Regular	Energy KJ	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	Fibre(g)	Protein(g)	Salt(g)	Sodium(mg)
Brioches										
Chicken Sausage and Egg Brioche	2195	525	28	12	37	6	2.6	30	0.75	300
Egg & Bacon Brioche	1697	407	28	12	23	3.9	0.8	16	0.97	388
Hot Croissants										
Cheddar & Tomato Hot Croissant - FB	1681	403	25	4.8	32	7.8	1.4	13	1.1	440
Zaatar & Halloumi Hot Croissant - FB	2004	481	32	4.8	35	7.3	3.6	11	2.3	920
Turkey Ham & Cheese Hot Croissant - FB	1774	425	25	4.8	32	8.4	1.6	18	1.6	640
Breakfast Bun										
Smoked Salmon & Soft Cheese Breakfast Bun	1229	292	9.3	4	36	2.8	2.3	15	1.7	680
Egg & Avocado Breakfast Bun	1459	348	16	4.2	38	1.6	4.4	10	0.6	240
Breakfast										
Pret's Soya Porridge	792	189	6.7	0	20	10	3.4	10	0	0
French Pastries										
Pastel De Nata	569	136	5.1	3.4	19	11	0.7	2.8	0.28	112
Butter Croissant - FB	1303	312	18	0.5	31	7.3	1.2	5.9	0.72	288
Almond Croissant	1211	289	14	9.1	32	9.6	2.2	6.7	0.73	292
Chocolate & Hazelnut Croissant	1507	361	20	11	38	13	2.4	6.5	0.76	304
Pain Au Raisin	1442	345	18	8.5	39	18	1.7	6.1	0.62	248
Savoury Croissant- Mozzarella & Tomato	1486	357	23	13	23	3.1	1.6	13	1.2	480
Zaatar Croisants	983	236	14	6.6	23	5	2	4.6	0.8	320
Chocolate Cookie	1564	374	20	11	43	16	2.1	4.6	0.77	308
Oat Cookie	1390	331	14	6.6	46	6.6	2.6	4.9	0.76	304
Bowls/ Pots										
Five Berry Breakfast Bowl	1556	371	14	5.8	45	33	2.8	14	0.13	52
Berry Yoghurt Parfait	1047	250	11	4.8	24	15	1.7	12	0.12	48
Banana & Honey Bowl	1962	466	15	5.8	66	37	3.1	15	0.14	56
Fruits										
Banana	457	108	0	0	24	22	1.7	1.4	0	0
Mango & Lime	337	81	0	0	23	18	4	1	0	0
Superfruit Salad	293	70	0	0	20	16	4	1	0	0
Soup										
Malaysian Chicken Soup	868	207	7.0	2.1	24.5	4.2	2.8	9.8	3.2	1274
Carrot and Coriander Soup	603	144	6	3	15	9	3	6	1.3	520
Cauliflower, Cheddar & Potato Soup	1054	252	17	7	18	2	2	6	1	400
Chicken Laksa	863	206	11	3.8	15	4.5	0	11	0.94	376
Souper Tomato Soup	534	128	6.4	0	13	6.4	3.2	3.2	1.6	640
Chickpeas & Barley Mixed Vegetable Soup	627	150	6	0	18	6	6	3	0.26	104
Soup Bread	869	196	2.8	0	36	0	3.5	7	0.91	364
Toasties										
Mozzarella & Pesto Toastie	1592	380	16	6.8	40	2.6	2.9	17	0.62	248
Classic Cheese Toastie	2755	660	40	19	39	2.3	2.8	34	2.6	1040
Tuna Melt Toastie	2381	571	35	10	39	1.5	2.7	23	2.3	920
Turkey Harissa Melt Toastie	1912	456	20	7.9	40	3.1	3.1	26	2.3	920
Salads										
Chef's Italian Chicken Salad	2080	501	36	6.6	15	7	3.1	27	1.4	560
Chicken & Quinoa Salad	2043	487	17	2.8	41	7.2	7.3	38	1.1	440
Egg & Avo Protein Pot	797	191	10	2.4	8.1	0	4.5	15	0.02	8
Chicken & Smashed Avo Protein Pot	1226	293	15	4.6	11	0.5	5.6	26	1.2	480
Granary										
