salt, Preservative: Sodium Nitrite; Antioxidant: Sodium Ascorbate).

Nutrition Information:

typical values per 100g/per toastie: Energy KJ 1359/3176, kcal 326/761, Fat 19.0g/44.4g, Of which saturates 7.0g/16.3g, Carbohydrates 22.4g/52.3g, Of which sugars 1.8g/4.1g, Fibre 2.5g/5.8g, Protein 15.1g/35.3g, Salt 1.41g/3.28g.

Halloumi, Red Pepper & Basil Toastie

Ingredients:

Seeded Bloomer (Wheat Flour (**#Wheat#** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **#Wheat#** Flakes, **#Rye#** Flour, Poppy Seeds, Sunflower Seeds, Yeast, Millet, Salt, **#Wheat# Gluten**, **#Oats#**, Brown Linseed, Malted **#Barley#** Flour, Cracked **#Wheat#**, **#Wheat#** Bran, Flour Treatment Agent: Ascorbic Acid), Halloumi Cheese (26%) (Halloumi Cheese (Pasteurised Cow's, Sheep and Goat's **#Milk#**, Sea Salt, Microbial Rennet, Dried Mint), Red Tapenade (Cherry Tomato, Semi-Dried Red Pepper, Rapeseed Oil, Tomato Concentrate, Sugar, Salt, Concentrated Lemon Juice, Garlic, Parsley, Chive, Basil, Basil Flavouring), Red Pepper (8%), Kalamata Olives (Kalamata Olives, Salt, Rapeseed Oil), Basil.

Nutrition Information:

typical values per 100g/per toastie: Energy kJ 1097/2321, kcal 262/554, Fat 12.2g/25.7g, Of which saturates 4.4g/9.4g, Carbohydrates 25.6g/54.2g, Of which sugars 3.0g/6.3g, Fibre 2.7g/5.7g, Protein 11.2g/23.6g, Salt 1.56g/3.30g.

Ham, Cheese & Mustard Toastie

Ingredients:

Seeded Bloomer Bread (Wheat Flour (**#Wheat#** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **#Wheat#** Flakes, **#Rye#** Flour, Poppy Seeds, Sunflower Seeds, Yeast, Millet, Salt, **#Wheat#** Gluten, **#Oats#**, Brown Linseed, Malted **#Barley#** Flour, Cracked **#Wheat#**, **#Wheat#** Bran, Flour Treatment Agent: Ascorbic Acid), Ham (28%) (Pork, Water, Salt, Glucose Syrup, Yeast Extract, Emulsifier: Triphosphates; Preservative: Sodium Nitrite; Sugar, Antioxidant: Sodium Ascorbate; Dextrose), Mature Cheddar Cheese (**#Milk#**) (19%), Mustard Mayonnaise (Rapeseed Oil, Water, Free-Range **#Egg#** Yolk, **#Mustard#** Flour, Spirit Vinegar, Cornflour, Sugar, Salt, Colours: Curcumin, Plain Caramel).

Nutrition Information:

typical values per 100g/per toastie: Energy kJ 1162/2412, kcal 278/577, Fat 14.7g/30.4g, Of which saturates 5.1g/10.6g, Carbohydrates 20.6g/42.7g, Of which sugars 1.8g/3.6g, Fibre 1.9g/3.9g, Protein 15.0g/31.1g, Salt 1.30g/2.69g.

Tuna Melt Toastie

Ingredients:

Seeded Bloomer Bread (Wheat Flour (**#Wheat#** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **#Wheat#** Flakes, **#Rye#** Flour, Poppy Seeds, Sunflower Seeds, Yeast, Millet, Salt, **#Wheat#** Gluten, **#Oats#**, Brown Linseed, Malted **#Barley#** Flour, Cracked **#Wheat#**, **#Wheat#** Bran, Flour Treatment Agent: Ascorbic Acid), Pole and Line Caught Tuna (28%) (Tuna (**#Fish#**), Water, Salt), Emmental Cheese (**#Milk#**) (18%), Mayonnaise (Rapeseed Oil, Water, Free-Range **#Egg#** Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Red Onion, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

Nutrition Information:

typical values per 100g/per toastie: Energy kJ 1052/2232, kcal 251/533, Fat 11.5g/24.5g, Of which saturates 4.2g/9.0g, Carbohydrates 20.1g/42.6g, Of which sugars 1.6g/3.3g, Fibre 1.9g/4.1g, Protein 15.8g/33.5g, Salt 1.11g/2.35g.

Reuben Toastie

Ingredients:

Seeded Bloomer (Wheat Flour (**#Wheat#** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **#Wheat#** Flakes, **#Rye#** Flour, Poppy Seeds, Sunflower Seeds, Yeast, Millet, Salt, **#Wheat#** Gluten, **#Oats#**, Brown Linseed, Malted **#Barley#** Flour, Cracked **#Wheat#**, **#Wheat#** Bran, Flour Treatment Agent: Ascorbic Acid), Emmental Cheese (**#Milk#**) (16%), Salt Beef (15%) (Beef, Salt, Dextrose, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite), Pickled Cabbage (Cabbage, **#Barley#** Malt Vinegar, Sugar, Water, Sea Salt, Spices), Gherkins (Gherkins, Sugar, Vinegar, Salt, Flavouring, **#Mustard#** Seeds, Colour: Riboflavins), Mustard Mayonnaise (Rapeseed Oil, Water, Free-Range **#Egg#** Yolk, **#Mustard#** Flour, Spirit Vinegar, Cornflour, Sugar, Salt, Colours: Curcumin, Plain Caramel).

Nutrition Information:

typical values per 100g/per toastie: Energy kJ 1031/2443, kcal 246/583, Fat 10.7g/25.5g, Of which saturates 4.3g/10.1g, Carbohydrates 23.1g/54.9g, Of which sugars 2.9g/7.0g, Fibre 2.3g/5.4g, Protein 13.1g/30.9g, Salt 1.23g/2.92g.

Hot Rolls

Meatless Meatball Marinara Hot Roll

Ingredients:

Ciabatta Roll (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rice Flour, Extra Virgin Olive Oil, Durum #Wheat# Semolina, Yeast, Sea Salt, #Wheat# Gluten, #Rye# Flour, Sourdough Starter Culture), Protein Balls (22%) (Water, Pea Protein, Rapeseed Oil, Roasted Onions, Thyme, Shea Oil, Garlic, Parsley, Thickener: Methyl Cellulose; Dried Onion, Coconut Oil, Pea Fibre, Potato Starch, Salt, Yeast Extract, Flavouring, Caramelised Carrot Concentrate, Potato Fibre, Maltodextrin, Black Pepper, Caramelised Sugar, Carrot Concentrate, Dried Potato, Acidity Regulator: Ascorbic Acid; Fruit and Vegetable Extracts (Beetroot, Radish, Tomato), Sunflower Oil, Sugar, Leek Powder, Concentrated Lemon Juice, Bay Leaves, Sage Oil), Mozzarella Cheese (#Milk#) (16%), Roasted Tomatoes (Tomato, Sugar, Salt, Sunflower Oil), Red Tapenade (Cherry Tomato, Semi-Dried Red Pepper, Rapeseed Oil, Tomato Concentrate, Sugar, Salt, Concentrated Lemon Juice, Garlic, Parsley, Chive, Basil, Basil Flavouring), Chipotle Mayo (Chipotle Ketchup (Red Pepper, Muscovado Sugar, Red Wine Vinegar, Onion, Chipotle Peppers in Adobo Sauce (Chipotle Pepper, Water, Tomato Paste, Salt, Sugar, Onion, Acidity Regulator: Acetic Acid), Vegetable Oil (Sunflower Oil and Rapeseed Oil in varying proportions), Tomato Paste, Maize Starch, Water, Garlic, Salt, Black Pepper, Cayenne Pepper), Mayonnaise (Rapeseed Oil, Water, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice)), Basil.

