★ PRET A MANGER ★

Date: 23 Sep 2026

Granary	No. of Products:06	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Tuna & Jalapeno (Slim) Granary (136)g		300	17	2.5	22	3	3	15	550
Chicken Avocado Basil Granary (235)g		540	30	4.5	43	8	4	23	1440
Mature Cheddar & Pickle Granary(234)g		470	21	7	52	5	11	20	1360
Classic Super Club Granary(244)g		480	24	3.5	42	6	4	24	1470
Egg Mayo Granary(174)g		450	24	5	38	5	4	17	840
Smoked Salmon (Slim) Granary (92g)		160	4	1.5	21	2	1	10	700
Cold Baguettes	**No. of Products: 10**	**Energy Kcal**	**Fat(g)**	**Sat. Fat(g)**	**CHO(g)**	**Fiber(g)**	**Sugar(g)**	**Protein(g)**	**Sodium(mg)**
Brie & Tapenade Baguette (136)g		360	16	8	39	2	2	12	920
Pesto Caprese Baguette (118)g		330	15	4.5	38	2	2	11	570
Posh Cheddar & Pickle Baguette(132)g		350	13	4	46	2	9	12	1110
Tuna Mayo & Cucumber Baguette (146)g		410	22	3.5	38	2	2	14	950
Turkey & Cheese Baguette(125)g		310	11	2.5	39	2	3	14	810
Chicken Caesar & Bacon Baguette(146)g		370	16	3.5	39	2	2	20	1040
Egg & Avo Baguette(183)g		540	35	7.0	39	3	3	15	880
Avo, Olives & Toms Cereal Baguette (235)g		480	19	2.5	64	10	5	13	920
Turkey & Cheese Cereal Baguette (224)g		490	18	4	59	5	5	23	1060
Pret Deli baguette (183)g		440	21	7	41	3	4	21	1320
Lemon Chicken Baguette (155)g		350	13	2.5	39	2	3	17	1100
Salmon Baguette (138)g		270	5	2	37	2	2	17	710
Hot Baguettes	**No. of Products:01**	**Energy Kcal**	**Fat(g)**	**Sat. Fat(g)**	**CHO(g)**	**Fiber(g)**	**Sugar(g)**	**Protein(g)**	**Sodium(mg)**
Pesto Chicken hot baguette (138)g		330	10	3.5	39	2	3	20	1130
Cold Wraps	**No. of Products: 05**	**Energy Kcal**	**Fat(g)**	**Sat. Fat(g)**	**CHO(g)**	**Fiber(g)**	**Sugar(g)**	**Protein(g)**	**Sodium(mg)**
Crunchy Chipotle Chicken & Avo Wrap (260)g		460	20	3	50	6	10	25	1440
Chicken Caesar Wrap (225)g		530	27	7	40	3	3	31	1360
Chicken Pesto & Rocket Wrap (213)g		480	26	4	39	3	3	22	1430
Meditteranean Egg & Zaatar Protein Wrap (179g)		380	24	9	14	6	3	28	680
Chipotle Egg & Turkey Protein Wrap (186g)		460	32	10	14	6	3	31	970
Hot Wraps	**No. of Products:03**	**Energy Kcal**	**Fat(g)**	**Sat. Fat(g)**	**CHO(g)**	**Fiber(g)**	**Sugar(g)**	**Protein(g)**	**Sodium(mg)**
Chicken Fajita Hot Wrap (199)g		440	16	7	42	4	6	33	1300
Falafel & Halloumi Hot Wrap (251)g		540	19	7	70	9	15	22	1570
Chicken Mushroom Hot Wrap (207)g		530	27	9	44	3	5	28	1380
Kids Granary	**No. of Products: 02**	**Energy Kcal**	**Fat(g)**	**Sat. Fat(g)**	**CHO(g)**	**Fiber(g)**	**Sugar(g)**	**Protein(g)**	**Sodium(mg)**
Cream Cheese & Cucumber-Kids (145)g		260	7	4	40	5	5	9	350
Turkey & Cream Cheese-Kids (131)g		270	5	3	38	5	4	16	530
