

PRET QATAR NUTRITIONAL INFORMATION

		ALL VALUES PER SERVING UNLESS STATED						
Category / Product Name		Size	Cal Energy	g Protein	g Fat	g Sat. Fat	g Carbs	g Sugar
GRANARY SANDWICHES		No of Products: 8						
SMOKED SALMON		166 g	479	22.2	25.6	10.6	37.5	2.9
CLASSIC SUPER CLUB		269 g	487	25.4	23.0	3.8	41.1	4.9
MATURE CHEDDAR & PICKLE		229 g	478	17.6	21.7	8.5	49.1	12.0
CHICKEN AVOCADO BASIL		236 g	593	23.3	36.2	5.7	38.2	3.3
FREE RANGE EGG MAYO & TOMATO		242g	428	16.8	20.9	4.1	39.9	4.6
TURKEY & CREAM CHEESE		131 g	273	12.9	6.2	3.4	38.3	3.6
BAGUETTE SANDWICHES		No of Products: 11						
CHICKEN CAESAR & BACON		233 g	624	31.3	29.3	5.9	56.1	3.1
POSH CHEDDAR & PICKLE		241 g	476	15.8	26.3	10.9	42.2	13.8
PESTO CAPRESE (SLIM)		110 g	220	7	12.2	4.0	12.8	Less than 1 g
TUNA MAYO & CUCUMBER (SLIM)		130 g	248	12.7	16.8	2.8	11.9	1.2
BRIE & TAPENADE BAGUETTE (SLIM)		120 g	185	7.9	10.8	7.0	13.2	2.3
TURKEY & CHEESE		220 g	451	19.1	15.1	3.9	58.1	5.4
EGG & AVO SLIM BAGUETTE		115g	173	5.3	11.1	1.9	11.4	Less than 1 g
AVO OLIVES & TOMS SLIM		115g	229	6.6	8.3	1.3	28.9	1.7
LEMON CHICKEN BAGUETTE		238g	324	20.4	15.3	2.5	24.6	3.3
TUNA MAYO & CUCUMBER		253g	496	25.3	33.6	5.6	24	2.4
PRET'S DELI BAGUETTE		234 g	382	16.2	23.2	7.1	26.2	3.8
COLD WRAPS		No of Products: 4						
CRUNCHY CHIPOTLE CHICKEN & AVO		290 g	448	23.3	18.4	3.7	44.8	10.2
CHICKEN CEASER WRAP		220 g	594	27.9	36.9	10.3	37.3	3.0
AVOCADO & HERB SALAD WRAP		256 g	465	9.9	28.5	5.8	39.4	4.8
CHICKEN PESTO & ROCKET WRAP		245 g	534	21.3	25.1	4.5	39.5	4.5
PROTEIN WRAPS		No of Products: 2						
MEDITERRANEAN EGG & ZAATAR		200 g	420	31.7	27.7	13.2	9.1	2.2
CHIPOTLE EGG & TURKEY		211 g	517	32.4	38.0	14.7	8.5	3.3
LABNEH & VEGGIES		201 g	358	23.7	22.6	11.1	12.4	5.2
RICE BOWLS		No of Products: 2						
BUTTER CHICKEN		318g	477	19.2	21.9	11.6	48.5	10.3
THAI GREEN CURRY		311g	471	22.1	21.0	17.2	45.9	1.7
PASTA BOWLS		No of Products: 2						
CREAMY PESTO PASTA		299 g	600	25.3	25.9	12.1	63.5	4.8
TRUFFLE & ROSEMARY PASTA		320 g	381	12.4	25.1	12.0	26.7	4.9
CHICKEN PENNE PASTA		300 g	401	23.7	11.3	4.0	49.0	4.3
KIDS		No of Products: 2						