Nutrition Information:

typical values per 100g/per roll: Energy kJ 991/2209, kcal 237/528, Fat 11.7g/26.2g, Of which saturates 3.6g/8.0g, Carbohydrates 22.0g/49.0g, Of which sugars 4.9g/11.0g, Fibre 2.9g/6.5g, Protein 9.4g/20.9g, Salt 0.93g/2.08g.

Mexican Style Chicken & Feta Hot Roll

Ingredients:

Ciabatta Roll (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rice Flour, Extra Virgin Olive Oil, Durum #Wheat# Semolina, Yeast, Sea Salt, #Wheat# Gluten, #Rye# Flour, Sourdough Starter Culture), Chicken (20%) (Chicken Breast, Salt), Chipotle Ketchup (17%) (Red Pepper, Muscovado Sugar, Red Wine Vinegar, Onion, Chipotle Peppers in Adobo Sauce (Chipotle Pepper, Water, Tomato Paste, Salt, Sugar, Onion, Acidity Regulator: Acetic Acid), Vegetable Oil (Sunflower Oil and Rapeseed Oil in varying proportions), Tomato Paste, Maize Starch, Water, Garlic, Salt, Black Pepper, Cayenne Pepper), Mature Cheddar Cheese (#Milk#) (10%), Feta Cheese (#Milk#) (5%), Green Jalapeño Pepper (5%), Coriander, Rapeseed Oil, Water, Salt, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Concentrated Lemon Juice, Black Pepper.

Nutrition Information:

typical values per 100g/per roll: Energy kJ 892/1731, kcal 213/412, Fat 8.1g/15.8g, Of which saturates 3.7g/7.2g, Carbohydrates 21.4g/41.6g, Of which sugars 4.2g/8.1g, Fibre 1.4g/2.8g, Protein 12.6g/24.5g, Salt 1.39g/2.71g.

Mac & Cheese

Kale Mac & Cheese

Ingredients:

Béchamel Sauce (Whole #Milk#, Cheddar Cheese (#Milk#), Water, #Wheat# Flour, Salted Butter (Butter (#Milk#), Salt), Salt, Vegetable Stock (Salt, Yeast Extract, Rice Flour, Sunflower Oil, Onion, #Celery#, Carrot, Turmeric, Parsley), White Pepper), Cooked Macaroni Pasta (Water, Durum #Wheat# Semolina), Hard Cheese (#Milk#) (5%), Kale (5%).

Nutrition Information:

typical values per 100g/per pack: Energy kJ 694/2499, kcal 166/596, Fat 7.2g/26.1g, Of which saturates 4.2g/15.2g, Carbohydrates 16.7g/60.1g, Of which sugars 1.6g/5.8g, Fibre 1.1g/3.9g, Protein 7.9g/28.4g, Salt 0.70g/2.51g.

Prosciutto Mac & Cheese

Ingredients:

Béchamel Sauce (Whole #Milk#, Cheddar Cheese (#Milk#), Water, #Wheat# Flour, Salted Butter (Butter (#Milk#), Salt), Salt, Vegetable Stock (Salt, Yeast Extract, Rice Flour, Sunflower Oil, Onion, #Celery#, Carrot, Turmeric, Parsley), White Pepper), Cooked Macaroni Pasta (Water, Durum #Wheat# Semolina), Hard Cheese (#Milk#) (5%), Prosciutto Ham (5%) (Pork, Salt, Spices, Preservatives: Potassium Nitrate, Sodium Nitrite), Parsley, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

Nutrition Information:

typical values per 100g/per pack: Energy kJ 739/2670, kcal 176/637, Fat 8.1g/29.1g, Of which saturates 4.6g/16.7g, Carbohydrates 16.6g/59.9g, Of which sugars 1.5g/5.6g, Fibre 1.0g/3.7g, Protein 8.9g/32.0g, Salt 1.04g/3.74g.

Soup and Soup Bread

Lentil & Bacon Soup

Ingredients:

Water, Red Split Lentils (8%), Tomato (7%), Maple Cured Smoked Bacon (5%) (Pork, Salt, Maple Syrup, Preservative: Sodium Nitrate), Onions, Carrots, Yellow Split Peas, Spinach, Green Lentils (2.5%), #Celery#, Salted Butter (Butter (#Milk#), Salt), Vegetable and Chicken Stock (Salt, Maltodextrin, Yeast Extract, Rice Flour, Flavouring, Vegetables (Onion, #Celery#, Carrots), Sunflower Oil, Palm Fat, Spices (Pepper, Turmeric), Sugar, Chicken, Parsley, Chicken Fat, Acid: Citric Acid; Caramelised Sugar), Olive Oil, Lemon Juice, Parsley, Oak Smoked Garlic, Salt, Thyme, English Mustard (Water, #Mustard# Flour, Sea Salt, Turmeric, Pimento), Paprika, Black Pepper, Dried Red Chillies, Ground Bay Leaf.

Nutrition Information:

typical values per 100g: Energy kJ 345, kcal 83, Fat 3.7g, Of which saturates 1.4g, Carbohydrates 7.0g, Of which sugars 1.4g, Fibre 1.4g, Protein 4.6g, Salt 0.70g.

Souper Tomato Soup

Ingredients:

Tomatoes (37%), Water, Onion, Concentrated Tomato Juice (8%), Carrot, Tomato Paste, Rapeseed Oil, Olive Oil, Vegetable Stock (Maltodextrin, Corn Flour, Yeast Extract, Salt, Onion, Sunflower Oil, Garlic), Salt, Garlic Purée, Black Pepper, Oregano.

Nutrition Information:

Typical values per 100g: Energy kJ 209, 50kcal, Fat 3.0g, Of which saturates 0.3g, Carbohydrates 3.9 g, Of which sugars 3.5g, Fibre 1.0g, Protein 1.5g, Salt 0.43g.

Red Thai Veg Soup

Ingredients:

Water, Mushrooms, Red Pepper (10%), Coconut Cream (Coconut, Water), Onion, Potato, Soya Bean (**Soya**), Tomato, Red Thai Paste(4.5%) (Sugar, Salt, Onion, Red Pepper, Sunflower Oil, Lemongrass, Garlic Purée, Galangal, Concentrated Lemon Juice, Spirit Vinegar, Rapeseed Oil, Black Pepper, Coriander, Cumin, Lime Leaf, Red Chilli, Paprika Extract, Lime Juice, Cayenne Pepper), Red Lentils, Sweetcorn, Spring Onion, Bamboo Shoot, Lime Juice, Coriander, Red Chilli, Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Ground Spices (Lovage, Turmeric, Nutmeg, Garlic, White Pepper, Mace), Parsnip Powder, Dried Parsley, Onion Powder, Lovage Extract, Sunflower Oil.

Nutrition Information:

Typical values per 100g: Energy kJ 226, 54 kcal, Fat 2.5g, Of which saturates 1.7g, Carbohydrates 4.3g, Of which sugars 1.3g, Fibre 2.4g, Protein 2.4g, Salt 0.67g.

Thai Chicken Soup

Ingredients:

Water, Coconut Milk (19%), Butternut Squash (12%), Sweetcorn, Chicken (6%) (Chicken Breast, Salt), Jasmine Rice (2%), Spring Onions, Green Curry Paste (Green Chillies, Lemongrass, Garlic, Galangal, Salt, Onion, White Pepper, Kaffir Lime Zest, Coriander), Lime Juice, Ginger, Rapeseed Oil, Vegetable Stock (Salt, Yeast Extract, Rice Flour, Vegetables (Onions, **Celery**, Carrots), Parsley, Sunflower Oil, Turmeric), Basil, Mint, Garlic, Coriander, Fish Sauce (Anchovy Extract (**Fish**), Salt), Red Chillies.

Nutrition Information:

typical values per 100g: Energy kJ 285, kcal 68, Fat 3.7g, Of which saturates 2.5g, Carbohydrates 5.3g, Of which sugars 1.9g, Fibre 0.6g, Protein 3.1g, Salt 0.50g.