Salads Bowls	**No. of Products: 04**	**Energy Kcal**	**Fat(g)**	**Sat. Fat(g)**	**CHO(g)**	**Fiber(g)**	**Sugar(g)**	**Protein(g)**	**Sodium(mg)**
Tamari & Ginger Chicken Salad Bowl(324)g		340	14	3.5	36	4	13	22	1610
Pesto Pasta & Chicken Salad Bowl(247)g		480	29	5	34	3	4	19	1340
Classic Caesar Chicken Salad Bowl (226)g		340	23	5	16	4	4	19	740
Shakers	**No. of Products:04**	**Energy Kcal**	**Fat(g)**	**Sat. Fat(g)**	**CHO(g)**	**Fiber(g)**	**Sugar(g)**	**Protein(g)**	**Sodium(mg)**
Mediterranean Orzo shaker (125)g		130	6	1.5	15	1	2	3	760
Charred Corn Shaker (124)g		130	9	2	11	3	5	4	690
Beetroot Shaker (136)g		90	5	1	10	3	8	3	1100
Chicken Chipotle Shaker(116)g		140	9	1.5	12	2	4	6	660
Pastas	**No. of Products:01**	**Energy Kcal**	**Fat(g)**	**Sat. Fat(g)**	**CHO(g)**	**Fiber(g)**	**Sugar(g)**	**Protein(g)**	**Sodium(mg)**
Chicken Penne Pasta Bowl (267)g		420	11	4	56	4	3	20	1070
Chicken Mushroom Pasta (266)g		390	11	4	48	3	5	24	1640
Pret Pots	**No. of Products:06**	**Energy Kcal**	**Fat(g)**	**Sat. Fat(g)**	**CHO(g)**	**Fiber(g)**	**Sugar(g)**	**Protein(g)**	**Sodium(mg)**
Almond Butter & Honey Yoghurt pot(152)g		260	16	6	19	2	14	12	80
Protein Date Oats (262)g		460	14	4.5	63	7	34	23	80
Raspberry & Yoghurt pot (129)g		220	10	5	22	2	14	10	80
Honey Granola Pot(137)g		240	10	5	26	2	17	10	80
Coconut Chia Pot (208)g		210	10	2.5	26	9	13	5	55
Mango & Banana Sunshine Bowl (190)g		320	10	4	53	6	35	7	35
Toasties	**No. of Products:05**	**Energy Kcal**	**Fat(g)**	**Sat. Fat(g)**	**CHO(g)**	**Fiber(g)**	**Sugar(g)**	**Protein(g)**	**Sodium(mg)**
Classic Cheese Toastie (188)g		540	28	13	43	4	2	29	1080
Turkey Melt Toastie(231)g		450	18	7	44	4	3	30	1280
Halloumi, Red Pepper & Basil Toastie (219)g		420	16	7	51	6	8	21	1120
Super Club Toastie(237)g		520	26	8	45	5	2	32	1390
Roast beef and Mushroom Toastie (231)g		580	32	11	47	5	5	24	1500
Tuna Melt Toastie (190)g		480	22	8	43	5	2	27	1160
Hot Breakfast Roll	**No. of Products: 02**	**Energy Kcal**	**Fat(g)**	**Sat. Fat(g)**	**CHO(g)**	**Fiber(g)**	**Sugar(g)**	**Protein(g)**	**Sodium(mg)**
Egg & Chipotle Bun (164)g		340	12	5	41	2	6	17	900
Egg & Bacon Bun (169)g		370	16	5	40	2	4	17	880
Rye Rolls	**No. of Products: 03**	**Energy Kcal**	**Fat(g)**	**Sat. Fat(g)**	**CHO(g)**	**Fiber(g)**	**Sugar(g)**	**Protein(g)**	**Sodium(mg)**
Burrata & Balsamic Rye Roll (170)g		430	20	9	48	4	11	12	890
Scandi Style Salmon Rye Roll(179)g		350	11	2	44	4	7	17	650
Roast Beef Rye Roll (202)g		400	18	2.5	47	4	8	12	1010
Porridge and add ons	**No. of Products:01**	**Energy Kcal**	**Fat(g)**	**Sat. Fat(g)**	**CHO(g)**	**Fiber(g)**	**Sugar(g)**	**Protein(g)**	**Sodium(mg)**
Porridge and crunchy granola (220)g		310	7	0	54	3	35	8	55
