

PRET * KUWAIT - NUTRITIONAL GUIDE							15-May-2026	
Platters-Sharing Boxes	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Avo & Beet Labneh Box (165g)	210	14	3	22	2	5	6	510
Pret's Cheese & Crackers Box (186g)	520	34	13	34	24	2	24	400
Rice Bowl & Ready Meals	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Mexican Style Chicken & Rice (285g)	390	15	4	29	4	3	35	1540
Tawook Chicken (290g)	450	25	6	30	4	3	32	1330
Pret's Murabyan (290g)	370	11	2.5	46	3	1	22	1600
Granary	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Classic Super Club (Slim) (120g)	220	12	2.5	20	2	3	9	450
Mature Cheddar & Pickle (232g)	490	25	10	50	12	6	21	1080
Smoked Salmon Granary Slim (90g)	190	9	3	20	2	2	10	550
Classic Super Club (241g)	440	25	5	41	5	5	19	890
Free Range Egg Mayo (Slim) (90g)	210	12	2.5	19	1	2	8	330
Free Range Egg Mayo (176g)	390	22	5	39	3	5	16	650
Free Range Egg Mayo & Tomato (Slim) (115g)	210	12	2.5	20	2	3	8	600
Chicken Avocado Basil Slim (118g)	240	15	2.0	22	2	4	9	550
Chicken Avocado Basil (236g)	470	29	4.5	43	4	8	18	750
Cold Baguettes	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Chicken Caesar & Bacon (233g)	610	31	7.0	62	3	4	24	1130
Chicken Caesar & Bacon -Slim (116g)	300	15	3.0	31	2	2	12	560
Posh Cheddar & Pickle (130g)	341	16	8	36	4	3	14	1222
Egg & Avo Baguette (158g)	354	15	3.0	41	5	3	14	911
Avo, Olives & Toms Baguette (216g)	470	19	2.5	68	3	9	14	830
Tuna Mayo & Cucumber (155g)	344	14	3.2	37	4	2	18	1336
Pesto Caprese baguette (154g)	453	26	11.2	39	6	3	16	1107
Brie & Tapenade Baguette (141g)	355	16	8	38	5	3	14	1382
Turkey & Cheese Baguette (215g)	470	16	3.5	62	5	6	23	870
Turkey & Cheese Baguette - Slim (107g)	230	8	2.0	31	2	3	11	430
Pret Deli Baguette (152g)	369	15	6.2	39	5	2	19	1344
Hot Baguettes	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Pesto Chicken hot baguette (159g)	413	21	8	33	4	3	24	1243
Cold Wraps	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Crunchy Chipotle Chicken & Avo Wrap (252g)	430	19	3	50	9	5	18	930
Chicken Caesar Wrap (225g)	580	35	8	44	2	3	24	1050
Pesto Hummus & Veggies (213g)	320	11	2	50	6	6	10	580
Chipotle Egg & Turkey Protein Wrap (186g)	460	33	9	13	2	6	31	880
Mediterranean Egg & Zaatar Protein Wrap (178g)	395	28	7	15	1	6	30	650
Labneh & Veggies Protein Wrap (189g)	390	27	8	18	4	7	24	580
Ciabatta Mini Sandwiches	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Halloum & Veggies Ciabatta (125g)	310	16	2.5	27	0	2	14	790
Turkey & Pesto Ciabatta (126g)	320	16	6.0	27	1	1	17	580
Hot Wraps	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Chicken Fajita Hot Wrap (199g)	470	20	8	46	6	4	28	1050
Falafel & Halloumi Hot Wrap (251g)	480	22	2	58	9	5	18	1620
Chicken Mushroom Hot Wrap (212g)	480	25	9	43	4	3	23	1070
Kids Granary	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Cream Cheese & Cucumber (145g)	270	10	6	40	5	5	9	360
Almond Butter & Berries Spread (137g)	410	16	1.5	58	15	8	14	260
Turkey & Cream cheese (131g)	270	8	4.5	39	4	5	16	530
Salads Bowl , Pots, Trays	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Pesto Pasta & Chicken Salad Bowl (242g)	550	32	6	45	4	4	25	690