Chicken Avocado Sandwich	1901	452	13	3.2	52	1.7	9.4	27	0.98	392
Tuna Mayo Sandwich	2126	509	27	5	44	1.7	5.3	20	1.7	680
Classic Super Club Sandwich	2346	561	29	6.4	44	2.3	5.3	27	1	400
Veggie New Yorker Sandwich	2326	556	27	12	51	7.2	5.8	24	3.2	1280
BLT Sandwich	1907	456	23	6.4	45	2.7	5.6	14	1.4	560
Mature Cheddar & Pickle Sandwich	2310	552	27	12	51	8.3	5.8	23	1.7	680
Cracking Egg Salad Sandwich	2061	493	26	5.5	45	2.9	5.6	18	1.2	480
Smoked Salmon Sandwich	1904	454	20	9.3	43	1.2	4.9	24	2.7	1080
Turkey Ham Pickle & Cheese Sandwich	2363	565	27	12	45	2.1	5.2	33	3.7	1480
Baguettes										
Chicken Ceasar and Bacon Baguette	2838	676	24	7.3	72	2.8	7	38	2.7	1080
Tuna Mayo & Cucumber Baguette	2259	539	25	3.7	56	1.5	3.2	20	2.5	1000
Posh Cheddar & Pickle Baguette	3199	764	33	11	86	8.5	9.5	26	4.1	1640
Egg Mayo & Roasted Tomato Baguette	2505	599	30	5.7	60	1.2	5.3	19	3.6	1440
Smoked Salmon & Egg Mayo Baguette	2466	589	29	5.2	55	1.2	3.1	25	3.2	1280
Chicken Salad Baguette - Bakemart	2253	537	22	6.2	56	1.7	3.6	26	2.4	960
Spicy Tuna Baguette	2804	671	36	6.1	57	2.5	3.4	27	4	1600
Salad Wraps										
Chicken Caesar & Bacon Salad Wrap	2463	586	20	7.2	68	4.1	1.2	32	2.1	840
Chicken Pesto Rocket Salad Wrap	2764	660	34	4.5	59	3.1	0.6	30	2	800
Hummus & Chipotle Salad Wrap	1288	309	18	2.3	23	11	7.4	9.1	1.4	560
Halloumi Salad Wrap	2970	714	51	13	21	5.2	5.3	41	5	2000

Flat Breads										
Chipotle Chicken & Avo Flatbread	1937	462	17	2	27	9.8	5.9	46	1.3	520
Mediterranean Halloumi & Zaatar Flatbread	2180	522	32	12	16	4.9	0.9	42	3.1	1240
Mexican Avocado Flatbread	1603	382	14	1.6	26	4.3	8.3	34	1.4	560
Hot Wraps										
Halloumi & Falafel Hot Wrap - Local Tortilla	2605	621	24	10	70	7.1	7.2	27	3	1200
Chicken & Mushroom Hot Wrap - Local Tortilla	2281	547	35	13	19	5.3	1.4	39	3.1	1240
Chipotle Chicken Hot Wrap - Local Tortilla	2112	505	27	13	18	9.3	4.9	45	3.1	1240
Meatball Hot Wrap - Local Tortilla	2225	533	30	13	24	11	2.2	40	4.1	1640
Toasted Tortilla										
Chipotle Chicken Toasted Tortilla - Local Tortilla	2011	481	26	14	14	6.5	3.5	45	1.5	600
Drinks										
Cold Pressed Orange Juice	295	70	0	0	17	15	-	1	0	0
Cold Pressed Pomegranate Juice	883	210	2.5	0	48	35	10	4	0	10
Pineapple Powwow	336	80	0	0	19	16	0	0	0	0
Root Reboot	252	60	0	0	16	11	-	1	0	85
Essential Green	210	50	0	0	11	8	-	1	0	60
Sunny Dayz	630	150	1.5	0	36	26	2	2	0	10
Ginger Shot	105	25	0	0	6	4	0	0	0	5
Tumeric Shot	188	45	0	0	10	4	0	0	0	0
San Pelegrino 500ml	0	0	0	0	0	0	0	0	0	0
Aqua Panna Small	0	0	0	0	0	0	0	0	0	0
Aqua Panna Large	0	0	0	0	0	0	0	0	0	0
Arwa 500ml	0	0	0	0	0	0	0	0	0	0
Coke	900	210	0	0	53	53		0	0	0
Coke Zero	7	2	0	0	0	0	0	0	0.1	40
Sprite	590	135	0	0	33	33	0	0	0	0
Coconut Water	293	70	0	0	17	16	0	0	0	25