Soup Bread

Ingredients:

White Baguette (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, **Wheat** Gluten, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid).

Nutrition Information:

typical values per 100g/per baguette: Energy kJ 1167/770, kcal 275/182, Fat 1.1g/0.7g, Of which saturates 0.2g/0.1g, Carbohydrates 55.4g/36.5g, Of which sugars 2.2g/1.4g, Fibre 2.4g/1.6g, Protein 9.7g/6.4g, Salt 1.52g/1.00g.

Stone Baked Losange Soup Baguette

Ingredients:

Wheat Flour, Water, Salt, Yeast, **Wheat** Gluten, Deactivated Yeast, Malted **Wheat** Flour, Flour Treatment Agent: Ascorbic Acid.

Nutrition Information:

Typical values per 100g: Energy kJ 1017, 240 kcal, Fat 0.6g, Of which saturates 0.1g, Carbohydrates 49g, Of which sugars 1.3g, Fibre 2.8g, Protein 8.2g, Salt 1.18g.

Salads and Salad Pots

Chef's Italian Salad

Ingredients:

Salad Mix in varying proportions (Apollo Lettuce, Red Chard, Spinach), Chicken (19%) (Chicken Breast, Salt), Tomato, French Dressing (Vegetable Oils (Sunflower Oil and Rapeseed Oil in varying proportions), White Wine Vinegar, Extra Virgin Olive Oil, Sugar, Sherry Vinegar, Water, Black Pepper, Lemon Juice, Salt, Garlic Purée, Colour: Plain Caramel, Stabiliser: Xanthan Gum), Mixed Peppers (Mixed Peppers, Sunflower Oil, Salt, White Wine Vinegar, Dried Mint, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid), Cucumber, Caesar Mayonnaise (Rapeseed Oil, Water, Free-Range **#Egg#** Yolk, Italian Hard Cheese (Cheese (**#Milk#**), Preservative (Lysozyme (**#Egg#**)), Red Wine Vinegar, Sugar, Cornflour, Concentrated Lemon Juice, Worcestershire Sauce (Water, Spirit Vinegar, Cane Molasses, Tamarind Paste, Salt, Onion Powder, Spices), Salt, Anchovy Paste (Anchovy (**#Fish#**), Salt, Olive Oil), Spirit Vinegar, Dried Garlic), Kalamata Olives (Olives, Salt, Red Wine Vinegar, Extra Virgin Olive Oil, Vegetable Oils (Sunflower Oil and Rapeseed Oil in varying proportions), Roasted **#Pistachio Nuts#**, Hard Cheese (**#Milk#**).

Nutrition Information:

typical values per 100g/per salad: Energy with dressing per 100g/per salad: Energy kJ 793/2479, kcal 191/598, Fat 15.9g/49.9g, Of which saturates 4.5g/14.1g, Carbohydrates 3.7g/11.6g, Of which sugars 2.7g/8.4g, Fibre 0.9g/2.7g, Protein 7.8g/24.5g, Salt 0.62g/1.93g. Energy without dressing per 100g/per salad 100g kJ 414/1434, 108/344 kcal

Chicken & Avocado Protein Salad

Ingredients:

Chicken (24%) (Chicken Breast, Salt), Free-Range Boiled **#Egg#** (22%), Spinach, Avocado (12%), Edamame Soya Beans (**#Soya#**) (11%), French Dressing (Vegetable Oil (Sunflower Oil and Rapeseed Oil in varying proportions), White Wine Vinegar, Extra Virgin Olive Oil, Sugar, Sherry Vinegar, Water, Black Pepper, Lemon Juice, Salt, Garlic Purée, Colour: Plain Caramel; Stabiliser: Xanthan Gum), Lemon, Lemon Juice, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

Nutrition Information:

Typical values per 100g/per salad: Energy with dressing per 100g/per salad: Energy kJ 645/1873, kcal 155/450, Fat 10.1g/29.2g, Of which saturates 2.0g/5.8g, Carbohydrates 3.2g/9.1g, Of which sugars 1.7g/4.8g, Fibre 1.4g/4.0g, Protein 12.3g/35.7g, Salt 0.74g/2.16g. Energy without dressing per 100g/per salad kJ 517/1353, kcal 124/324

Egg & Spinach Protein Pot

Ingredients:

Free-Range Boiled **#Egg#** (88%), Spinach (12%).

Nutrition Information:

Typical values per 100g/per pot: Energy per 100g/per pot kJ 440/434, 105/104 kcal, Fat 5.4g/5.3g, Of which saturates 1.5g/1.5g, Carbohydrates 2.4g/2.4g, Of which sugars 0.2g/0.2g, Fibre 0.3g/0.3g, Protein 11.6g/11.4g, Salt 0.58g/0.58g.

Greek Salad

Ingredients:

Salad Vegetable Mix (Apollo Lettuce, Spinach, Red Chard), Tomato, Cucumber, French Dressing (Vegetable Oil (Sunflower Oil and Rapeseed Oil in varying proportions), White Wine Vinegar, Extra Virgin Olive Oil, Sugar, Sherry Vinegar, Water, Black Pepper, Lemon Juice, Salt, Garlic Purée, Colour: Plain Caramel; Stabiliser: Xanthan Gum), Feta Cheese (**#Milk#**) (12%), Roasted Tomatoes (Tomato, Sugar, Salt, Sunflower Oil), Lemon, Kalamata Olives (6%) (Kalamata Olives, Salt, Red Wine Vinegar, Extra Virgin Olive Oil, Vegetable Oils (Sunflower Oil and Rapeseed Oil in varying proportions)), Red Onion.

Nutrition Information:

Typical values per 100g/per salad: Energy with dressing per 100g/per salad: Energy kJ 572/1236, kcal 138/298, Fat 11.3g/24.5g, Of which saturates 3.0g/6.4g, Carbohydrates 4.9g/10.5g, Of which sugars 4.3g/9.3g, Fibre 1.0g/2.1g, Protein 3.6g/7.9g, Salt 0.58g/1.25g. Energy without dressing per 100g/per salad kJ 381/716, kcal 92/172

Humous & Falafel Mezze Salad

Ingredients:

Humous (15%) (Cooked Chickpeas (Water, Chickpeas), #Sesame# Seeds, Lemon Juice, Olive Oil, Sea Salt, Dried Garlic, Antioxidant: Ascorbic Acid), Salad Mix in varying proportions (Apollo Lettuce, Red Chard, Spinach), French Dressing (Vegetable Oils (Sunflower Oil and Rapeseed Oil in varying proportions), White Wine Vinegar, Extra Virgin Olive Oil, Sugar, Sherry Vinegar, Water, Black Pepper, Lemon Juice, Salt, Garlic Purée, Colour: Plain Caramel, Stabiliser: Xanthan Gum), Sweet Potato Falafel (14%) (Sweet Potato, Cooked Chickpeas (Chickpeas, Water), Onion, Dried Potato, Coriander Leaf, Red Pepper, Salt, Cumin Powder, Concentrated Lemon Juice, Rapeseed Oil, Paprika, Water, Smoked Paprika, Black Pepper, Dried Garlic, Coriander Powder, Chilli Flakes), Kibbled Rye Wrap (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Malted #Rye# Flakes, Rapeseed Oil, Humectant: Glycerol; Raising Agents: Diphosphates, Sodium Bicarbonate; Dried Fermented #Wheat# Flour, Emulsifier: Mono- and Diglycerides of Fatty Acids; Salt, Acidity Regulator: Citric Acid; #Wheat# Starch, Flour Treatment Agent: L-Cysteine), Mixed Peppers (Peppers, Sunflower Oil, Salt, White Wine Vinegar, Dried Mint, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid), Cucumber, Red Tapenade (6%) (Cherry Tomato, Semi-Dried Red Pepper, Rapeseed Oil, Tomato Concentrate, Sugar, Salt, Concentrated Lemon Juice, Garlic, Parsley, Chive, Basil, Basil Flavouring), Pickled Cabbage (Red Cabbage, #Barley# Malt Vinegar, Sugar, Water, Sea Salt, Spices), Lemon, Pomegranate Seeds