Classic Caesar Chicken Salad (216g)	410	29	7	13	3	3	26	450
Tamari & Ginger Chicken Salad Bowl (317g)	240	10	3.0	26	16	3	16	1180
Mozzarella, Pesto & Avo Salad (264g)	470	41	12	14	3	6	18	760
Mediterranean Orzo Salad Pot (120g)	130	4	1.5	21	3	1	4	290
Charred Corn Salad Pot (145g)	200	13	3.5	16	5	3	6	620
Quinoa Feta Shaker	120	5	1.5	14	4	3	3	35
Beets & feta shaker (131g)	80	4	0	9	2	1	2	680
Sweet Pots	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Protein Date Oats (262g)	440	12	3.5	68	33	6	22	75
Almond Butter & Honey Yoghurt Pot (152g)	330	19	7	29	20	3	13	90
Mango & Banana Sunshine Bowl (186g)	380	17	6	55	29	8	8	65
Honey Granola Pot (138g)	340	15	7	42	28	4	11	105
Coconut Chia bowl (208g)	220	11	2	27	11	8	5	60
Toasties	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Turkey Melt (249g)	580	29	11.0	49	5	5	30	1060
Classic Cheese Toastie (190g)	580	33	15	44	2	5	28	1010
Super Club Toastie (237g)	570	31	12	45	3	5	28	1150
Halloumi, Red Pepper, & Basil Toastie (218g)	470	22	1	48	5	5	21	1590
Roast beef & mushroom melt toastie (218g)	530	25	11	48	4	5	27	1050
Pasta Box	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Pink Chicken Penne Pasta (300g)	480	18	6	34	8	4	31	1600
Hot Breakfast Roll	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Pret's Veggie Roll (222g)	350	12	4	45	6	3	17	770
Egg & Chipotle Bun (205g)	400	17	7	44	6	3	21	920
Rye Rolls	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Burrata & Balsamic Rye Roll (176g)	390	17	10	50	10	4	13	390
Roast Beef Rye Roll (170g)	320	11	2	44	7	4	17	410
Viennoiserie & Savoury Crossiants	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Halloumi & Za'atar Hot Croissant (132g)	410	27	12	30	6	2	14	700
Egg & Mushroom Hot Croissant (170g)	460	31	18	30	5	2	17	520
Mozzarella & Tomato x 4 Box (120g)	420	29	16	28	4	2	15	600
Mozzarella & Tomato (120g)	420	29	16	28	4	2	15	600
Turkey & Cheese Hot Croissant (141g)	480	33	16	29	5	2	18	640
Viennoiserie & Sweet Crossiants	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
French Butter Croissant (67g)	274	16	11	26	4	2	6	255
Almond Croissant (87g)	374	21	11	37	12	3	8	210
Chocolate Croissant (86g)	407	24	14	38	18	4	7	190
Very Berry Croissant (88g)	339	14	8	47	24	3	5	255

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Cinnamon Danish (110g)	409	20	13	43	21	2	7	404
Pain au chocolat (75g)	318	18	12	31	10	2	6	279
Bakery	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Carrot Cake (85g)	300	16	2	36	25	1	4	200
Choco Banana Cake (100g)	243	10.8	1.8	34.2	21.6	0.9	3.6	450
Fudgy Brownie (45g)	190	11	6	22	19	0	2	45
Cookies & Muffins	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Choc Chunk Cookie (85g)	368	14	8	54	29	2	5	169
Dark Choc & Almond Cookie (85g)	371	15	7	51	32	3	7	261
Choc Chunk Cookie Pot (85g)	368	14	8	54	29	2	5	169
Dark Choc & Almond Cookie Pot (85g)	371	15	7	51	32	3	7	261
Double Berry Muffin (124g)	440	22	3	57	31	3	7	280
Pret EID Cookie (33g) (NV per 100g)	348	12.5	5	54	27	2.4	5	104
Soups	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Souper Tomato Soup (200g)	70	2	0	12	8	2	2	620
