

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](http://www.pret.ie)**



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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.

### 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

### 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.

## 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.

## 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.



## 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.

## Christmas Baguettes & Sandwiches

### Brie & Cranberry 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), Brie Cheese (**#Milk#**) (22%), Cranberry Sauce (9%) (Cranberries, Sugar, Water), Mayonnaise (Rapeseed Oil, Water, Free Range **#Egg#** Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Rocket, Roasted **#Pistachio Nuts#**, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

### Nutrition Information:

Typical values per 100g/per baguette: Energy kJ 1244/2523, kcal 297/602, Fat 14.6g/29.6g, Of which saturates 5.6g/11.4g, Carbohydrates 30.3g/61.5g, Of which sugars 4.6g/9.3g, Fibre 2.6g/5.3g, Protein 9.9g/20.1g, Salt 1.05g/2.13g.

### Christmas Lunch 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), Turkey (19%) (Turkey Breast, Salt), Pork Stuffing (17%) (Pork, Smoked Bacon (Pork, Sea Salt, Water, Preservatives: Sodium Nitrite, Potassium Nitrate; Antioxidant: Ascorbic Acid), Onion, Dried Apricots (Apricots, Preservative: Sulphur Dioxide (**#Sulphites#**)), Breadcrumbs (Wheat Flour (**#Wheat#** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast), Water, Rusk (Wheat Flour (**#Wheat#** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Raising Agent: Ammonium Bicarbonate), Vegetable Suet (Vegetable Oils (Palm Oil, Sunflower Oil), Wheat Flour (**#Wheat#** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pork Belly, Lemon Juice, Sage, Rosemary, Thyme, Salt, Parsley, Black Pepper), Mayonnaise (Rapeseed Oil, Water, Free Range **#Egg#** Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Cranberry Sauce (9%) (Cranberries, Sugar, Water), Rocket, Crispy Onions (Onion, Palm Oil, **#Wheat#** Flour, Salt), Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

### Nutrition Information:

Typical values per 100g/per baguette: Energy kJ 1153/3025, kcal 275/722, Fat 11.1g/29.1g, Of which saturates 2.0g/5.2g, Carbohydrates 30.4g/79.8g, Of which sugars 6.2g/16.3g, Fibre 1.6g/4.2g, Protein 12.5g/32.8g, Salt 1.18g/3.08g.

## Pret's Christmas Lunch

### 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), Turkey (24%) (Turkey Breast, Salt), Pork Stuffing (19%) (Pork, Smoked Bacon (Pork, Sea Salt, Water, Preservatives: Sodium Nitrite, Potassium Nitrate; Antioxidant: Ascorbic Acid), Onion, Dried Apricots (Apricots, Preservative: Sulphur Dioxide (**#Sulphites#**)), Breadcrumbs (Wheat Flour (**#Wheat#** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast), Water, Rusk (Wheat Flour (**#Wheat#** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Raising Agent: Ammonium Bicarbonate), Vegetable Suet (Vegetable Oils (Palm Oil, Sunflower Oil), Wheat Flour (**#Wheat#** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pork Belly, Lemon Juice, Sage, Rosemary, Thyme, Salt, Parsley, Black Pepper), Cranberry Sauce (10%) (Cranberries, Sugar, Water), Mayonnaise (Rapeseed Oil, Water, Free Range **#Egg#** Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Spinach, Crispy Onions (Onion, Palm Oil, **#Wheat#** Flour, Salt), Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

### Nutrition Information:

Typical values per 100g/per sandwich: Energy kJ 988/2345, kcal 235/558, Fat 8.4g/19.9g, Of which saturates 2.0g/4.7g, Carbohydrates 25.0g/59.3g, Of which sugars 6.9g/16.4g, Fibre 2.8g/6.6g, Protein 13.5g/32.0g, Salt 0.90g/2.13g.

## 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.

## 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.

### Acai & Almond Butter Bowl

### Ingredients:

Acai and Fruit Purée (48%) (Acai Purée, Banana Purée, Cherry Purée, Banana, Blackcurrants, Raspberries, Blackberries, Strawberries, Blackcurrant Juice, #Oats#), Banana, Apple, Almond Butter (7%)(#Almonds#, Sea Salt), #Oats#, Apple and Cinnamon Glaze (Dark Muscovado Sugar, Golden Syrup (Partially Inverted Refiners Syrup), Apple Juice Concentrate, Cinnamon, Salt), Pumpkin Seeds, Raisins, Sunflower Oil, Golden Linseed, Buckwheat Flakes.