HalaPop Prebiotic Soda Ginger Lemon	118	29	0	0	4	3.8	6	0.1	0.1	50
HalaPop Prebiotic Soda Pomegranate Hibiscus	118	29	0	0	4	3.8	6	0.1	0.1	50
HalaPop Prebiotic Soda Strawberry Vanilla	118	29	0	0	4	3.8	6	0.1	0.1	50
HalaPop Prebiotic Soda Tangerine	118	29	0	0	4	3.8	6	0.1	0.1	50
Snacks & Desserts										
Pret Crisps - Sea Salt & Black Pepper	870	208	12.48	5.76	22.56	0.16	2.4	3.2	0.368	147.2
Pret Crisps - Sea Salt & Cider Vinegar	877	210	12.96	6.08	21.92	0.16	2.24	3.04	0.368	147.2
Pret Crisps - Cheese & Chives	857	205	12	5.6	22.56	0.96	2.4	3.2	0.368	147.2
Choc Bar	2075	498	32.4	19.4	45.5	35	-	4.5	0.45	180
Love Bar	1947	465	24.5	12.2	54.1	31	-	5.6	0.61	244
Popcorn Bar	719	172	8	4.7	22.8	13.9	0.7	1.7	0.09	36
Lemon Cheesecake	1456	348	18.3	9.7	46.7	30.8	0.7	6	0.54	209
Chocolate Mousse	1665	398	30	21	25	4	0.3	5	0.08	30
Chocolate Brownie	2023	485	29.5	18	46.7	43.5	-	6.6	0.11	44
Catering										
Large Cookie Platter	23717	5664	269	143	717	180	38	76	12.2	4880
Small Cookie Box	8894	2124	101	54	269	68	14	28	4.6	1840
Bar Platter	2009	482	30	17	48	37	-	5.9	0.36	144
Baguette Platter	16656	3962	128	47	497	26	50	181	20.3	8120
Best of Pret Platter	10871	2597	122	32	239	18	31	120	7.4	2960
All Time Classic Platter	10079	2404	98	33	244	16	35	119	7.6	3040
Chef Salad Platter	8321	2002	146	26	60	28	12	107	5.7	2280
Sweet Pastry Selection Box	13624	3260	177	65	342	98	19	65	7.5	3000
Breakfast Baguette Platter	1443	16431	3922	178	33	413	6.3	32	152	60800
Brioche Platter	862	10223	2448	142	35	185	26	7.2	105	42000
Chicken Supreme Platter (Amended Recipe)	10966	2618	115	26	240	11	35	139	5.8	2320
Mixed Wrap Selection Platter(Amended Recipe) - Local Tortilla	18212	4340	177	33	495	36	22	181	15.1	6040
Chicken Wraps Selection Platter - Local Tortilla	20282	4834	208	46	494	28	8.1	242	15.9	6360
Chicken & Quinoa Salad Platter	8326	2003	146	26	60	28	12	107	5.7	2280
Veggie Salad Wrap Selection Platter (Amended Recipe)	17715	4232	203	39	412	47	37	170	20.7	8280
Hummus & Chickpea Salad Platter	6721	1615	100	13	111	27	37	49	8.8	3520
Tuna & Quinoa Salad Platter	8920	2139	126	13	152	23	26	86	5.6	2240
Meat Baguette Platter	15539	3696	121	36	435	13	37	199	17.3	6920
Veggie lovers mix Platter	12043	2878	139	45	279	31	32	111	10.4	4160
Avocado Mozzarella Platter	1390	11112	2687	235	47	69	31	30	59	23600
Brownie Bag (300 g)	6007	1439	89	54	140	131	-	21	0.33	132
Love Bar Bag (350 g)	6801	1625	86	43	189	109	-	24	2.1	840
Crisps Selection(320 g)	6790	1626	90	8.7	178	6.7	12	19	4.3	1720
Breakfast Bun Platter	10751	2563	102	33	296	18	27	102	9	3600
Kids Cheese Triangle Platter	8767	2090	81	50	215	5.7	24	113	6.8	2720