		ALL VALUES PER SERVING UNLESS STATED					
		Cal	g	g	g	g	g
Category / Product Name	Size	Energy	Protein	Fat	Sat. Fat	Carbs	Sugar
CREAM CHEESE & CUCUMBER	139 g	268	9.1	7.0	4.3	39.0	4.4
ALMOND BUTTER & BERRIES SPREAD	137 g	401	13.5	17.3	1.5	43.3	8.4
SALADS	No of Products: 5						
TAMARI & GINGER CHICKEN	360 g	606	27.4	32.6	7.4	49.9	29.9
MOZZARELLA, PESTO & AVO	325 g	536	14.5	27.5	8.0	19.6	13.2
CHEFS ITALIAN CHICKEN	280 g	393	23.9	28.7	5.6	8.6	6.1
GREEK SALAD WITH VINAIGRETTE	232g	248	8.5	25.4	8	12.1	3.7
TUNA NICOISE	270 g	269	28.8	14.5	3.3	4.9	3.9
CHICKEN CAESAR SALAD	255g	427	19.9	28.2	7.5	21.9	13.8
PESTO PASTA & CHICKEN	248g	397	16.2	21.9	5.1	24.9	2.5

		ALL VALUES PER SERVING UNLESS STATED						
Category / Product Name		Size	Cal Energy	g Protein	g Fat	g Sat. Fat	g Carbs	g Sugar
POTS		No of Products: 9						
FIVE BERRY POT	120 g	152	9.6	3.1	less than 1 g	20.5	11.8	
BIRCHER MUESLI	208 g	231	13.8	4.5	less than 1 g	33.6	23.4	
MANGO & BANANA SUNSHINE BOWL	174 g	310	6.3	9.2	3.7	48.3	27.2	
HONEY GRANOLA POT	135 g	236	10.5	4.2	less than 1 g	37.9	26.1	
COCONUT CHIA	201 g	253	5.4	11.9	2.6	27.0	14.0	
BLUE GOODNESS	203 g	250	13.7	7.3	4.7	30.7	20.3	
ROSE GOODNESS Pot	133g	193	9.8	4.5	less than 1 g	29.0	19.5	
BLUE CHIA POT	128g	211	6	9.2	3.3	23.1	16.5	
ALMOND BUTTER & HONEY YOGHURT	155g	284	14.2	12.4	1.2	27.5	21.2	
MANGO & YOGHURT POT	168g	124	9.1	less than 1 g	less than 1 g	21.5	20.2	
HOT WRAPS		No of Products: 2						
CHICKEN MUSHROOM	210 g	478	24.4	24.4	9.3	41.1	4.6	
FALAFEL & HALLOUMI	255 g	387	14.6	15.0	5.1	48.1	10.8	
ITALIAN STYLE CHICKEN & BASIL	251g	482	30.4	18.9	8.7	45.7	7.1	
HOT BAGUETTES		No of Products: 2						
PESTO CHICKEN	285 g	471	29.1	17.0	8.9	27.5	2.3	
CHIPOTLE MOZZARELLA	232 g	493	21.9	16.4	7.7	61.2	6.3	
TOASTIES		No of Products: 5						
CLASSIC CHEESE	202 g	629	28.4	32.7	14.1	53.9	4.2	
SUPER CLUB	265 g	647	36.1	29.9	10.5	55.1	4.7	
TUNA MELT	212 g	571	30.2	25.2	8.7	52.7	3.9	
BBQ PULLED BEEF TOASTIE	260 g	742	29.2	40.8	14.8	71.1	18.9	
HALLOUMI, RED PEPPER & BASIL	225 g	494	24.1	18.2	4.9	57.9	6.5	
CREAMY CHIPOTLE BEEF TOASTIE	242g	597	26.4	26.9	10.4	59.4	9.5	
TURKEY MELT	281g	583	27.9	25.5	10.0	58.2	8.4	
MAC & CHEESE - HOT BOX		No of Products: 2						
KALE & CAULI	371 g	321	16.7	16.7	10.3	25.8	14.5	
CHICKEN & MUSHROOM	370 g	363	25.7	18.8	10.7	22.9	12.5	
HOT BREAKFAST SANDWICHES		No of Products: 4						
EGG & MUSHROOM CROISSANT	183 g	559	21.2	34.2	20.9	40.8	7.2	
MOZZARELLA & PESTO CROISSANT	130 g	530	14.4	29.0	19.2	41.1	6.6	
TURKEY & CHEESE CROISSANT	150 g	572	19	37.6	20.8	40.1	7.1	
HALLOUMI & ZA'ATAR HOT CROISSANT	157 g	540	19.3	32.9	19.2	42.8	7.5	
RYE ROLLS		No of Products: 2						
ROAST BEEF RYE ROLL	178g	419	15.2	17	4.8	50.1	10	
SCANDI STYLE SALMON RYE ROLL	174g	392	16.3	15.6	2.4	45.3	6.9	