Nutrition Information:

typical values per 100g/per salad: Energy with dressing per 100g/per salad: : Energy kJ 775/2953, kcal 186/710, Fat 12.2g/46.6g, Of which saturates 3.5g/13.2g, Carbohydrates 14.1g/53.7g, Of which sugars 4.9g/18.7g, Fibre 2.6g/9.7g, Protein 3.7g/14.0g, Salt 0.73g/2.80g. Energy without dressing per 100g/per bowl: kJ 651/2220, kcal 156/532

Smoked Salmon, Egg & Avocado Salad

Ingredients:

Smoked Salmon (21%) (Salmon (#Fish#), Salt, Sugar), Free-Range Boiled #Egg# (18%), Spinach, Avocado (15%), French Dressing (Vegetable Oil (Sunflower Oil and Rapeseed Oil in varying proportions), White Wine Vinegar, Extra Virgin Olive Oil, Sugar, Sherry Vinegar, Water, Black Pepper, Lemon Juice, Salt, Garlic Purée, Colour: Plain Caramel; Stabiliser: Xanthan Gum), Cucumber, Lemon, Lemon Juice, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

Nutrition Information:

Typical values per 100g/per salad: Energy with dressing per 100g/per salad: Energy kJ 630/1515, kcal 152/365, Fat 11.9g/28.6g, Of which saturates 2.3g/5.5g, Carbohydrates 2.4g/5.8g, Of which sugars 2.1g/5.1g, Fibre 1.1g/2.7g, Protein 8.3g/19.8g, Salt 0.88g/2.11g.
Energy without dressing per 100g/per salad kJ 469/995, kcal 113/239

Smoked Salmon Protein Box

Ingredients:

Avocado, Free-Range Boiled #Egg# (20%), Smoked Salmon (18%) (Salmon (#Fish#), Salt, Sugar), Spinach, French Dressing (Vegetable Oils (Sunflower Oil and Rapeseed Oil in varying proportions), White Wine Vinegar, Extra Virgin Olive Oil, Sugar, Sherry Vinegar, Water, Black Pepper, Lemon Juice, Salt, Garlic Purée, Colour: Plain Caramel, Stabiliser: Xanthan Gum), Edamame #Soya# Beans, Lemon, Lemon Juice, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

Nutrition Information:

Typical values per 100g/per salad: kJ 727/2703, 175/651 kcal, Fat 13.0g/48.3g, Of which saturates 2.4g/8.9g, Carbohydrates 3.2g/11.9g, Of which sugars 1.6g/5.9g, Fibre 1.2/4.5g, Protein 10.7/39.8g, Salt 1.20/4.45g.
Energy without dressing per 100g/per salad: 481/1786 kJ, 116/429kcal

Tuna Nicoise Salad

Ingredients:

Pole and Line Caught Tuna (26%) (Tuna (#Fish#), Water, Salt), Salad Mix in varying proportions (Apollo Lettuce, Red Chard, Spinach), French Dressing (Vegetable Oils (Sunflower Oil and Rapeseed Oil in varying proportions), White Wine Vinegar, Extra Virgin Olive Oil, Sugar, Sherry Vinegar, Water, Black Pepper, Lemon Juice, Salt, Garlic Purée, Colour: Plain Caramel, Stabiliser: Xanthan Gum), Free-Range Boiled #Egg# (14%), Tomato, Cucumber, Kalamata Olives (3.0%) (Kalamata Olives, Salt, Red Wine Vinegar, Extra Virgin Olive Oil, Vegetable Oils (Sunflower Oil and Rapeseed Oil in varying proportions)), Red Onion, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil), Sunflower Oil, Salt.

Nutrition Information:

typical values per 100g/per salad: Energy with dressing per 100g/per salad: Energy kJ 507/1518, kcal 122/364, Fat 7.9g/23.8g, Of which saturates 1.3g/3.8g, Carbohydrates 2.9g/8.6g, Of which sugars 2.3g/7.0g, Fibre 0.3g/1.0g, Protein 9.5g/28.5g, Salt 0.61g/1.83g. Energy without dressing per 100g/per salad 100g kJ 250/828, 59/196 kcal

Tricolore Salad

Ingredients: Mozzarella Cheese (#Milk#) (19%), Salad Mix in varying proportions (Apollo Lettuce, Red Chard, Spinach), Baby Tomato, French Dressing (Vegetable Oils (Sunflower Oil and Rapeseed Oil in varying proportions), White Wine Vinegar, Extra Virgin Olive Oil, Sugar, Sherry Vinegar, Water, Black Pepper, Lemon Juice, Salt, Garlic Purée, Colour: Plain Caramel, Stabiliser: Xanthan Gum), Avocado, Mixed Peppers (Peppers, Sunflower Oil, Salt, White Wine Vinegar, Dried Mint, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid), Red Tapenade (Cherry Tomato, Semi-Dried Red Pepper, Rapeseed Oil, Tomato Concentrate, Sugar, Salt, Concentrated Lemon Juice, Garlic, Parsley, Chive, Basil, Basil Flavouring), Lemon, Lemon Juice, Basil.

Nutrition Information

Typical values per 100g/per salad: kJ 760/2496, 184/604 kcal, Fat 16.3g/53.5g, Of which saturates 6.9g/22.7g, Carbohydrates 3.9g/12.8g, Of which sugars 3.3g/10.8g, Fibre 0.9g/3.0g, Protein 4.9g/16.1g, Salt 0.35g/1.15g. Energy without dressing per 100g/per salad: 590/1669 kJ, 143/405 kcal

Smoked Salmon & Egg Protein Pot

Ingredients:

Free-Range Boiled #Egg# (42%), Smoked Salmon (29%) (Salmon (#Fish#), Salt, Sugar), Spinach, Lemon, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

Nutrition Information:

Typical values per 100g/per pot: Energy per 100g/per pot kJ 543/565, 130/135 kcal, Fat 8.0g/8.3g, Of which saturates 1.7g/1.8g, Carbohydrates 1.9g/2.0g, Of which sugars 0.7g/0.7g, Fibre 0.5g/0.5g, Protein 12.4g/12.9g, Salt 1.55g/1.63g.

Snacks

Almond Butter Protein Ball

Ingredient List:

Almond Butter (32%), Rice Syrup, **Soya** Protein Isolate (12%), Nibbed **Almonds** (8%), Concentrated Grape Juice, Rice Starch, Rice Bran, Rice Protein (4%), Crisped Rice (Rice Flour, Sugar, Rice Bran, Rice Bran Extract), Chicory Fibre, Brown Rice Flour, Stabiliser: Guar Gum; Flavourings, Rice Bran Flour, Sea Salt.

Nutritional Information:

Typical value per 100g/Per serving: Energy (kJ) 1891.4/ 662, Energy (Kcal) 454.3/159, Fat (g) 24/8.4, of which saturates (g) 1.7/0.6, Carbohydrates (g) 28.9/10.1, of which sugars (g) 22/7.7, Fibre (g) 7.7/2.7, Protein (g) 26.6/9.3, Salt (g) 0.7/0.2.

Chilli, Bean & Seed Tortilla Chips

Ingredient List:

Corn Flour, Sunflower Oil, Red Kidney Beans (6%), Black Eyed Beans (6%), Sugar, Salt, Brown Linseed, Pumpkin Seeds, Golden Linseed, Sunflower Seeds, Garlic Powder, Acids: Citric Acid, Tartaric Acid; Onion Powder, Tomato Powder, Chilli Powder, Spice Extracts (Chilli, Capsicum), Yeast Extract, Cayenne Pepper, Colour: Paprika Extract; Flavouring, Cumin Powder, Oregano.

Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 2075/830, Energy (Kcal) 497.5/199, Fat (g) 27.5/11, of which saturates (g) 2.5/1, Carbohydrates (g) 52.5/21, of which sugars (g) 4.3/1.7, Fibre (g) 10/4, Protein (g) 7.8/3.1, Salt (g) 1.1/0.4.

Cranberries in Coats

Ingredient List:

Yoghurt Flavoured Coating (Sugar, Vegetable Fat (Palm), Whey (**Milk**), Yoghurt Powder (**Milk**), Rice Flour, Emulsifier: Sunflower Lecithin, Glazing Agents: Gum Arabic, Shellac), Sweetened Dried Cranberries (Cranberries, Sugar, Sunflower Oil).

Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 2024/1012, Energy (Kcal) 483/242, Fat (g) 22.3/11.1, of which saturates (g) 12.6/6.3, Carbohydrates (g) 68.3/34.1, of which sugars (g) 60.3/30.1, Fibre (g) 2.4/1.2, Protein (g) 1.1/0.5, Salt (g) 0.19/0.1.

Dark Chocolate Salted Almonds

Ingredient List:

Belgian Dark Chocolate(60%) (Cocoa Mass, Sugar, Cocoa Butter, emulsifier (**Soya** Lecithin), Natural Vanilla Flavouring), **Almonds** (39%), Salt, Cocoa Powder.

Nutritional Information

Typical values per 100g/Per serving: Energy (KJ) 2347/892, Energy (Kcal) 565/215, Fat (g) 39.8/15.1, of which saturates (g) 14/5.3, Carbohydrates (g) 32.7/12.4, of which sugars (g) 20.7/7.9, Fibre (g) 9.2/3.5, Protein (g) 14.4/5.5, Salt (g) 0.53/0.2.

Fruit, Nuts & Chocolate

Ingredient List:

Almonds (50%), Milk Chocolate Raisins(30%) (Milk Chocolate (Sugar, Cocoa Butter, Whole **Milk** Powder, Cocoa Mass, Emulsifier (**Soya** Lecithin), Natural Vanilla Flavouring), Raisins (Raisins, Sunflower Oil), glazing agents (Shellac, Gum Arabic), Sugar, Glucose Syrup, Maltodextrin, Coconut Oil, Palm Oil), Dried Sweetened Cranberries(20%) (Cranberries, Sugar, Sunflower Oil).

Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 2308/808, Energy (Kcal) 556/195, Fat (g) 40.2/14.1, of which saturates (g) 6.1/2.2, Carbohydrates (g) 26.9/9.4, of which sugars (g) 24.5/8.6, Fibre (g) 6.8/2.4, Protein (g) 18.2/6.4, Salt (g) 0.04/0.01.

Mature Cheddar & Red Onion Crisps

Ingredient list:

Potato (67%), Sunflower Oil (25%), Buttermilk Powder (**Milk**), Mature Cheddar Cheese (**Milk**), Salt, Red Onion, Sugar, Onion Powder, Yeast Extract Powder, Parsley, Flavouring, Colour (Paprika Extract).

Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 2092.5/837, Energy (Kcal) 500/200, Fat (g) 27.8/11.1, of which saturates (g) 3.3/1.3, Carbohydrates (g) 53/21.2, of which sugars (g) 2.3/0.9, Fibre (g) 4.8/1.9, Protein (g) 7.3/2.9, Salt (g) 0.9/0.4.

Pret A Mango

Ingredient List:

Mango (99%), Sugar

Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 1437/503, Energy (Kcal) 339/119, Fat (g) 1.2/0.4, of which saturates (g) 0.4/0.1, Carbohydrates (g) 77.4/27.1, of which sugars (g) 49.9/17.5, Fibre (g) 5.1/1.8, Protein (g) 2.1/0.7, Salt (g) 0.01/0.01

Sea Salt Popcorn

Ingredient List:

Popped Corn (78%), Rapeseed Oil, Sea Salt.

Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 2058/597, Energy (Kcal) 493/143, Fat (g) 25.2/7.3, of which saturates (g) 2.8/0.8, Carbohydrates (g) 53.4/15.5, of which sugars (g) 0.3/0.1, Fibre (g) 8.3/2.4, Protein (g) 9.0/2.6, Salt (g) 1.5/0.4

Sea Salt & Cider Vinegar Crisps

Ingredient List:

Potato, Sunflower Oil, Suffolk Cider Vinegar Powder, Sea Salt, Rice Flour, Apple Powder, Sugar, Yeast Extract Powder, Acidity Regulator: Citric Acid.

Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 2052/821, Energy (Kcal) 490/196, Fat (g) 26.5/10.6, of which saturates (g) 2.8/1.1, Carbohydrates (g) 55.5/22.2, of which sugars (g) 1.5/0.6, Fibre (g) 4.5/1.8, Protein (g) 5.5/2.2, Salt (g) 1.8/0.7

Sea Salt Crisps

Ingredient List:

Potato (70%), Sunflower Oil (29%), Salt.

Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 2117/847, Energy (Kcal) 507/203, Fat (g) 29.0/11.6, of which saturates (g) 3.0/1.2, Carbohydrates (g) 52.8/21.1, of which sugars (g) 0.3/0.1, Fibre (g) 5.5/2.2, Protein (g) 6.0/2.4, Salt (g) 0.9/0.4

Smoked Chipotle Crisps

Ingredient List:

Potato, Sunflower Oil, Tomato Powder, Sugar, Smoked Paprika, Garlic Powder, Salt, Dried Red Bell Pepper, Sea Salt, Lemon Juice Powder, Smoked Salt, Onion Powder, Spirit Vinegar Powder, Yeast Extract Powder, Cumin Powder, Acidity Regulator: Citric Acid; Chilli Powder, Flavourings, Cayenne Pepper, Chipotle Chilli Pepper, Oregano, Coriander Powder, Colour: Paprika Extract.

Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 2115/846, Energy (Kcal) 507/203, Fat (g) 29.5/11.8, of which saturates (g) 3.0/1.2, Carbohydrates (g) 52.0/20.8, of which sugars (g) 2.3/0.9, Fibre (g) 5.3/2.1, Protein (g) 6.0/2.4, Salt (g) 1.3/0.5

Sweet & Salt Popcorn

Ingredient List:

Popped Corn (53%), Rapeseed Oil, Sugar, Salt.

Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 2266/680, Energy (Kcal) 543/163, Fat (g) 33.0/9.9, of which saturates (g) 3.7/1.1, Carbohydrates (g) 54.7/16.4, of which sugars (g) 18.0/5.4, Fibre (g) 5.3/1.6, Protein (g) 4.3/1.3, Salt (g) 0.8/0.2

Sweet Treats

Caramel shortbread

Ingredients:

Salted Butter (Butter (**#Milk#**), Salt), Sugar, Sweetened Condensed Milk (Whole **#Milk#**, Sugar), Wheat Flour (**#Wheat#** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Dark Chocolate (14%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **#Soya#** Lecithins; Flavouring), Invert Sugar Syrup, Maize Starch, Toffee Pieces (2.5%) (Sugar, Glucose Syrup, Sweetened Condensed Milk (Whole **#Milk#**, Sugar), Palm Oil, Butter Oil (**#Milk#**), Flavouring, Glazing Agent: Carnauba Wax), White Chocolate (1.5%) (Sugar, Cocoa Butter, Whole **#Milk#** Powder, Skimmed **#Milk#** Powder, Emulsifier: **#Soya#** Lecithins; Flavouring), Cane Molasses, Salt.

Nutrition Information:

typical values per 100g/per cookie : Energy kJ 2080/1123, kcal 498/269, Fat 27.5g/14.8g, Of which saturates 17.8g/9.6g, Carbohydrates 57.2g/30.9g, Of which sugars 39.8g/21.5g, Fibre 2.4g/1.3g, Protein 4.3g/2.3g, Salt 0.66g/0.36g.