Viennoiserie & Savoury Crossiants	**No. of Products: 06**	**Energy Kcal**	**Fat(g)**	**Sat. Fat(g)**	**CHO(g)**	**Fiber(g)**	**Sugar(g)**	**Protein(g)**	**Sodium(mg)**
Cheese & Jalapeno Hot Croissant (128g)		510	35	20	30	2	6	18	670
Halloumi & Za'atar Croissant (145g)		380	23	14	29	2	6	14	480
Cheese Twist & Za'atar (83g)		280	16	10	27	2	5	9	270
Egg & Mushroom Hot Croissant (168g)		450	29	17	30	2	6	19	890
Turkey & Cheese Croissant (143g)		490	33	16	28	2	5	21	890
Mozzarella & Tomato Croissant (140g)		440	29	16	29	2	5	15	600
Viennoiserie & Sweet Crossiants	**No. of Products:08**	**Energy Kcal**	**Fat(g)**	**Sat. Fat(g)**	**CHO(g)**	**Fiber(g)**	**Sugar(g)**	**Protein(g)**	**Sodium(mg)**
French Butter Croissant (67)g		270	16	11	26	1	4	6	260
Almond Croissant (87)g		370	21	11	36	3	12	8	210
Chocolate Croissant (86)g		350	21	12	33	4	16	6	160
Very Berry Croissant (88)g		300	12	7	42	2	22	4	220
Cinnamon Danish (110)g		410	21	13	48	3	23	7	400
Pain Au Chocolat (75)g		310	18	12	31	2	10	6	290
Cinnamon Pecan Bites (187)g		700	44	24	70	4	42	8	480
Cinnamon Pecan Bites with Toffee sauce (915)g		3370	196	115	363	18	206	45	2680

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Cakes	No. of Products: 03	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Carrot Cake (95g)		290	12	1.5	42	1	29	4	230
Choco Banana Cake (85g)		240	19	5	16	1	13	3	20
Sticky date pudding in butterscotch sauce (1166g)		4460	280	137	502	25	160	37	790
Cookies & Muffins	**No. of Products: 05**	**Energy Kcal**	**Fat(g)**	**Sat. Fat(g)**	**CHO(g)**	**Fiber(g)**	**Sugar(g)**	**Protein(g)**	**Sodium(mg)**
Choc Chunk Cookie (per 85)g		370	14	9	54	2	29	5	170
Dark Choc & Almond Cookie (Per 85)g		370	15	7	59	3	32	7	260
Blueberry Muffin (Per 124)g		440	22	2.5	53	3	31	7	280
Mini Choc Chunk Cookie Pot (per 85)g		370	14	9	54	2	29	5	170
Mini Dark Choc & Almond Cookie Pot (Per 85)g		370	15	7	59	3	32	7	260
Soups	**No. of Products:02**	**Energy Kcal**	**Fat(g)**	**Sat. Fat(g)**	**CHO(g)**	**Fiber(g)**	**Sugar(g)**	**Protein(g)**	**Sodium(mg)**
Souper Tomato Soup (200)g		70	1	0	12	2	8	2	380
Classic Pumpkin Soup (200)g		260	18	10	24	2	12	4	980
Fruit Pots	**No. of Products: 05**	**Energy Kcal**	**Fat(g)**	**Sat. Fat(g)**	**CHO(g)**	**Fiber(g)**	**Sugar(g)**	**Protein(g)**	**Sodium(mg)**
Apple & Almond Butter Pot (144)g		230	13	1	25	6	17	6	5
Superfruit Salad (139)g		90	0.5	0	22	3	18	1	0
Mango & Lime Pot (148)g		80	0.5	0	21	3	18	1	0
Poms Pot (80)g		70	1	0	15	3	11	1	0
Mixed seedless Grapes Pot (130g)		100	0	0	25	1	22	1	5
Watermelon Pot (150)g		45	0	0	12	0	9	1	0
Dessert Pots	**No. of Products: 06**	**Energy Kcal**	**Fat(g)**	**Sat. Fat(g)**	**CHO(g)**	**Fiber(g)**	**Sugar(g)**	**Protein(g)**	**Sodium(mg)**