Classic Pumpkin Soup (200g)	90	6	4	8	4	2	2	420
Fruit Pots	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Apple & Almond Butter Pot (116g)	220	15	1.0	21	10	6	7	0
Superfruit Salad (138g)	90	0.5	0	22	17	3	1	0
Mango & Lime Pot (139g)	90	0	0	22	16	2	1	0
Mixed Seedless Grape pot (130g)	100	1.0	0	23	22	1	1	0
Mango Yoghurt Pot (155g)	180	6.0	5	24	22	1	7	65
Mini Superfruit Pot (82g)	50	0.0	0	13	10	2	1	0
Dessert Pots	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Sticky Date Pudding (120g)	380	13	6	62	48	6	4	90
Choco Molten (110g)	220	10	1.5	30	22	0	4	125
Chocolate Mousse (100g)	230	11	5	26	16	0	5	50
Lemon Cheesecake (120g)	290	16	10	32	24	1	5	140
Tiramisu (120g)	320	22	12	26	17	0	4	130
Bars & Packs	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Choc Bar (Per100g)	498	32	19	46	35	3	5	180
Chocolate Almonds (Per100g)	565	40	14	33	21	9	14	211
Pret A Mango (Per100g)	339	0	0	77	50	5	2	40
Brownie Bar (Per100g)	485	30	18	47	44	3	7	41
Date Cake- Nagwa (25g)	79	1	0	16	8	2	1	4
Cashew Date Bar- Nagwa (25g)	76	1	0	15	6	2	2	166
Nuts Fruits & Chocolate (100g)	556	40	6	27	25	7	18	15
Chips	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Jalapeno Chips (100g)	502	26	3	63	2	4	4	729
A touch of Sea salt (100g)	517	26	2	61	1	0	6	365
Sea Salt and Balsamic Vinegar (100g)	516	28	2	59	1	4	8	592
Juices & Shots	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Orange Juice (100ml)	38	0.8	0	9	8	0.3	0.8	0
Apple Juice (100ml)	49	0.0	0	12	10	1.0	0.0	5
Daily Greens (100ml)	35	0	0	8	6	2	0.7	22
Roots & Fruits (100ml)	39	0	0	9	5	1.2	0.7	20
Ginger Shot (100ml)	60	0	0	14	1	0.5	1	16
Hot Shot (100ml)	42	0	0	10	9	0	0.4	0
Mint Lemonade (100ml)	60	0	0	14	13	1	0.0	0
Smoothies	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Cocktail Smoothie (100ml)	60	1	0	13	9	2	1	0
Berry Blast (100ml)	47	0.4	0	10	6	3.4	1	0
Mango Passion (100ml)	57	0	0	14	12	0.5	0.3	4
Water	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
San Pellegrino Water Sparkling (500ml)	0	0	0	0	0	0	0	0
Acqua Eva Natural Mineral Water (Still) (500 ml)	0	0	0	0	0	0	0	0.32 mg/L
Cans	Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Apple Fizz (100ml)	34	0	0	8	8	0	0	0
Grape & Elderflower (100ml)	33	0	0	7	7	0	0	0
Organic Ginger Komboucha (100ml)	18	0	0	5	5	0	0	0
Ruharb Lemonade (100ml)	36	0	0	8	8	0	0	0

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Iced Drinks		Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
White Mocha Latte (12Oz) Iced		300	19	4	26	22	0	6	100
White Mocha Latte (16Oz) Iced		430	28	6	37	31	0	8	170
Iced Salted Maple Matcha Latte (12Oz)		190	4	2.5	37	33	0	6	65
Pumpkin Spice Cold foam Latte (16 Oz) Iced		310	7	5	51	49	1	10	170
Almond Caramel Latte With(16 Oz) Iced		185	3	1	40	25	NA	NA	150
Almond Caramel Latte With Almond Milk (12 Oz) Iced		144	2	1	31	19	NA	NA	130
Vanilla Oat Latte With Oat Milk (16oz) Iced		173	4	1	33	23	2	1	170
Vanilla Oat Latte With Oat Milk (12oz) Iced		134	3	1	25	17	2	1	150
Rice Coconut Flat White With Rice And Coconut Drink (12 Oz) Iced		171	2	2	38	26	NA	1	60
French Rose Tea Latte With whole Milk (16 Oz) Iced		173	6	4	24	24	NA	6	75