Caramel Waffle

Ingredient List:

Glucose-Fructose Syrup, Wheat Flour (**Wheat**), Sugar, Palm Fat, Concentrated Butter (**Milk**), Sugar Syrup, Soya Flour (**Soya**), Rapeseed Oil, Wheat Fibre (**Wheat**), Salt, emulsifiers (Soya Lecithin (**Soya**), Mono-and Diglycerides of Fatty Acids), raising agent (Sodium Bicarbonate), Cinnamon, acid (Citric Acid), Ground Bourbon Vanilla.

Nutritional Information

Typical values per 100g/Per serving: Energy (KJ) 1785/696, Energy (Kcal) 425/166, Fat (g) 16.0/6.2, of which saturates (g) 9.0/3.5, Carbohydrates (g) 66.0/25.7, of which sugars (g) 38.0/14.8, Fibre (g) 1.5/0.6, Protein (g) 3.5/1.4, Salt (g) 0.57/0.22

Choc Bar

Ingredient List:

Digestive Biscuits (Fortified Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal **Wheat** Flour, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar, Invert Sugar Syrup, Raising Agents (Sodium Bicarbonate, Ammonium Bicarbonate), Salt), Dark Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (**Soya** Lecithin), Natural Vanilla Flavouring), Milk Chocolate (Sugar, Cocoa Butter, Whole **Milk** Powder, Cocoa Mass, Emulsifier (**Soya** Lecithin), Vanilla Extract), Unsalted Butter (**Milk**), Sultanas (Sultanas, Sunflower Oil), Golden Syrup, Salt).

Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 2074/1452, Energy (Kcal) 497/348, Fat (g) 32.3/22.6, of which saturates (g) 19.3/13.5, Carbohydrates (g) 45.4/31.8, of which sugars (g) 35.0/24.5, Fibre (g) 3.3/2.3, Protein (g) 4.6/3.2, Salt (g) 0.5/0.3

Chocolate Brownie Bar

Ingredient List:

Milk Chocolate (Sugar, Cocoa Butter, Whole **Milk** Powder, Cocoa Mass, **Soya** Lecithin, Natural Vanilla Flavouring), Dark Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (**Soya** Lecithin), Natural Vanilla Flavouring), Sugar, Unsalted Butter (**Milk**), Pasteurised Free-Range Egg (**Egg**), Cocoa Powder, Fortified Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Black Cocoa Powder.

Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 2074/1452, Energy (Kcal) 497/348, Fat (g) 32.3/22.6, of which saturates (g) 19.3/13.5, Carbohydrates (g) 45.4/31.8, of which sugars (g) 35.0/24.5, Fibre (g) 3.3/2.3, Protein (g) 4.6/3.2, Salt (g) 0.5/0.3

Chocolate Moose

Ingredient List:

Whipping Cream (**Milk**), Sugar, Water, Cocoa Mass, Cocoa Butter, Whole **Milk** Powder, Double Cream (**Milk**), Glucose, Cocoa Powder, Cornflour, Vanilla Flavouring, Emulsifier (**Soya** Lecithin), Gelling Agent (Pectin).

Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 1597/1278, Energy (Kcal) 382/306, Fat (g) 38.4/30.7, of which saturates (g) 17.5/14.0, Carbohydrates (g) 22.3/17.8, of which sugars (g) 20.6/16.5, Fibre (g) 1.3/1.0, Protein (g) 3.8/3.0, Salt (g) 0.1/0.1

Dark Chocolate & Almond Butter Cookie

Ingredient List:

Fortified Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Brown Sugar, Dark Chocolate (14%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (Sunflower Lecithins), Flavouring), Glucose-fructose syrup, Almond Butter (7%) (**Almonds**, Sea Salt), Water, Sugar, Coconut Oil, **Almonds** (3.5%), Invert Sugar, Cocoa Powder, **Wheat** Fibre, Sea Salt, raising agent (Sodium Bicarbonate).

Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 1837/1580, Energy (Kcal) 438/377, Fat (g) 18.0/15.5, of which saturates (g) 9.0/7.7, Carbohydrates (g) 59.2/50.9, of which sugars (g) 36.5/31.4, Fibre (g) 4.0/3.4, Protein (g) 7.8/6.7, Salt (g) 0.82/0.71

Dark Chocolate Corn Cakes

Ingredient List:

Dark Chocolate (60%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **Soya** Lecithin, Vanilla Flavouring), Corn (40%). Dark Chocolate Contains: Cocoa solids 54% minimum.

Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 2007/1003, Energy (Kcal) 479/240, Fat (g) 22.0/11.0, of which saturates (g) 12.9/6.4, Carbohydrates (g) 60.9/30.4, of which sugars (g) 25.8/12.9, Fibre (g) 4.8/2.4, Protein (g) 7.0/3.5, Salt (g) 0.0/0.0

Lemon Cheesecake

Ingredient List:

Cream Cheese Mix (Full Fat Soft Cheese (**Milk**) (42%), Whipping Cream (**Milk**), Sugar, Double Cream (**Milk**), Lemon Concentrate, Water), Lemon Curd (27%) (Glucose, Water, Sugar, Butter **Milk**), Lemon Concentrate, Maize Starch, Dried **Egg**, Gelling Agent: Pectins, Acidity Regulator: Citric Acid, Emulsifier: Lecithin, Lemon Oil, Colour: Lutein), Ginger Biscuit Crumb (17%) (**Wheat** Flour, Sugar, Butter (**Milk**), Palm Oil, Rapeseed Oil, Invert Sugar Syrup, Treacle, Ginger Powder, Raising Agent: Sodium Bicarbonate, Salt).

Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 1409/1339, Energy (Kcal) 337/321, Fat (g) 21.8/20.7, of which saturates (g) 12.4/11.8, Carbohydrates (g) 35.2/33.4, of which sugars (g) 23.7/22.5, Fibre (g) 1.4/1.3, Protein (g) 2.7/2.6, Salt (g) 0.3/0.3

Lemon Meringue Cookie

Ingredients:

Wheat Flour (**#Wheat#** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Sugar, White Chocolate (11%) (Sugar, Cocoa Butter, Whole **#Milk#** Powder, Emulsifier: **#Soya#** Lecithin; Vanilla Flavouring), Invert Sugar Syrup, Meringue (10%) (Sugar, Cocoa Butter, **#Egg#** Albumen, **#Wheat#** Starch), Butter (**#Milk#**), Lemon Juice (4.0%), Lemon Zest (2.5%), **#Egg#** Powder, Rapeseed Oil, Raising Agents: Sodium Bicarbonate, Sodium Acid Pyrophosphate; Dextrose, Salt.

Nutrition Information:

typical values per 100g/per cookie: Energy kJ 1766/1590, kcal 420/378, Fat 14.2g/12.8g, Of which saturates 9.4g/8.5g, Carbohydrates 66.7g/60.0g, Of which sugars 39.0g/35.1g, Fibre 2.4g/2.2g, Protein 5.2g/4.7g, Salt 0.75g/0.68g.

Lemon & Raspberry Slice

Ingredients:

White Chocolate (41%) (Sugar, Cocoa Butter, Whole **#Milk#** Powder, Emulsifier: **#Soya#** Lecithins; Flavouring), Biscuit Crumb (23%) (Wheat Flour (**#Wheat#** Flour, Calcium Carbonate, Iron, Thiamin, Niacin), Wholemeal **#Wheat#** Flour, Palm Oil, Rapeseed Oil, Sugar, Partially Inverted Sugar Syrup, Raising Agents: Sodium Carbonates, Ammonium Carbonates; Salt), Butter (**#Milk#**), Whipping Cream (**#Milk#**), Iced Fondant (Sugar, Glucose Syrup, Palm Oil, Rapeseed Oil, Water, Dextrose, Fructose, Maize Starch, Emulsifiers: Sucrose Esters of Fatty Acids, Mono-and Diglycerides of Fatty Acids; Humectant: Glycerol; Rice Flour, Acidity Regulator: Citric Acid), Glucose Syrup, Freeze-dried Raspberries (1%), Humectant: Glycerol; Flavouring, Emulsifier: **#Soya#** Lecithins; Acidity Regulator: Citric Acid; Colour: Lutein; Salt.