Saffron Milk Cake (150)g		380	15	5	70	0	40	8	105
Sticky Date Pudding (100)g		350	17	8	47	1	40	3	170
Choco Molten (85)g		270	18	6	27	1	23	2	40
Chocolate Mousse (150)g		510	32	18	54	3	45	9	60
Lemon Cheesecake (150)g		530	35	21	57	2	42	5	120
Tiramisu (150)g		390	30	18	23	0	12	8	240
Bars & Packs	**No. of Products:9**	**Energy Kcal**	**Fat(g)**	**Sat. Fat(g)**	**CHO(g)**	**Fiber(g)**	**Sugar(g)**	**Protein(g)**	**Sodium(mg)**
Love Bar (Per100g)		465	25	12	54	3	31	6	244
Popcorn Bar (Per100g)		504	24	14	67	2	41	5	102
Choc Bar (Per100g)		498	32	19	46	3	35	5	180
Chocolate Almonds Packs (Per100g)		565	40	14	33	9	21	14	211
Pret A Mango (Per100g)		339	1	0.4	77	5	50	2	3
Brownie Bar (Per100g)		485	30	18	47	3	44	7	41
Cranberry in Coats (100)g		471	19	11	73	2	62	1	77
Nuts Fruits & Chocolate (100)g		535	37	6	38	6	29	16	15
Gingerbread Biscuit (100)g		370	11	6	65	1	6	6	260
Chips	**No. of Products: 03**	**Energy Kcal**	**Fat(g)**	**Sat. Fat(g)**	**CHO(g)**	**Fiber(g)**	**Sugar(g)**	**Protein(g)**	**Sodium(mg)**
Pret Chips Seasalt & Black Pepper (Per25g)		130	7.8	3.6	14	1.5	0	2	93
Pret Chips Seasalt & Cider Vinegar (Per25g)		131	8	3.8	14	1.4	0	2	95
Pret Chips Cheese & Chives (Per25g)		128	7.5	3.5	14	1.5	1	2	92
Juices & Shots	**No. of Products: 06**	**Energy Kcal**	**Fat(g)**	**Sat. Fat(g)**	**CHO(g)**	**Fiber(g)**	**Sugar(g)**	**Protein(g)**	**Sodium(mg)**
Orange Juice (250ml)		100	0	0	23	1	20	2	0
Daily Greens (250ml)		90	0	0	20	5	15	2	55
Roots & Fruits (250ml)		100	0	0	23	3	13	2	50
Lemon& Mint (250ml)		40	0	0	11	4	8	0	0
Ginger Shot (100ml)		60	0	0	14	1	1	1	15
Hot Shot (100ml)		40	0	0	10	0	9	0	20
Smoothies	**No. of Products: 02**	**Energy Kcal**	**Fat(g)**	**Sat. Fat(g)**	**CHO(g)**	**Fiber(g)**	**Sugar(g)**	**Protein(g)**	**Sodium(mg)**
Berry Blast (400ml)		190	1.5	0	42	14	24	4	0
Mango Passion (400ml)		250	1.5	0	56	6	52	3	0
Soft Drinks & Water	**No. of Products: 06**	**Energy Kcal**	**Fat(g)**	**Sat. Fat(g)**	**CHO(g)**	**Fiber(g)**	**Sugar(g)**	**Protein(g)**	**Sodium(mg)**
Coke Regular (100 ml)		42	0	0	11	0	11	0	10
Coke Diet (100 ml)		1	0	0	0	0	0	0	10
Coke Zero (100 ml)		0	0	0	0	0	0	0	10
Still water, brand: Berain (270 ml)		0	0	0	0	0	0	0	17
Sparkling water, brand: Berain (270 ml)		0	0	0	0	0	0	0	17
Still water, brand: Evian (500 ml)		0	0	0	0	0	0	0	3
Iced Drinks	**No. of Products: 24**	**Energy Kcal**	**Fat(g)**	**Sat. Fat(g)**	**CHO(g)**	**Fiber(g)**	**Sugar(g)**	**Protein(g)**	**Sodium(mg)**
Freddo Espresso 16 oz		0	0	0	0	0	0	0	75
Iced Americano 12 oz		0	0	0	0	0	0	0	60
Iced Americano 16 oz		0	0	0	0	0	0	0	75
Iced Cappuccino 12 oz		100	5	3	8	0	8	5	130
Iced Cappuccino 16 oz		110	6	3	9	0	9	5	150