### Nutrition Information:

Typical values per 100g/per pot: Energy kJ 805 /1634, kcal 192/390, Fat 7.9g/16.0g, Of which saturates 0.7g/1.4g, Carbohydrates 23.2g/47.1g, Of which sugars 11.2g/22.7g, Fibre 5.0g/10.2g, Protein 4.6g/9.3g, Salt 0.05g/0.10g.

## Bacon & Egg Roll

### Ingredients:

Crusty Roll (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, #Rye# Flour, Yeast, Salt, Durum #Wheat# Semolina, Malted #Wheat# Flour, Emulsifier: Mono- and Diglycerides of Fatty Acids, Flour Treatment Agent: Ascorbic Acid), Unsmoked Back Bacon (28%) (Pork, Water, Salt, Preservatives: Potassium Nitrate, Sodium Nitrite, Antioxidant: Sodium Ascorbate), Free-Range #Egg# (21%), Low Fat #Milk#.

### Nutrition Information:

Typical values per 100g/per roll: Energy kJ 891/1729, kcal 212/411, Fat 8.3g/16.1g, Of which saturates 3.0g/5.8g, Carbohydrates 22.1g/42.9g, Of which sugars 1.0g/1.9g, Fibre 0.9g/1.7g, Protein 11.8g/22.9g, Salt 1.30g/2.53g.

## Banana, Honey & Granola Bowl

### Ingredients:

Greek Style Yoghurt (#Milk#), Banana (18%), Granola (15%) (#Oats#, Apple and Cinnamon Glaze (Dark Muscovado Sugar, Golden Syrup (Partially Inverted Refiners Syrup), Apple Juice Concentrate, Cinnamon, Salt), Pumpkin Seeds, Raisins, Vegetable Oils (Sunflower Oil and Rapeseed Oil in varying proportions), Golden Linseed, Buckwheat Flakes), Honey (13%).

### Nutrition Information:

Typical values per 100g/per bowl: Energy kJ 731/1524, kcal 174/363, Fat 5.3g/11.1g, Of which saturates 2.5g/5.2g, Carbohydrates 26.4g/55.0g, Of which sugars 19.7g/41.1g, Fibre 1.2g/2.5g, Protein 4.5g/9.4g, Salt 0.08g/0.15g.

## Bircher Muesli Bowl

### Ingredients:

Greek Style Yoghurt (#Milk#), Apple (15%), #Oats#, Honey, Pomegranate Seeds, Apple and Cinnamon Glaze (Dark Muscovado Sugar, Golden Syrup (Partially Inverted Refiners Syrup), Apple Juice Concentrate, Cinnamon, Salt), Pumpkin Seeds, Roasted #Pistachio Nuts#, Sugar, Sunflower Seeds, Vegetable Oils (Sunflower Oil and Rapeseed Oil in varying proportions), Sultanas, Cranberry, Raisins, Golden Linseed, Buckwheat Flakes.

### Nutrition Information:

Typical values per 100g/per pot: Energy per 100g/per pot kJ 576/1267, 137/301 kcal, Fat 5.6g/12.3g, Of which saturates 2.0g/4.4g, Carbohydrates 18.7g/41.1g, Of which sugars 14.6g/32.1g, Fibre 1.3/2.9g, Protein 6.5/14.3g, Salt 0.13/0.28g.

## 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 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.

## 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%) Five Berry Compote (Water, Strawberries, Sugar, Blackcurrants, Redcurrants, Raspberries, Blackberries, Cornflour, Lemon Juice, Gelling Agent: Pectin), **#Oats#**, Apple and Cinnamon Glaze (Dark Muscovado Sugar, Golden Syrup (Partially Inverted Refiners Syrup), Apple Juice Concentrate, Cinnamon, Salt), Pumpkin Seeds, Raisins, Vegetable Oils (Sunflower Oil and Rapeseed Oil in varying proportions), Golden Linseed, Buckwheat Flakes.

### Nutrition Information:

Typical values per 100g/per pot: Energy per 100g/per pot kJ 714/1471, 170/350 kcal, Fat 5.2g/10.7g, Of which saturates 1.8g/3.7g, Carbohydrates 23.4g/48.2g, Of which sugars 14.1g/29.0g, Fibre 1.9g/3.9g, Protein 6.4g/13.2g, Salt 0.13g/0.25g.