Nutrition Information:

typical values per 100g/per slice: Energy kJ 2037/1039, kcal 488/249, Fat 30.0g/15.3g, Of which saturates 20.9g/10.7g, Carbohydrates 48.8g/24.9g, Of which sugars 32.7g/16.7g, Fibre 1.3g/0.7g, Protein 5.1g/2.6g, Salt 0.35g/0.18g.

Love Bar

Ingredient List:

Oats (29%), Caramel (26%) (Sugar, Glucose Syrup, Palm Oil, Sweetened Condensed Milk (**Milk**, Sugar), Rapeseed Oil, Water, Salt, Flavouring, Emulsifier (**Soya** Lecithin), Colours (Curcumin, Annatto)), Salted Butter (Butter (**Milk**), Salt), Golden Syrup, Chocolate Chunks (5%) (Cocoa Mass, Sugar, Emulsifier (**Soya** Lecithin), Vanilla Extract), Light Brown Sugar, Vanilla Pumpkin Seeds (3%) (Pumpkin Seeds, Icing Sugar, Caster Sugar, Vanilla Extract), **Pistachio Nuts** (3%), **Almonds**, Honey.

Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 1945/1362, Energy (Kcal) 464/325, Fat (g) 24.6/17.2, of which saturates (g) 12.1/8.5, Carbohydrates (g) 54.1/37.9, of which sugars (g) 31.0/21.7, Fibre (g) 3.1/2.2, Protein (g) 5.6/3.9, Salt (g) 0.6/0.4

Nutty Salted Caramel Brownie

Ingredient List:

Salted Caramel(21%) (**Milk**, Sugar, Salted Butter (**Milk**, Salt), Golden Syrup (Partially Inverted Refiners Syrup), Palm Oil, Whey Powder (**Milk**), Vanilla Flavouring, Salt), Dark Chocolate(14%) (Sugar, Cocoa Mass, Cocoa Butter, Fat Reduced Cocoa Powder, Emulsifier (**Soya** Lecithin), Vanilla Extract), Sugar, Milk Chocolate(12%) (Sugar, Cocoa Butter, Whole **Milk** Powder, Cocoa Mass, Emulsifier (**Soya** Lecithin), Vanilla Extract), Free-Range **Egg**, Salted Butter (**Milk**, Salt), **Walnuts** (6%), **Almonds**, Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Cocoa Powder, Cocoa Mass, Vanilla Flavouring, raising agents (Diphosphates, Potassium Hydrogen Carbonate), Salt

Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 2092/1674, Energy (Kcal) 502/402, Fat (g) 33.3/26.6, of which saturates (g) 17.4/13.9, Carbohydrates (g) 41.3/33.0, of which sugars (g) 36.4/29.1, Fibre (g) 3.0/2.4, Protein (g) 7.9/6.3, Salt (g) 0.70/0.56

Popcorn bar

Ingredient List:

White Chocolate (Sugar, Cocoa Butter, Whole **Milk** Powder, Emulsifier (**Soya** Lecithin), Vanilla Extract), Puffed Rice (Rice, Sugar, Salt), Caramel (Sugar, Glucose Syrup, Palm Oil, Sweetened Condensed Milk (**Milk**, Sugar), Rapeseed Oil, Water, Salt, Flavouring, Emulsifier (**Soya** Lecithin), Colours (Curcumin, Annatto)), Popcorn (Corn, Sunflower Oil), Milk Chocolate (Sugar, Cocoa Butter, Whole **Milk** Powder, Cocoa Mass, Emulsifier (**Soya** Lecithin), Vanilla Extract), Cocoa Butter).

Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 2111/718, Energy (Kcal) 502/171, Fat (g) 23.5/8.0, of which saturates (g) 13.8/4.7, Carbohydrates (g) 67.1/22.8, of which sugars (g) 40.9/13.9, Fibre (g) 2.1/0.7, Protein (g) 5.0/1.7, Salt (g) 0.30/0.10

Pret Bar

Ingredient List:

Oats, Butter (**Milk**), Demerara Sugar (Sugar Beet, Cane Molasses), Sweetened Condensed Milk (Whole **Milk**, Sugar), Golden Syrup (Partially Inverted Refiners Syrup), Dried Apricots (Apricots, Rice Flour), Sweetened Dried Cranberries (Sugar, Cranberries, Sunflower Oil), Pumpkin Seeds, Honey, Sultanas, Sunflower Seeds, Dried Apple Flakes, Orange Pieces (Fruit Concentrates (Concentrated Apple Purée, Concentrated Orange Juice), humectant (Glycerol), Fructose Glucose Syrup, Glucose Syrup, **Wheat** Fibre, Sugar, Palm Fat, Rice Starch, gelling agent (Pectin), acidity regulator (Citric Acid), Orange Flavouring, antioxidant (Ascorbic Acid), colour (Curcumin)), Poppy Seeds, Salt, Orange Zest.

Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 1826/1169, Energy (Kcal) 436/279, Fat (g) 21/13, of which saturates (g) 11/7, Carbohydrates (g) 54/34, of which sugars (g) 35/22, Fibre (g) 4/2.6, Protein (g) 6.3/4.0, Salt (g) 0.17/0.11

Raspberry & Almond Bakewell Tart

Ingredient List:

Raspberry Jam (23%) (Raspberry Puree, Sugar, Glucose Syrup, gelling agent (Pectin), acidity regulators (Citric Acid, Sodium Citrate)), Salted Butter (**Milk**, Salt), Sugar, Ground **Almonds** (14%), Fortified Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Free Range **Egg**, Slivered **Almonds** (2%), Flaked **Almonds** (1%), Almond Flavouring.

Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 2005/1705, Energy (Kcal) 481/409, Fat (g) 29.0/24.6, of which saturates (g) 12.4/10.5, Carbohydrates (g) 46.0/39.1, of which sugars (g) 31.0/26.3, Fibre (g) 5.0/4.2, Protein (g) 6.5/5.5, Salt (g) 0.40/0.35

Raspberry Cheesecake Brownie

Ingredients:

Full Fat Soft Cheese (24%)(Full Fat Soft Cheese (#Milk#), Salt), Sugar, Free-Range #Egg#, Dark Chocolate (12%)(Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: #Soya# Lecithins; Vanilla Flavouring), Butter (#Milk#), Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Raspberries (5%), Digestive Biscuit (2.5%) (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal #Wheat# Flour, Palm Oil, Rapeseed Oil, Sugar, Partially Inverted Sugar Syrup, Raising Agents: Sodium Carbonates, Ammonium Carbonates; Salt), Cocoa Powder, Vanilla Flavouring, Golden Syrup, Salt, Cornflour.

Nutrition Information:

typical values per 100g/per bar: Energy kJ 1753/964, kcal 420/231, Fat 24.2g/13.3g, Of which saturates 14.9g/8.2g, Carbohydrates 43.2g/23.8g, Of which sugars 33.8g/18.6g, Fibre 1.8g/1.0g, Protein 6.4g/3.5g, Salt 0.50g/0.28g.

Barista Prepared Drinks

Ask your Barista for the nutritional information of any Barista prepared drink

Organic Coffee

Americano

Ingredient List:

Water, Coffee.

Babyccino

Ingredient List:

Low Fat Milk

Cappuccino

Ingredient List:

Low Fat Milk, Water, Coffee, Chocolate Powder (Sugar, Cocoa Powder).

Flat White

Ingredient List:

Low Fat Milk, Water, Coffee.