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		Cal	g	g	g	g	g
Category / Product Name	Size	Energy	Protein	Fat	Sat. Fat	Carbs	Sugar
VEGGIE DELI RYE ROLL	186g	497	19.7	23.6	9.8	50.7	9.8
BURRATA & BALSAMIC RYE ROLL	183 g	424	14.3	16.7	9.7	50.7	9.7
SAVOURY CROISSANT	No of Products: 3						
MOZZARELLA & TOMATO	144 g	439	13.3	25.1	14.2	25.2	4.1
CHEESE & JALAPENO HOT CROISSANT	143 g	596	19.9	39.0	24.5	41.7	7.0
CHEESE TWIST WITH ZA'ATAR	109 g	349	10.8	19.3	12.2	32.1	7.2

		ALL VALUES PER SERVING UNLESS STATED						
Category / Product Name		Size	Cal	g	g	g	g	
			Energy	Protein	Fat	Sat. Fat	Carbs	Sugar
FRUIT		No of Products: 4						
SUPERFRUIT SALAD		144 g	83 Cal	less than 1 g	less than 1 g	less than 1 g	17.7	17.2
MANGO & LIME POT		139 g	120 Cal	1.2	1.6	less than 1 g	24.0	21.6
MELON & BLUEBERRY		143 g	41 Cal	less than 1 g	less than 1 g	less than 1 g	7.8	7.8
WATERMELON & LIME		159 g	95 Cal	1.5	1.6	less than 1 g	17.9	15.6
BARS & PACKS		No of Products: 6						
LOVE BAR			326.0	3.9	17.1	8.5	37.9	21.7
CHOC BAR			349.0	3.2	22.7	13.6	31.9	24.6
CHOCOLATE ALMONDS			215.0	5.5	15.1	5.3	12.4	7.9
CRANBERRIES IN COATS			242.0	0.5	11.2	6.3	34.2	30.2
BROWNIE BAR			291.0	4.0	17.7	10.8	28.0	26.1
NUTS, FRUITS & CHOCOLATE			194.6	6.4	14.7	2.2	9.4	8.6
CHIPS		No of Products: 3						
JALAPENO			502.0	4.0	25.9	2.5	63.3	1.5
A TOUCH OF SEA SALT			517.0	5.5	26.4	2.4	61.0	0.5
SEA SALT & BALSAMIC VINEGAR			515.7	8.4	27.8	2.1	59.4	1.3
SWEET CROISSANTS		No of Products: 7						
FRENCH BUTTER CROISSANT			409	9	23	16	39	6
ALMOND CROISSANT			425	9	24	12	42	14
CHOCOLATE CROISSANT			407	7	24	14	38	18
VERY BERRY CROISSANT			339	5	14	8	47	24
CINNAMON DANISH			372	6	19	12	43	21
CINNAMON BITES			663	8.4	36.4	18.3	77.8	44.5
CHEESE TWIST			327	9.9	18.0	11.7	30.6	6.2
COOKIES & MUFFINS		No of Products: 4						
CHOC CHUNK COOKIE			427.0	5.5	16.2	9.8	64.0	35.0
FRUIT & OAT COOKIE			403.0	7.0	16.0	9.0	58.0	32.0
DARK CHOC & ALMOND COOKIE			438.0	7.8	18.0	9.0	59.0	36.0
DOUBLE BERRY MUFFIN			355.0	5.0	17.0	2.0	43.0	24.0
COOKIE BITES - CHOC CHUNK COOKIE			427.0	5.5	16.2	9.8	64.0	35.0
COOKIE BITES - DARK CHOC & ALMOND			438.0	7.8	18.0	9.0	59.0	36.0
WATER		No of Products: 2						
AQUA PANNA STILL			0	0	0	0	0	0
SAN PELLEGRINO SPARKLING			0	0	0	0	0	0