## 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.

## 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 raisin: 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), Crusty Roll (Wheat Flour(**#Wheat#**, Calcium Carbonate, Iron, Niacin, Thiamin), Water, **#Rye#** Flour, Yeast, Salt, Durum **#Wheat#** Semolina, Malted **#Wheat#** Flour, Emulsifier: Mono- and Diglycerides of Fatty Acids, Flour Treatment: Agent Ascorbic Acid), 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.

## Pret's Veggie Roll

### Ingredients:

Crusty Roll (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, #Rye# Flour, Yeast, Salt, Durum #Wheat# Semolina, Malted #Wheat# Flour, Emulsifier: Mono- and Diglycerides of Fatty Acids, Flour Treatment Agent: Ascorbic Acid), Free-Range #Egg# (23%), Low Fat #Milk#, Hard Cheese (#Milk#), Cherry Tomato (13%), Spinach (2%).

### Nutrition Information:

Typical values per 100g/per roll: Energy per 100g/per roll kJ 697/166, 1358/323 kcal, Fat 4.7g/9.2g, Of which saturates 1.7g/3.3g, Carbohydrates 22.3g/43.4g, Of which sugars 1.5g/2.9g, Fibre 1.4g/2.7g, Protein 7.8g/15.2g, Salt 0.93g/1.80g.

## 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 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.

### Meatless Meatball Hot Wrap

#### Ingredients:

Meatless Meatballs (41%)(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), 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), Red Pepper, 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 Oils (Sunflower Oil and Rapeseed Oil in varying proportions), Tomato Paste, Maize Starch, Water, Garlic, Salt, Black Pepper, Cayenne Pepper), Red Tapenade (Cherry Tomato, Semi-Dried Red Pepper, Rapeseed Oil, Tomato Concentrate, Sugar, Salt, Concentrated Lemon Juice, Garlic, Parsley, Chive, Basil, Basil Flavouring), Red Onion, Crispy Onions (Onion, Palm Oil, **#Wheat#** Flour, Salt).

#### Nutrition Information:

Typical values per 100g/per wrap: Energy kJ 905 /2141, kcal 216/511, Fat 9.4g/22.2g, Of which saturates 2.2g/5.2g, Carbohydrates 22.7g/53.7g, Of which sugars 4.2g/9.9g, Fibre 3.5g/8.3g, Protein 8.4g/19.9g, Salt 0.83g/1.95g.

## Spicy 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 (27%) (Chicken Breast, Salt), Emmental Cheese (15%) (**#Milk#**), 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 Oils (Sunflower Oil and Rapeseed Oil in varying proportions), Tomato Paste, Maize Starch, Water, Garlic, Salt, Black Pepper, Cayenne Pepper), Red Pepper, Red Onion, 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 889/2120, kcal 212/506, Fat 8.3g/19.8g, Of which saturates 4.1g/9.8g, Carbohydrates 19.0g/45.3g, Of which sugars 3.7g/8.8g, Fibre 1.5g/3.6g, Protein 14.5g/34.6g, Salt 1.10g/2.63g.

## Toasties

### Classic Three Cheese 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), Mature Cheddar Cheese (**#Milk#**) (20%), Mozzarella Cheese (**#Milk#**) (13%), Mustard Mayonnaise (Rapeseed Oil, Water, Free-Range **#Egg#** Yolk, **#Mustard#** Flour, Spirit Vinegar, Cornflour, Sugar, Salt, Colours: Curcumin, Plain Caramel), Hard Cheese (**#Milk#**) (6%), Spring Onions.

### Nutrition Information:

Typical values per 100g/per toastie: Energy kJ 1360 /2700, kcal 326/647, Fat 17.7g/35.1g, Of which saturates 6.9g/13.7g, Carbohydrates 25.8g/51.2g, Of which sugars 0.9g/1.8g, Fibre 2.5g/5.0g, Protein 14.5g/28.8g, Salt 1.05g/2.08g.

### 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#**) (18%), 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 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.

## 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#**) (17%), 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:

Typical values per 100g/per toastie: Energy kJ 1059 /2510, kcal 253/600, Fat 10.4g/24.6g, Of which saturates 3.4g/8.1g, Carbohydrates 23g/54.5g, Of which sugars 0.7g/1.7g, Fibre 2.3g/5.5g, Protein 15.6g/37g, Salt 1.18g/2.78g.