Espresso

Ingredient List:

Water, Coffee

Latte

Ingredient List:

Low Fat Milk, Water, Coffee.

Macchiato

Ingredient List:

Low Fat Milk, Water, Coffee.

Mocha

Ingredient List:

Low Fat **Milk**, Water, Coffee, Chocolate Powder (Sugar, Cocoa Powder).

White Americano

Ingredient List:

Water, Low Fat **Milk**, Coffee.

All our Barista prepared coffees can be made with decaffeinated beans – just ask

Syrups / Toppings / Other

Caramel Syrup

Ingredient List:

Sugar, Water, Natural Flavouring, Acidifying Agent (Citric Acid), Colour (Caramel).

Gingerbread Syrup

Ingredient List:

Sugar, Water, Natural Flavouring, Acidifying Agent (Citric Acid), Natural Cinnamon Flavouring with other Natural Flavouring, Colour (Plain Caramel), Preservative (Potassium Sorbate).

Hazelnut Flavour Syrup

Ingredient List:

Sugar, Water, Flavouring, Concentrated Lemon Juice, Colour (Plain Caramel); Preservative (Potassium Sorbate)

Pumpkin Spice Syrup

Ingredient List:

Sugar, Water, Natural Flavouring, Acidifying Agent (Citric Acid), Natural Pumpkin Flavouring, Natural Flavouring, Colour (Plain Caramel), Natural Cinnamon Flavouring with Other Natural Flavourings, Natural Clove Flavouring.

Vanilla Flavour Syrup

Ingredient List:

Sugar, Water, Natural Flavouring, Natural Vanilla Flavouring, Concentrated Lemon Juice, Preservative (Potassium Sorbate).

Cream

Ingredient List:

Cream (**Milk**)

Sweetener

Ingredient List:

see individual pack

Organic Tea

English Breakfast

Ingredients List:

Water, Black Tea.

Earl Grey

Ingredient List:

Water, Black Tea, Rose Petals, Bergamot Oil

Peppermint

Ingredient List:

Water, Peppermint Leaves, Spearmint Leaves.

Tropical Green

Ingredient List:

Water, Green Tea, Lemongrass, Natural Flavouring, Calendula Flower.

Pret's Coolers

Applejito

Ingredients:

Water, Concentrated Apple Juice, Concentrated Lime Juice, Dried Limes, Natural Flavouring, Natural Mint Flavouring with other natural flavourings.

Berry Bliss

Ingredients:

Water, Concentrated Apple Juice, Concentrated Blackberry Juice, Dried Limes, Natural Flavouring, Concentrated Lemon Juice, Fruit and Vegetable Concentrates (Carrot and Blueberry).

Feelin' Peachy

Ingredients:

Water, Concentrated Apple Juice, Concentrated Peach Puree, Concentrated Passionfruit Puree, Concentrated Pineapple Juice, Dried Oranges, Concentrated Lime Juice, Natural Peach Flavouring, Natural Flavouring, Fruit and Vegetable Concentrates (Carrot and Apple), Natural Pineapple Flavouring with other natural flavourings, colour (Anthocyanins).

Rhuberry Breeze

Ingredients:

Water, Concentrated Apple Juice, Freeze-Dried Strawberry, Concentrated Lime Juice, Concentrated Strawberry Juice (<0.5), colour (Anthocyanins), Natural flavouring.

Other Drinks

Chai Latte

Ingredient List:

Low Fat **Milk**, Chai (6%) (Cane Sugar, Water, Organic Black Tea Powder, Flavouring, Caramelised Sugar, Organic Vanilla Extract, acidity regulator (Citric Acid), Spice Extracts (Cinnamon, Ginger, Black Pepper)).

Hot Chocolate

Ingredient List:

Low Fat **Milk**, Water, Chocolate Powder (Sugar, Cocoa Powder).

Matcha Latte

Ingredient List:

Rice-Coconut Dairy Alternative (Water, Rice Syrup, Coconut Milk, Natural Coconut Flavour, Sea Salt), Water, Matcha (Ground Japanese Green) Tea.

We have recommended recipes, and all the above hot drinks can be served with Low Fat Milk, over ice or with the milk alternatives below.

Milk Alternatives

Oat

Ingredient List:

Water, **Oats**, Sunflower Oil, Inulin, Sea Salt.

Rice-Coconut

Ingredient List:

Water, Rice Syrup, Coconut Milk, Natural Coconut Flavour, Sea Salt.

Soya

Ingredient List:

Water, Hulled Soya beans (**Soya**), Apple Concentrate, Calcium, Sea Salt.

Platters

All Time Classics Platter

2 x Free Range Egg Mayo, 1 x Super Club, 1 x Ham & Cheese, 1 x Smoked Salmon

Ingredients: See individual products for full ingredient list

Baguette Selection Platter

1 x Italian Prosciutto, 2 x Tuna & Cucumber, 1 x Posh Cheddar, 1 x Chicken Caesar & Bacon, 1 x Ham & Emmental

Ingredients: See individual products for full ingredient list

Best of Pret Platter

2 x Pret Brownie, 1 x Love Bar, 2 x Choc Bar

Ingredients: See individual products for full ingredient list

Breakfast Baguette Selection Platter

3 x Smoked Salmon & Egg Mayo, 3 x Egg Mayo & Bacon, 2 x Egg Mayo & Avo, 2 x Egg Mayo & Roasted Tomatoes

Ingredients: See individual products for full ingredient list

Vegetarian Selection Platter

2 x Cheddar & Pickle, 2 x Free Range Egg Mayo, 1 x Super Greens & Reds

Ingredients: See individual products for full ingredient list

Brownie Bar Bag

5 x Brownie Bars

Ingredients:

Milk Chocolate (25%) (Sugar, Cocoa Butter, Whole **#Milk#** Powder, Cocoa Mass, Emulsifier: **#Soya#** Lecithin; Vanilla Extract), Dark Chocolate (23%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: **#Soya#** Lecithin; Vanilla Flavouring), Sugar, Pasteurised Free-Range Whole **#Egg#**, Butter (**#Milk#**), Fat Reduced Cocoa Powder, Wheat Flour (**#Wheat#** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Cocoa Powder.

Love Bar Bag

5 x Love Bars

Ingredients:

#Oats# (29%), Caramel (26%) (Sugar, Glucose Syrup, Palm Oil, Sweetened Condensed Milk (Whole **#Milk#**, Sugar), Rapeseed Oil, Water, Salt, Flavouring, Emulsifier: **#Soya#** Lecithin; Colours: Curcumin, Annatto Bixin), Salted Butter (Butter (**#Milk#**), Salt), Golden Syrup (Partially Inverted Refiners Syrup), Dark Chocolate Chunks (5%) (Cocoa Mass, Sugar, Emulsifier: **#Soya#** Lecithin; Vanilla Extract), Light Brown Sugar, Vanilla Flavoured Pumpkin Seeds (3%) (Pumpkin Seeds, Icing Sugar, Caster Sugar, Vanilla Extract), **#Pistachio Nuts#** (3%), **#Almonds#** (3%), Honey.

Pret Bar Platter

2 x Pret Brownie, 1 x Love Bar, 2 x Choc Bar

Ingredients: See individual products for full ingredient list

Sweet Pastry Selection Platter

6 x Butter Croissant, 4 x Almond Croissant, 4 x Chocolate Croissant

Ingredients: See individual products for full ingredient list

Vegan Cookie Bag

5 x Dark Chocolate & Almond Butter Cookies

Ingredients:

Wheat Flour (**#Wheat#** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Brown Sugar, Dark Chocolate (14%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: Sunflower Lecithins, Flavouring, Glucose-Fructose Syrup, Almond Butter (7%) (**#Almonds#**, Sea Salt), Water, Sugar, Coconut Oil, **#Almonds#** (3.5%), Invert Sugar, Cocoa Powder, **#Wheat#** Fibre, Sea Salt, Raising Agent: Sodium Bicarbonate.