Kids Egg Trinagles Platter	8122	1937	80	16	215	6.2	24	77	4.9	1960
Kids Chicken & Cucumber SW Platter	7606	1805	42	13	218	9	24	126	2.1	840
Kids Mix Triangles Platter	8244	1965	75	23	216	6.7	24	95	5.1	2040
Filter Coffee Box	666	157	0	0	6.6	0	0	33	0.45	180
Tea Box	4	1	0	0	0	0	0	0	0	0

Vegeterian Selection Platter	11069	2647	132	46	244	30	29	106	9	3600
Mini Mix Lattice Platter	5299	1265	56	36	163	69	8.9	22	2.8	1120
Mini Mango Lattice	437	104	4.5	2.9	14	6.1	0.7	1.8	0.24	96
Mini Cherry Lattice	430	102	4.4	2.9	14	5.6	0.6	1.8	0.24	96
Mini Apple Lattice	454	108	5.2	3.2	13	5.6	0.8	1.8	0.23	92
Mini Strawberry Lattice	430	102	4.4	2.9	14	5.6	0.7	1.8	0.24	96
Orange Juice 1.5 L	2355	555	0	0	135	120	15	15	0	0
Watermelon Juice 1.5 L	2055	483	0	0	105	105	0	15	0	0
Kimchi Chicken Salad Platter	5667	1364	99	16	39	12	13	73	7.8	3120
Mini Croissant Selection (12)	8257	1978	115	63	193	60	11	37	4.9	1960
Mini Croissant Selection (24)	16513	3956	230	126	386	121	22	75	9.7	3880
Mini Choc Croissant Selection (12)	9427	2258	130	62	226	86	14	40	5.3	2120
Mini Lattice Selection (12)	5264	1256	56	36	163	69	8.6	22	2.8	1120
Mini Lattice Selection (24)	10596	2528	113	72	326	138	17	43	5.7	2280
Mini Yogurt Pot Selection	8540	2044	117	60	173	101	7.4	72	1.6	640
Halloumi & Zaatar Mini Croissant	842	202	13	7.7	16	3.2	1.3	5.7	1.1	440
Salmon & Egg Mini Croissant	849	204	12	6.3	13	2.9	0.7	9.4	0.61	244
Turkey & Egg Mini Croissant	961	230	14	6.4	14	3	0.9	11	1.1	440
Cheddar & Tomatoes Mini Croissant	785	188	12	7.4	14	3.1	0.8	6.4	0.56	224
Mini Filled Croissant Selection Platter	1344	322	20	11	22	4.6	1.6	12	1.3	520
Mini Blackberry & Apple Crumble Muffin Box (GF & Vegan)	1224	292	13	4.4	41	20	2.9	2.4	0.1	40
Mini Berry & Chocloate Muffin Box (GF & Vegan)	1529	365	18	2.9	47	23	2	3.5	0.02	8
Vine Leaves Pot	458	109	3.1	0.5	15	3.6	4.1	3.3	1	400
Mini Cheese Manakish Box	1113	266	13	5	24	2	2.5	12	1.3	520
Mini Zaatar Manakish Box	1097	262	12	5.5	30	2	3	7	1.1	440
Mini Laham Bi Ajeen Box	1113	266	13	5	24	2	2.5	12	1.2	480
Arabic Snacks Box	1108	265	13	5.2	26	2	2.7	10	1.2	480
Berry Muffin Box	16319	3894	179	18	506	296	13	58	6.1	2440
Ramadan Platter	838	201	11	2	13	3	2.4	11	1	400
HalaPop Prebiotic Soda Ginger Lemon Box of 4	472	116	0	0	16	15.2	24	0.4	0.4	160
HalaPop Prebiotic Soda Pomegranate Hibiscus Box of 4	472	116	0	0	16	15.2	24	0.4	0.4	160
HalaPop Prebiotic Soda Strawberry Vanilla Box of 4	472	116	0	0	16	15.2	24	0.4	0.4	160
HalaPop Prebiotic Soda Tangerine Box of 4	472	116	0	0	16	15.2	24	0.4	0.4	160
Breakfast Sandwich Platter	11006	2631	130	47	230	18	27	121	11.7	4680
MTS Drinks										
Extra Shot	11	3	0	0	0	0	0	0	0.23	92
Spanish Latte	1340	319	12	7.8	40	38	0	12	0.4	160