## Turkey & Trimmings 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), Mature Cheddar Cheese (**#Milk#**) (16%), Turkey (13%) (Turkey Breast, Salt), Ham (8%) (Pork, Water, Salt, Glucose Syrup, Yeast Extract, Emulsifier: Triphosphates; Preservative: Sodium Nitrite; Sugar, Antioxidant: Sodium Ascorbate; Dextrose), Caramelised Onion Chutney (Red Onion, Demerara Sugar, Balsamic Vinegar (Wine Vinegar, Concentrated Grape Must), Rapeseed Oil, Red Wine Vinegar, Water, Cornflour, Salt), Pork Stuffing (6%) (Pork, Smoked Bacon (Pork, Sea Salt, Water, Preservatives: Sodium Nitrite, Potassium Nitrate; Antioxidant: Ascorbic Acid), Onion, Dried Apricots (Apricots, Preservative: Sulphur Dioxide (**#Sulphites#**)), Breadcrumbs (Wheat Flour (**#Wheat#** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast), Water, Rusk (Wheat Flour (**#Wheat#** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Raising Agent: Ammonium Bicarbonate), Vegetable Suet (Vegetable Oils (Palm Oil, Sunflower Oil), Wheat Flour (**#Wheat#** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pork Belly, Lemon Juice, Sage, Rosemary, Thyme, Salt, Parsley, Black Pepper), Mayonnaise (Rapeseed Oil, Water, Free-Range **#Egg#** Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice).

### Nutrition Information:

Typical values per 100g/per toastie: Energy kJ 1160/2761, kcal 277/659, Fat 12.3g/29.3g, Of which saturates 4.2g/10.0g, Carbohydrates 25.1g/59.7g, Of which sugars 3.7g/8.8g, Fibre 2.2g/5.2g, Protein 15.3g/36.4g, Salt 1.20g/2.85g.

## Soup and Soup Bread

### Souper Tomato Soup

### Ingredients:

Tomato (40%), Water, Onion, Concentrated Tomato Juice, Carrot, Tomato Paste, Olive Oil, Vegetable Stock (Maltodextrin, Cornflour, Yeast Extract, Salt, Onion, Sunflower Oil, Garlic), Extra Virgin Olive Oil, Salt, Garlic Purée, Black Pepper, Oregano.

### Nutrition Information:

Typical values per 100ml: Energy kJ 234, 56kcal, Fat 3.4g, Of which saturates 0.5g, Carbohydrates 4.3 g, Of which sugars 1.5g, Fibre 0.7g, Protein 1.8g, Salt 0.34g.

### 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.

### 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.

### Sunshine Dhal Soup

#### Ingredients:

Water, Cooked Chickpeas, Red Split Lentils (11%), Onion, Spinach, Desiccated Coconut (3.0%), Coconut Milk (Coconut Extract, Water), Ginger Purée (2.0%), Rapeseed Oil, Vegetable Stock (Maltodextrin, Cornflour, Yeast Extract, Salt, Onions, Sunflower Oil, Garlic), Garlic Purée, Ground Spices (Turmeric, Coriander), Black Onion Seeds, Salt, Lemon Juice, Black Pepper, White Pepper.

#### Nutrition Information:

Typical values per 100ml: Energy kJ 454, kcal 108, Fat 4.7g, Of which saturates 2.8g, Carbohydrates 10.6g, Of which sugars 1.2g, Fibre 1.9g, Protein 5.0g, Salt 0.48g.



## 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: kJ 714/2268, 172/546 kcal, Fat 13.6g/43.2g, Of which saturates 1.9g/6.0g, Carbohydrates 3.9g/12.4g, Of which sugars 3.4g/10.8g, Fibre 1.0/3.2g, Protein 8.0/25.4g, Salt 0.50/1.60g. Energy without dressing per 100g/per salad: 414/1434 kJ, 108/344 kcal

### 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.

### 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: kJ 521/1725, 125/414 kcal, Fat 8.1g/26.8g, Of which saturates 1.2g/4.0g, Carbohydrates 3.0g/9.9g, Of which sugars 2.5g/8.3g, Fibre 0.5/1.7g, Protein 9.8/32.4g, Salt 0.55/1.83g.  
Energy without dressing per 100g/per salad: 250/828 kJ, 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 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

## Christmas Tiffin

### Ingredients:

Biscuits (24%) (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Oils (Palm Oil, Rapeseed Oil), Sugar, Wholemeal **Wheat** Flour, Glucose-Fructose Syrup, Molasses, Raising Agents: Sodium Bicarbonate, Diphosphates, Ammonium Bicarbonate; Partially Inverted Refiners Syrup, Salt, Ginger, Flavourings), White Chocolate (21%) (Sugar, Cocoa Butter, Whole **Milk** Powder, Emulsifier: **Soya** Lecithins; Vanilla Extract), Chocolate (15%) (Sugar, Cocoa Mass, Cocoa Butter, Fat-Reduced Cocoa Powder, Emulsifier: **Soya** Lecithins; Vanilla Extract), Butter (**Milk**), Sweetened Dried Cranberries (12%) (Sugar, Cranberries, Sunflower Oil), Golden Syrup (Partially Inverted Refiners Syrup), Cocoa Mass, **Pistachio Nuts** (3%), Rapeseed Oil, Orange Flavouring, Orange Zest, Salt.