Iced Chocolate 12 oz		250	7	4	38	3	34	9	95
Iced Chocolate 16 oz		280	8	5	40	3	37	10	120
Iced Mocha 12 oz		230	8	4.5	30	2	27	9	160
Iced Mocha 16 oz		250	9	5	31	2	29	10	190
Iced Latte 12 oz		100	5	3	8	0	8	5	135
Iced Latte 16 oz		110	6	3.5	9	0	9	6	150
Iced Coffee Of The Day 12oz		0	0	0	0	0	0	0	85
Iced Coffee Of The Day 16oz		0	0	0	0	0	0	0	120
Iced Matcha Latte 12 oz		410	18	3.5	37	1	31	13	160
Iced Spanish Latte 12 oz		260	11	4.5	28	0	27	9	160
Iced Spanish Latte 16 oz		300	12	5	36	0	35	10	180
Iced White Mocha 12 oz		370	19	3.5	27	1	23	12	135
Iced White Mocha 16 oz		520	27	5	36	2	31	17	180
Cold Brew Coffee 12oz		0	0	0	0	0	0	0	120
Cold Brew Coffee 16oz		0	0	0	0	0	0	0	140
Turkish Latte - Cold		270	11	4.5	29	0	28	9	115
Salted Maple Iced Shaken 9oz		180	10	6	21	0	21	3	125
Turkish Iced Shaken 9oz		250	15	7	20	0	19	7	70
Vanilla Iced Shaken 9oz		170	10	6	17	0	17	3	100
White Mocha Iced Shaken 9oz		400	23	6	28	1	24	10	100
Iced Americano Canteen (1170)g		10	1	0	0	0	0	0	290
Iced Latte Canteen (1160)g		680	36	21	53	0	53	34	820

Iced Spanish Latte Canteen (1110)g	1370	59	24	145	2	139	48	840
Iced Turkish Latte Canteen (950)g	1150	49	21	123	2	116	41	510

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Hot Drinks	No. of Products: 24	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Fiber(g)	Sugar(g)	Protein(g)	Sodium(mg)
Espresso 4 oz		0	0	0	0	0	0	0	60
Macchiato 4 oz		10	0	0	1	0	1	0	65
Flat White 8 oz		120	6	3.5	9	0	9	6	150
Hot Coffee of the Day 12 oz		0	0	0	0	0	0	0	135
Hot Coffee of the Day 16 oz		0	0	0	0	0	0	0	160
Americano 12 oz		0	0	0	0	0	0	0	60
Americano 16 oz		0	0	0	0	0	0	0	75
Cappuccino 12 oz		160	8	4.5	13	0	13	8	180
Cappuccino 16 oz		170	9	5	14	0	14	9	200
Latte 12 oz		170	9	5	13	0	13	9	190
Latte 16 oz		230	12	7	18	0	18	12	250
Mocha 12 oz		250	9	5	31	2	29	10	180
Mocha 16 oz		320	13	7	37	2	34	13	250
Matcha Latte 12 oz		480	22	5	42	1	37	16	220
Hot Chocolate 12 oz		320	11	6	43	3	39	12	150
Hot Chocolate 16 oz		370	13	8	47	3	43	15	200
Spanish Latte 12 oz		320	14	6	33	0	32	12	210
Spanish Latte 16 oz		360	15	7	41	0	40	13	230
White Mocha 12 oz		420	21	5	31	1	27	15	180
White Mocha 16 oz		550	28	6	39	2	34	19	210
Babycino		140	7	4.5	12	0	12	7	120
Marvelous Hot Chocolate		220	7	4	33	1	19	6	95
Turkish Latte - HOT		310	13	6	32	0	31	11	140
Turkish coffee 4oz		0	0	0	0	0	0	0	0
Coffee Latte Canteen (1360)g		800	42	25	63	0	63	41	920
Hot Chocolate Canteen (1340)g		1280	42	25	171	10	157	49	620
Filter Coffee Canteen (1470)g		10	1	0	0	0	0	0	420
Americano Canteen (1600)g		10	1	0	0	0	0	0	290
Hot Tea	**No. of Products: 04**	**Energy Kcal**	**Fat(g)**	**Sat. Fat(g)**	**CHO(g)**	**Fiber(g)**	**Sugar(g)**	**Protein(g)**	**Sodium(mg)**