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Category / Product Name	Size		Cal	g	g	g	g	g
			Energy	Protein	Fat	Sat. Fat	Carbs	Sugar
CARBONATED DRINKS			No of Products: 2					
COKE REGULAR			140	0	0.0	0.0	39.0	39.0
COKE DIET			0	0	0	0	0	0
Coke Zero			0	0	0	0	0	0
PORRIDGE			No of Products: 1					
PRET'S PROPER PORRIDGE	Per 100g		67	3.4	1.4	0.4	9.5	2.9
	per serving	305	204	10.4	4.3	1.2	29.0	8.8
SOUP			No of Products: 3					
SOUPER TOMATO	per 100g		58	1.1	3.5	2.3	5.1	2
	per serving	340	197	3.7	11.9	7.8	17.3	6.8
LENTIL SOUP	per 100g		90	2	7	4.5	9	4
	per serving	340	306	6.8	23.8	15.3	30.6	13.6
CHICKEN ORZO	per 100g		168	7.8	7.4	2.4	17	1.1
	per serving	340	571	26.5	25.2	8.2	57.8	3.7
DESSERTS			No of Products: 6					
CHOCOLATE MOUSSE	per 100g		281	5	19	12	22	20
LEMON CHEESECAKE	per 100g		369	4	24	13	34	27
SAFFRON MILK CAKE	per 100g		296	2	20	14	26	16
CARROT CAKE	per 100g		435	5	28	17	41	31
TIRAMISU	per 100g		346	12	30	18	7	5
DRIZZLE LEMON CAKE	per 100g		335	5.2	18	9.5	38	27
MARBLE CAKE	per 100g		389	5.4	22	13	39	27
JUICES & SMOOTHIES			No of Products: 8					
ORANGE JUICE			50	0.9	0.0	0.0	10.0	10.0
ROOTS & FRUITS			47	0.8	0.0	0.0	11.0	9.3
APPLE JUICE			62	0	0.0	0.0	15.0	15.0
DAILY GREENS			42	0.7	0.0	0.0	8.5	7.1
MANGO PASSION			65	0.6	0.5	0.0	14.0	13.0
BERRY BLAST			47	1	0.0	0.0	10.0	6.0
GINGER SHOT			60	1	0.0	0.0	14.0	1.0
HOT SHOT			47	0.5	0.0	0.0	11.0	10.0