French Rose Tea Latte-12 Oz With whole Milk Iced		137	5	3	19	19	NA	5	60
Chocolate With whole Milk (16Oz) Iced		340	14	9	44	42	3	14	150
Chocolate With whole Milk (12Oz) Iced		210	6	4	34	32	3	7	55
Chai Latte With Whole Milk (16Oz) Cold		310	9	6	48	44	0	9	120
Chai Latte With Whole Milk (12Oz) Cold		230	7	4	36	33	0	7	90
Flat White With whole Milk (12oz) Iced		227	12	8	16	16	0	12	210
Cappucino With whole Milk (16 Oz) Iced		147	8	5	11	11	0	8	160
Cappucino With whole Milk (12 Oz) Iced		90	5	3	8	8	0	5	125
Mocha With whole Milk (16 Oz) Iced		237	9	6	27	28	2	10	170
Mocha With whole Milk (12 Oz) Iced		220	8	5	29	28	2	8	160
Latte With whole Milk (16 Oz) Iced		156	9	5	11	11	0	8	170
Latte With whole Milk (12 Oz) Iced		100	5	3	8	8	0	5	135
Americano (16 Oz) Iced		0	0	0	0	0	0	0	120
Americano (12 Oz) Iced		0	0	0	0	0	0	0	80
Salted Caramel Hot Chocolate with Whole Milk (12)oz Iced		490	20	12	69	66	4	12	1790
Salted Caramel Hot Chocolate with Whole Milk(16)oz Iced		350	19	11	39	38	1	9	2040
Spanish Matcha Latte with Whole Milk (12 Oz) Iced		240	11	3.5	28	27	0	7	95
Spanish Latte with Whole Milk(16Oz) Iced		330	16	4.5	37	35	0	10	280
Spanish Latte with Whole Milk(12Oz) Iced		240	11	3	28	27	0	7	150
Iced Matcha Latte (12 Oz)		270	18	3.5	25	17	0	7	60
Pret Cold Brew (16 Oz) Iced		0	0	0	0	0	0	0	25
Pret Cold Brew (12 Oz) Iced		0	0	0	0	0	0	0	45
Salted Caramel Mocha with Whole Milk (12)oz Iced		470	25	15	52	51	1	11	2730
Turkish Latte Cold (12Oz)		250	12	3.5	29	27	0	8	140
Filter Coffee (16 Oz)		0	0	0	0	0	0	0	150
Filter Coffee (12 Oz)		0	0	0	0	0	0	0	130
Iced Spanish Latte canteen (per 100g)		230	15	2	21	17	0	2	50
Iced Latte canteen (per 100g)		603	3	2	4	4	0	2	40
Vanilla Iced Shaken (8 Oz)		150	10	6	13	13	0	3	130
White Mocha Iced Shaken (8 Oz)		310	23	7	24	19	0	3	115
Salted Maple Iced Shaken (8 Oz)		200	10	6	27	27	0	3	95
Turkish Iced Shaken (8 Oz)		230	15	6	20	18	0	5	75
Hot Drinks		Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Turkish Latte Hot (12Oz)		290	14	5	32	30	0	10	160
Salted Maple Matcha Latte (12Oz)		230	6	4	40	36	0	8	100
White Mocha Latte (12Oz) Hot		360	22	6	31	26	0	9	140
White Mocha Latte (16Oz) Hot		460	29	7	39	33	0	10	190
Marvelous Hot Chocolate (8 Oz)		430	24	15	45	42	3	10	280
Pumpkin Spice Latte (16 Oz) Hot		340	9	5	54	52	1	11	200
Americano (16 Oz)		0	0	0	0	0	0	0	100
Americano (12 Oz)		0	0	0	0	0	0	0	60
Cappuccino (16 Oz)		162	9	5	13	13	0	9	180
Cappuccino (12 Oz)		150	8	5	12	12	0	8	170
Espresso (4 Oz)		2	0	0	0	0	0	0	75
Espresso Decaf (4 Oz)		0	0	0	0	0	0	0	75
Filter Coffee (16 Oz)		0	0	0	0	0	0	0	170
Filter Coffee (12 Oz)		0	0	0	0	0	0	0	150
Flat White With whole Milk (8 Oz)		120	6	4	9	9	0	6	150
Latte With whole Milk (16 Oz)		236	13	8	17	17	0	13	220
Latte With whole Milk (12 Oz)		170	9	5	13	13	0	9	190
Macchiato With whole Milk (4 Oz)		14	1	1	1	1	0	1	70
Mocha With whole Milk (16 Oz)		311	14	8	34	33	2	14	260
Mocha With whole Milk (12 Oz)		240	10	6	31	29	2	10	180
Spanish Latte with Whole Milk- (16Oz) Hot		410	20	7	43	42	0	15	260
Spanish Latte with Whole Milk- (12Oz) Hot		300	14	5	32	31	0	10	200
Fudgy Hot chocolate (8Oz)		900	50	29	103	76	8	13	270