Ceylon Tea - 16 Oz		0	0	0	0	0	0	0	0
Green Tea 16 oz		0	0	0	0	0	0	0	0
Peppermint Tea 16 oz		0	0	0	0	0	0	0	0
Earl Grey Tea 16 oz		0	0	0	0	0	0	0	0
Beverage Add Ons	**No. of Products: 09**	**Energy Kcal**	**Fat(g)**	**Sat. Fat(g)**	**CHO(g)**	**Fiber(g)**	**Sugar(g)**	**Protein(g)**	**Sodium(mg)**
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)		3	0	0	2	0	0	0	10
Hazelnut - Nut Free Syrup (15ml)		47	0	0	12	0	12	0	0
Simple Syrup (15ml)		50	0	0	13	0	13	0	0
Vanilla Syrup (15ml)		50	0	0	13	0	13	0	0
Vanilla - Sugar Free Syrup (15ml)		6	0	0	2	0	0	0	10
Whipped Cream (30ml)		100	11	7	1	0	1	1	10
Spanish Sauce (15ml)		50	1	1	8	0	8	1	15
Milk & Alternative Milk	**No. of Products: 06**	**Energy Kcal**	**Fat(g)**	**Sat. Fat(g)**	**CHO(g)**	**Fiber(g)**	**Sugar(g)**	**Protein(g)**	**Sodium(mg)**
Organic Almond Milk (100ml)		56	1.5	0.3	10	0.5	4.7	0.5	32
Organic Coconut Milk (100ml)		30	0.7	0.7	5.2	0.2	4.2	0.2	40
Organic Oat Milk (100ml)		50	2.4	0.4	6.3	0.5	3.5	0.5	36
Organic Soya Milk (100ml)		45	2.1	0.4	2.4	0.6	2.4	3.7	60
Pasteurized fresh Full Fat Milk (250ml)		152	8	4.7	12	0	12	7.8	129
Pasteurized fresh Low Fat Milk (250ml)		107	2.7	1.6	12.2	0	12.2	7.8	129
CPG	**No. of Products: 03**	**Energy Kcal**	**Fat(g)**	**Sat. Fat(g)**	**CHO(g)**	**Fiber(g)**	**Sugar(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
NEW LAUNCHES									
Limeades	**No. of Products: 03**	**Energy Kcal**	**Fat(g)**	**Sat. Fat(g)**	**CHO(g)**	**Fiber(g)**	**Sugar(g)**	**Protein(g)**	**Sodium(mg)**
Pineapple &Pitaya limeade 16oz		160	0	0	38	1	30	1	20
Orange & Hibiscus Limeade 16oz		160	0	0	39	0	33	1	25
Lavender & Butterfly pea Limeade 16oz		200	0	0	48	0	43	1	25
Cold Foam Matchas	**No. of Products: 02**	**Energy Kcal**	**Fat(g)**	**Sat. Fat(g)**	**CHO(g)**	**Fiber(g)**	**Sugar(g)**	**Protein(g)**	**Sodium(mg)**
Vanilla cold foam matcha 16oz		410	16	2	41	1	36	13	150
Gathering Boxes	**No. of Products: 04**	**Energy Kcal**	**Fat(g)**	**Sat. Fat(g)**	**CHO(g)**	**Fiber(g)**	**Sugar(g)**	**Protein(g)**	**Sodium(mg)**
Sandwich Box (1098)g		2630	130	36	258	33	27	106	5940
Baguette Box (1319)g		3520	149	44	406	27	38	140	7870
Croissant & Pastry Box (700)g		2810	157	94	288	20	110	53	2060
Cookie Platter (765)g		3320	129	75	502	23	269	48	1800
AL -HATAB HPP JUICES -Only in ARAMCO shop	**No. of Products: 05**	**Energy Kcal**	**Fat(g)**	**Sat. Fat(g)**	**CHO(g)**	**Fiber(g)**	**Sugar(g)**	**Protein(g)**	**Sodium(mg)**
Lemon mint Juice (100ml)		107	0.2	0	28.1	1.8	25.2	0.4	1.2
Orange Juice(100ml)		50	0.1	0	11.8	2.2	9	0.9	4
Apple Juice(100ml)		59	0.2	0	14.5	2.1	11.6	0.2	0.1
Red shot(100ml)		47	0.1	0	11	2.3	8	1	22.6
Ginger passion shot(100ml)		62	0.3	0.1	14.9	2	8.6	0.6	3.4