### Nutrition Information:

Typical values per 100g/per tiffin: Energy kJ 2197/1758, kcal 527/422, Fat 32.6g/26.1g, Of which saturates 18.1g/14.5g, Carbohydrates 52.7g/42.2g, Of which sugars 38.1g/30.5g, Fibre 3.2g/2.6g, Protein 4.1g/3.3g, Salt 0.41g/0.33g.

## 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

## 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

## Mince Pie

### Ingredients:

Butter Shortcrust Pastry (#**Wheat**# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter (#**Milk**#), Sugar, Free-Range #**Egg**#, Salt), Mincemeat (43%) (Sugar, Apple Purée (Apple Purée, Acidity Regulator: Acetic Acid), Raisins, Sultanas, Currants, Glucose-Fructose Syrup, Mixed Peel (Orange Peel, Glucose-Fructose Syrup, Lemon Peel, Sugar, Acidity Regulator: Citric Acid), Vegetable Suet (Palm Oil, Sunflower Oil, Rice Flour), Modified Maize Starch, Ground Mixed Spices, Acidity Regulator: Citric Acid; Colour: Plain Caramel; Orange Oil, Lemon Oil), Sweetened Dried Cranberries (3.5%) (Cranberries, Sugar, Rice Flour, Sunflower Oil), Diced Apple (3.5%), Brandy (1.0%), Icing Sugar (Dextrose, Sugar, Cornflour, Palm Oil).

### Nutrition Information:

Typical values per 100g/per mince pie: Energy kJ 1573/1337, kcal 374/318, Fat 14.1g/11.8g, Of which saturates 8.8g/7.4g, Carbohydrates 57.7g/48.5g, Of which sugars 35.2g/29.5g, Fibre 1.8g/1.5g, Protein 3.3g/2.8g, Salt 0.30g/0.25g

## 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

## 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)

### **Macaroon Syrup**

**Ingredient List:**

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

### **Praline Syrup**

**Ingredient List:**

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

### **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

## **Frappes**

### **Chocolate**

Ingredient List:  
Low Fat **Milk**, Chocolate Powder (Sugar, Cocoa Powder), Frappe Mix (Water, Vanilla Powder (Caster Sugar, Dried Skimmed **Milk**, Maltodextrin, Guar Gum, Flavouring, Natural Vanilla Flavouring).

### **Classic**

Ingredient List:  
Low Fat **Milk**, Water, Coffee, Frappe Mix (Water, Vanilla Powder (Caster Sugar, Dried Skimmed **Milk**, Maltodextrin, Guar Gum, Flavouring, Natural Vanilla Flavouring).

### **Mocha**

Ingredient List:  
Low Fat **Milk**, Water, Coffee, Chocolate Powder (Sugar, Cocoa Powder), Frappe Mix (Water, Vanilla Powder (Caster Sugar, Dried Skimmed **Milk**, Maltodextrin, Guar Gum, Flavouring, Natural Vanilla Flavouring).

*We have recommended recipes, and due to the nature of the above products they can only be served with Low Fat Milk.*

## **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.

## Real Fruit Smoothies

### Cherries & Berries

#### Ingredient List:

Apple Juice, Strawberries (13%), Mango, Cherries (6%), Banana, Raspberries (2%), Blackcurrants (1%), antioxidant (Ascorbic Acid).

### Sweet Greens

#### Ingredient List:

Apple Juice, Spinach (14%), Mango (14%), Kale (2%), Avocado (2%), antioxidant (Ascorbic Acid), Ginger, Lemon Zest.

### Tropical Peach

#### Ingredient List:

Apple Juice, Mango (14%), Peach (13%), Pineapple (3%), Seedless Passion Fruit, antioxidant (Ascorbic Acid).

### Other Drinks

#### Chai Latte

#### Ingredient List:

Low Fat **Milk**, Chai Sachet (Sugar, Maltodextrin, Black Tea, Ground Spices (Cinnamon, Ginger, Cloves, Cardamom, Black Pepper) Cellulose Gum).

#### 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.