		ALL VALUES PER SERVING UNLESS STATED					
Category / Product Name	Size	Cal	g	g	g	g	g
		Energy	Protein	Fat	Sat. Fat	Carbs	Sugar
ICED DRINKS		No of Products: 18					
ICED LATTE 12 OZ		215 Cal	11.2	11.6	7.3	15.2	15.2
ICED LATTE 16 OZ		286 Cal	15	15.4	9.7	20.2	20.2
ICED SPANISH LATTE 12 OZ		254 Cal	7.7	11.6	8.4	28.3	11.8
ICED WHITE MOCHA LATTE 12 OZ		372 Cal	9.7	22.1	18.1	32.9	32.9
ICED WHITE MOCHA LATTE 16 OZ		513 Cal	13	30.7	25.3	43.9	43.9
ICED CHOCOLATE CHAI LATTE 12 OZ		267 Cal	7.2	7.1	4.4	41.6	38.8
ICED CHAI LATTE 12 OZ		282 Cal	10.4	10.5	6.6	35	32.9
ICED CHAI LATTE 16 OZ		326 Cal	10.5	10.5	6.6	45.6	42.4
ICED AMERICANO 12 OZ		less than 40 kJ	less than 1 g	less than 1 g	less than 1 g	less than 1 g	less than 1 g
ICED AMERICANO 16 OZ		less than 40 kJ	less than 1 g	less than 1 g	less than 1 g	less than 1 g	less than 1 g
ICED MOCHA 12 OZ		248 Cal	11.1	11.3	7.1	23.7	23.1
ICED MOCHA 16 OZ		320 Cal	14.8	15.2	9.5	28.8	28.2
ICED CAPPUCCINO 12 OZ		238 Cal	9.6	9.9	6.2	26.5	26.4
ICED CAPPUCCINO 16 OZ		264 Cal	10.6	11.3	7.1	28.3	28.3
ICED CHOCOLATE 12 OZ		317 Cal	12.9	13.1	8.2	34.2	33.1
ICED CHOCOLATE 16 OZ		359 Cal	15.2	15.4	9.6	37.2	36
ICED MATCHA LATTE 12 OZ		420 Cal	12.4	24.8	19.9	32.3	32.3
ICED MATCHA LATTE 16 OZ		566 Cal	16	33.7	27.2	43.8	43.8
COFFEE		No of Products: 17					
LATTE 12 OZ		215 Cal	11.2	11.6	7.3	15.2	15.2
LATTE 16 OZ		286 Cal	15	15.4	9.7	20.2	20.2
SPANISH LATTE 12 OZ		319 Cal	11.1	15.1	10.6	32.9	16.4
WHITE MOCHA LATTE 12 OZ		373 Cal	9.8	22.2	18.1	32.9	32.9
WHITE MOCHA LATTE 16 OZ		513 Cal	13	30.7	25.3	43.9	43.9
CAPPUCCINO 12 OZ		186 Cal	9.6	9.9	6.2	13.6	13.6
CAPPUCCINO 16 OZ		212 Cal	10.9	11.3	7.1	15.5	15.4
FLAT WHITE 8 OZ		162 Cal		8.9	5.5		12
AMERICANO 12 OZ		less than 40 kJ	less than 1 g	less than 1 g	less than 1 g	less than 1 g	less than 1 g
AMERICANO 16 OZ		less than 40 kJ	less than 1 g	less than 1 g	less than 1 g	less than 1 g	less than 1 g
FILTER COFFEE 12 OZ		less than 40 kJ	less than 1 g	less than 1 g	less than 1 g	less than 1 g	less than 1 g
FILTER COFFEE 16 OZ		less than 40 kJ	less than 1 g	less than 1 g	less than 1 g	less than 1 g	less than 1 g
MOCHA 12 OZ		248 Cal	11.1	11.3	7.1	23.7	23.1
MOCHA 16 OZ		320 Cal	14.8	15.2	9.5	28.8	28.2
MACCHIATO 4 OZ		15 Cal	less than 1 g	less than 1 g	less than 1 g	less than 1 g	less than 1 g
ESPRESSO 4 OZ		less than 40 kJ	less than 1 g	less than 1 g	less than 1 g	less than 1 g	less than 1 g
COFFEE - MAKE IT STRONG (EXTRA SHOT)		less than 40 kJ	less than 1 g	less than 1 g	less than 1 g	less than 1 g	less than 1 g

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		Cal	g	g	g	g	g
Category / Product Name	Size	Energy	Protein	Fat	Sat. Fat	Carbs	Sugar
OTHER HOT DRINKS		No of Products: 7					
HOT CHOCOLATE 12 OZ		317 Cal	12.9	13.1	8.2	34.2	33.1
HOT CHOCOLATE 16 OZ		359 Cal	15.2	15.4	9.6	37.2	36
MATCHA LATTE 12 OZ		420 Cal	12.4	24.8	19.9	32.3	32.3
MATCHA LATTE 16 OZ		566 Cal	16	33.7	27.2	43.8	43.8
CHAI LATTE 16 OZ		326 Cal	10.5	10.5	6.6	45.6	42.4
CHAI LATTE 12 OZ		282 Cal	10.4	10.5	6.6	35	32.9
CHOCOLATE CHAI LATTE 12 OZ		332 Cal	10.6	10.6	6.6	46.2	43.4