Hot cocoa shot (4Oz)		420	26	15	46	38	4	6	55
Hot Chocolate With whole Milk (16 Oz) Hot		390	16	10	46	45	3	17	180
Hot Chocolate With whole Milk (12 Oz) Hot		290	11	7	39	37	3	11	115
Chai Latte With whole Milk (16 Oz) Hot		330	13	9	46	40	0	12	170
Chai Latte With whole Milk (12 Oz) Hot		280	11	7.0	35	33	0	11	130
Matcha Latte (12 Oz)		330	21	6	29	21	0	9	105
Turkish Latte Hot (12 Oz)		290	14	5	32	30	0	10	160
Turkish Coffee (4 Oz)		0	0	0	0	0	0	0	15
Babycino (8oz)		150	8	5	11	11	0	8	100
Spanish Matcha Latte with Whole Milk- (12 Oz) Hot		300	14	5	32	31	0	10	130
Coffee Latte Canteen (per 100g)		60	3	2	5	5	0	3	60
Coffee Canteen Hot Mocha (per 100g)		80	3	2	10	10	1	3	65
Hot Tea		Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Ceylon Tea - 16 Oz		2	0	0	1	0	0	0	0
Earl Grey Tea - 16 Oz		2	0	0	1	0	0	0	0
French Rose Tea Latte With whole Milk (16 Oz)		195	8	5	0	0	NA	0	100
French Rose Tea Latte With whole Milk (12 Oz)		156	6	4	0	0	NA	0	75
Green Tea - 16 Oz		1	0	0	0	0	0	0	7
Peppermint Tea - 16 Oz		1	0	0	0	0	0	0	9

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Beverage Add Ons		Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Caramel Syrup (15ml)		48	0	0	12	12	0	0	0
Extra Shot (50ml)		0	0	0	0	0	0	0	50
Make It Strong (75ml)		1	0	0	0	0	0	0	60
Make It Strong Decaf (75ml)		0	0	0	0	0	0	0	75
Hazelnut - Nut Free & Sugar Free Syrup (15ml)		6	0	0	2	0	0	0	10
Hazelnut - Nut Free Syrup (15ml)		47	0	0	12	12	0	0	0
Rose (15ml)		50	0	0	13	13	0	0	NA
Simple Syrup (15ml)		51	0	0	13	13	0	0	0
Vanilla Syrup (15ml)		51	0	0	13	13	0	0	0
Vanilla - Sugar Free Syrup (15ml)		6	0	0	2	0	0	0	10
Whipped Cream (30ml)		100	11	7	1	1	0	1	5
Spanish Sauce (15ml)		50	1	0	8	8	0	1	10
Milk & Alternative Milk		Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Organic Almond Milk (100ml)		34	1.5	0	4	2.8	0.5	0.8	0
Organic Coconut Milk (100ml)		29	0.7	0.7	5.2	4.2	0.2	0.2	50
Organic Oat Milk (100ml)		47	1.2	0.2	8.0	6.0	1	0.5	0
Organic Soya Milk (100ml)		45	2.1	0.4	2.4	2.4	0.6	3.7	0.2
Fresh Milk Full Fat (100ml)		60	3.1	1.9	4.7	4.7	0	3.1	50
Fresh Milk Skimmed milk (100ml)		34	0.1	0.1	4.8	4.8	0	3.2	43
CPG		Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Espresso Whole Bean (100g)		10	1	0	0	0	0	0	420
Peru Single Origin Ground (100g)		12	1	0	0	0	0	0	420
Classic Blend Ground (100g)		12	1	0	0	0	0	0	420
Cold Canteen drinks		Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Cold Canteen Latte (1400) ml		710	39	24	52	52	0	39	790
Cold Canteen Cold Brew (1400) ml		0	0	0	0	0	0	0	90
Cold Canteen Americano (1400) ml		5	1	0	0	0	0	0	350
Cold Canteen Spanish Latte (1400) ml		1340	59	29	116	112	2	47	860
Iced Spanish Latte canteen (1110) ml		1250	58	17	143	137	0	38	800
Iced Latte canteen (1160) ml		670	35	21	52	52	0	34	800
Coffee Latte Canteen (1360) ml		790	41	25	61	61	0	40	900
Coffee Canteen Hot Mocha (1280) ml		1020	41	25	126	121	5	3	820
Foam Matcha Drinks		Energy (Kcal)	Fat (g)	Sat.Fat (g)	Carbs (g)	Sugar(g)	D.Fiber(g)	Protein(g)	Sodium(mg)
Salted Maple Cold foam Matcha (16 Oz)		220	3	2	45	42	0	7	90
Vanilla Cloud Matcha (16 oz)		310	16	2	36	27	0	8	85