Filter- Black	83	20	0	0	0.8	0	0	4.1	0.05	20
Filter- White	242	57	2.1	1.3	3.6	2.8	0	6.1	0.13	52
Americano Black	6	1	0	0	0	0	0	0	0.13	52
Americano White	45	11	0.6	0.3	0.7	0.7	0	0.5	0.15	60
Matcha Latte	697	167	9.1	5.7	12	12	0.5	8.9	0.34	136
Latte	725	173	9.7	6	13	13	0	9	0.49	196
Cappuccino	629	150	8.2	5.1	11	11	0	7.7	0.41	164
Mocha	1024	244	11	6.8	25	24	1.5	11	0.48	192
Hot Chocolate	1006	240	9.8	6.2	26	25	3.1	10	0.36	144
Macchiato	35	8	0.5	0.3	0.5	0.5	0	0.5	0.13	52
Espresso	7	2	0	0	0	0	0	0	0.14	56
Flat White	534	128	7.1	4.4	9.2	9.2	0	6.7	0.38	152
Rice Coconut Milk	256	61	0.8	0.8	13	7.7	0	0.2	0.13	52
Almond Milk	236	56	1.5	0.3	10	4.7	0.5	0.5	0.08	32
Oat Milk	254	61	3.1	0.4	7.9	3.8	0	0.3	0.1	40
Soya Milk	132	32	1.9	0.3	0	0	0.6	3.3	0.3	120
Cup of Milk 80z	950	227	13	7.9	17	17	0	12	0.47	188
Hot Tea- Ceylon Breakfast	5	1	0	0	0.5	0	0	0	0	0
Hot Tea- Earl Grey	5	1	0	0	0.5	0	0	0	0	0
Hot Tea- Green	2	1	0	0	0	0	0	0	0	0
Hot Tea- Jasmine	18	4	0	0	1.1	0	0	0	0	0
Hot Tea- Chamomille	18	4	0	0	1.1	0	0	0	0	0
Hot Tea- Lemon & Ginger	18	4	0	0	1.1	0	0	0	0	0
Hot Tea- Peppermint	5	1	0	0	0.5	0	0	0	0	0
Raspberry Mint Iced Tea	432	102	0	0	25	25	0.5	0	0	0
Peach & Hibiscus Iced Tea	454	107	0	0	26	26	0.5	0	0	0
Iced Latte	745	178	9.9	6.2	13	13	0	9.3	0.48	192
Iced Americano	6	1	0	0	0	0	0	0	0.12	48
Iced Cappucino	482	115	5.6	3.4	10	10	0.8	5.4	0.32	128
Iced Filter	479	114	5.3	3.3	7.7	6.9	0	9	0.24	96
Iced Mocha	561	134	5.7	3.5	14	14	1.6	5.8	0.32	128
Iced Chocolate	908	216	7	4.4	29	28	2.8	7.5	0.2	80
Iced Matcha Latte	418	100	5.3	3.3	7.1	6.9	0.8	5.6	0.2	80
Iced Spanish Latte	1340	319	12	7.8	40	38	0	12	0.4	160
Syrup Vanilla	429	101	0	0	25	25	-	0	0	0
Syrup Salted Caramel - Sweetbird 25ml	375.3	88.25	0	0	21.9	21.9	0	0	0.5	200

Syrup Hazelnut - Sweetbird 25ml	388	89.5	0	0	22.3	22.3	0	0	0.0075	3
Classic Frappe	1374	327	13	8.2	40	39	0.6	12	0.84	336
Salted Caramel Frappe	1790	426	16	9.8	57	56	0.6	15	1.1	248
Berries & Cherries Smoothie	981	231	0	0	55	19	3.2	1	0.02	8
Tropical Mango Smoothie	921	217	0	0	51	17	4.2	1	0.02	8
Matcha Frappe	1632	389	16	10	45	44	0.6	15	0.86	344
Iced Strawberry Matcha Latte 12oz	850	201	4.6	2.9	35	34	0.5	4.4	0.18	72
Iced Strawberry Matcha Latte 16oz	935	222	5.2	3.3	38	36	0.7	5.1	0.2	80
Passion Fruit & Pineapple Frappe	1537	366	14	9.5	44	41	1.9	15	0.79	316
Mango & Ginger Smoothie	1140	270	5.4	5.1	53	13	3.6	1.1	0.02	8
Açaí & Berry Smoothie	1055	249	0.9	0.3	57	18	3.4	1.2	0.02	8
12oz White Chocolate Latte	1078	257	9.4	5.8	34	34	0	8.8	0.47	188
16oz White Chocolate Latte	1327	316	12	7.3	42	42	0	11	0.61	244
12oz Iced White Chocolate Latte	669	159	4	2.4	27	27	0	3.7	0.27	108
16oz Iced White Chocolate Latte	984	234	7.2	4.4	36	36	0	6.7	0.44	176