		ALL VALUES PER SERVING UNLESS STATED						
Category / Product Name		Size	Cal	g	g	g	g	
			Energy	Protein	Fat	Sat. Fat	Carbs	Sugar
HOT TEA		No of Products: 10						
BREAKFAST TEA 12 OZ			4.8 Cal	0.27	0	0	0.93	1.8
BREAKFAST TEA 16 OZ			4.8 Cal	0.27	0	0	0.93	1.8
EARL GREY TEA 12 OZ			4.8 Cal	0.27	0	0	0.93	0.03
EARL GREY TEA 16 OZ			4.8 Cal	0.27	0	0	0.93	0.03
GREEN TEA 12 OZ			3.6 Cal	0.3	0	0	0.6	0.18
GREEN TEA 16 OZ			3.6 Cal	0.3	0	0	0.6	0.18
PEPPERMINT TEA 12 OZ			3.2 Cal	0.08	0	0	0.72	0.06
PEPPERMINT TEA 16 OZ			3.2 Cal	0.08	0	0	0.72	0.06
LEMON TEA 12 OZ			4.8 Cal	0.27	0	0	0.93	1.8
LEMON TEA 16 OZ			4.8 Cal	0.27	0	0	0.93	1.8
limeades		No of Products: 3						
Lavender & Butterfly Pea limeade			159 Cal	less than 1 g	less than 1 g	less than 1 g	38.4	31.4
Orange & Hibiscus limeade			158 Cal	1.4	less than 1 g	less than 1 g	36.8	18.7
Pineapple & Pitaya limeade			172 Cal	1.2	less than 1 g	less than 1 g	40.9	19
PLATTERS		No of Products: 8						
Platter Baguette			3144 Cal	125.6	144.4	37.1	306.3	31.5
Platter Sandwich			2238 Cal	95.7	105.7	25.2	207.1	28.8
Mozzarella Tomato Croissant			1228 Cal	42.4	80.4	45.6	80.8	13.6
Bakery Box			3226 Cal	62	180	108	324	118
Platter Cookies			3625.5 Cal	58.2	144.3	80.4	514.2	290.4
Bar Sharing Box			1932 Cal	22.2	115	65.8	195.6	144.8
Platter Sandwich Veg.			2064 Cal	85.8	84.9	26.2	220.8	38.6
Platter Baguette Veg.			1375 Cal	48.5	62.6	24.2	138.9	19.1
Wrap Selection Platter			4082Cal	164.8	217.7	48.6	322	45
Rye Roll Selection Platter			3927Cal	153.3	170.4	51.3	438.3	79.8
Best Seller Mix Platter			2399Cal	102.6	120.2	26.7	212.7	28.1
BAGS		No of Products: 3						
Brownie Bar Bag			1455 Cal	20	88.5	54	140	130.5
Choco Chunk Cookie Bag			1837.5 Cal	23	70.55	44	272	144
Love Bar Bag			1630 Cal	19.5	85.5	42.5	189.5	108.5
Add Ons		No of Products: 12						
Oat Milk			50 Cal	0.8	2.4	0.4	6.3	3.5
Rice Coconut Milk			61 Cal	0.2	0.8	0.8	13	7.7
Almond Milk			56 Cal	less than 0.5 g	1.5	0.3	10	4.7
Soy Milk			45 Cal	3.7	2.1	0.4	2.4	2.4
Whole Milk			65.1 Cal	3.5	3.6	2.3	4.7	4.7
Skimmed Milk			47.2 Cal	3.5	1.5	1	4.8	4.8

		ALL VALUES PER SERVING UNLESS STATED					
		Cal	g	g	g	g	g
Category / Product Name	Size	Energy	Protein	Fat	Sat. Fat	Carbs	Sugar
Syrup Vanilla		338 Cal	0	0	0	84.9	83.9
Syrup Caramel		325 Cal	0	0	0	80.4	80.4
Syrup Simple		342 Cal	0	0	0	85.5	85.5
Syrup Hazelnut		314 Cal	0	0	0	78.7	78.3
Syrup Lavender		324 Cal	0	0	0	80	80
Syrup Strawberry		346 Cal	0	0	0	85.6	85.5