

Date: 06 April 2025

November Launch	No. of Products	Pret HK Approval Status	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	Fiber(g)	Protein(g)	Sodium(mg)
Pret's Croffle (105g)			410	19	12	54	31	2	7	270
Milk Chocolate Sauce (30g) Add On			220	11	0	13	9	0	6	0
Rice Bowl	No. of Products	Pret HK Approval Status	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	Fiber(g)	Protein(g)	Sodium(mg)
Butter Chicken with Rice (311g)			370	12	2.5	48	2	1	18	1240
Green Thai Chicken with Rice (315g)			340	16	4	43	3	4	10	1400
Granary	No. of Products:9	Pret HK Approval Status	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	Fiber(g)	Protein(g)	Sodium(mg)
Hummus & Veggie Sandwich (242g)			340	13	2	53	7	11	12	560
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	900
Smoked Salmon 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	240
Free Range Egg Mayo (176g)			410	23	5	39	3	5	16	490
Chicken Avocado Basil Slim (118g)			240	15	2.5	22	2	4	9	370
Chicken Avocado Basil (236g)			470	29	4.5	43	4	8	18	750
Cold Baguettes	No. of Products: 15	Pret HK Approval Status	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	Fiber(g)	Protein(g)	Sodium(mg)
Chicken Caesar & Bacon (Slim) (119g)			320	17	3.5	31	2	2	12	570
Lemon Chicken Baguette (Slim) (107g)			220	6	1	31	2	2	10	500
Posh Cheddar & Pickle (Slim) (105g)			290	13	5	35	7	2	11	720
Turkey & Cheese (Slim) (101g)			220	8	2.0	27	2	3	11	860
Lemon Chicken Baguette (221g)			440	13	2	64	5	3	20	1030
Egg & Avo Baguette (Slim) (111g)			260	12	2.0	32	1	3	9	380
Avo, Olives & Toms (Slim) (108g)			250	12	1.5	34	2	5	7	340
Tuna Mayo & Cucumber (Slim) (135g)			320	17	2.5	29	2	2	15	640
Chicken Caesar & Bacon (230g)			620	31	7	62	3	4	24	1130
Posh Cheddar & Pickle (239g)			640	29	10	76	14	5	23	1600
Pesto Caprese (Slim) baguette (113g)			330	18	5.0	32	2	2	12	620
Brie & Tapenade Baguette (Slim) (111g)			320	18	8	29	2	1	11	440
Turkey & Cheese (229g)			480	17	3.5	62	5	6	23	860
Deli Baguette (192g)			490	22	7.0	51	4	3	24	1130
Deli Baguette Slim (96g)			250	11	3.5	26	2	1	12	570
Hot Baguettes	No. of Products:01	Pret HK Approval Status	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	Fiber(g)	Protein(g)	Sodium(mg)
Pesto Chicken hot baguette (235g)			610	27	10	65	3	4	31	1300
Cold Wraps	No. of Products: 02	Pret HK Approval Status	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	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
Hot Wraps	No. of Products:03	Pret HK Approval Status	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	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	10	58	9	5	18	1360
Chicken Mushroom Hot Wrap (212g)			470	24	9	43	4	3	23	1170
Kids Granary	No. of Products: 03	Pret HK Approval Status	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	Fiber(g)	Protein(g)	Sodium(mg)
Cream Cheese & Cucumber (145g)			270	10	6	39	4	5	9	350
Almond Butter & Berries Spread (137g)			410	16	1.5	58	15	8	14	260
Cream Cheese &Turkey (131g)			270	8	4.5	39	4	5	16	530
Salads Bowl , Pots,Tray	No. of Products: 9	Pret HK Approval Status	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	Fiber(g)	Protein(g)	Sodium(mg)
Pesto Pasta & Chicken Salad Bowl (242g)			550	32	6	45	4	4	25	690
Greek Salad & Vinaigrette (243g)			240	15	0.5	21	5	2	6	1010
Classic Caesar Chicken Salad (216g)			410	29	7	13	3	3	26	450
Tamari & Ginger Chicken Salad Bowl (317g)			240	11	4.5	23	15	3	16	1180
Mozzarella, Pesto & Avo Salad (264g)			470	41	12	14	3	6	18	760
Mediterranean Orzo Salad Pot (135g)			270	19	4	19	2	1	4	190
Charred Corn Salad Pot (145g)			200	14	3.5	16	5	3	6	270
Crunchy Asian Slaw Salad Pot (109g)			230	19	4	14	5	4	6	260
Chicken Chipotle Salad Pot (112g)			140	11	1.5	7	4	2	5	280
Beetroot & feta shaker (131g)			80	4	0	9	2	1	2	680
Sweet Pots	No. of Products:07	Pret HK Approval Status	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	Fiber(g)	Protein(g)	Sodium(mg)
Protein Date Oats (262g)			440	12	3.5	68	33	6	22	75
Blue Chia Pot (134g)			210	8	3	30	21	3	6	65
Pink Goodness Pot (127g)			220	11	5	23	15	2	9	70
Almond Butter & Honey Yoghurt Pot (152g)			330	19	7	29	20	3	13	90
Mango & Banana Sunshine Bowl (186g)			350	14	4	54	28	8	8	65
Honey Granola Pot (138g)			340	15	7	42	28	4	11	105
Coconut Chia (208g)			130	5	2	20	11	3	3	60
Toasties	No. of Products:05	Pret HK Approval Status	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	Fiber(g)	Protein(g)	Sodium(mg)
Turkey Melt (249g)			520	25	10.0	46	5	5	28	990
Pulled Beef & Cheese (232g)			700	39	13	60	14	5	33	1250
Classic Cheese Toastie (190g)			580	33	15	46	2	5	30	1010
Super Club Toastie (237g)			570	31	12	45	3	5	28	1150
Halloumi, Red Pepper, & Basil Toastie (218g)			470	22	11	48	5	5	20	1710
Pasta Box	No. of Products: 03	Pret HK Approval Status	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	Fiber(g)	Protein(g)	Sodium(mg)
Creamy Pesto Pasta (264g)			570	41	14	38	5	2	14	1390
Pink Chicken Penne Pasta (300g)			400	18	6	33	8	4	31	1600
Truffle & Rosemary Pasta (298g)			420	11	3.5	71	5	4	14	640
Pizzetta	No. of Products: 01	Pret HK Approval Status	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	Fiber(g)	Protein(g)	Sodium(mg)
Spicy Pepperoni Pizzetta (206g)			530	20	8	69	20	3	22	990
Hot Breakfast Roll	No. of Products: 02	Pret HK Approval Status	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	Fiber(g)	Protein(g)	Sodium(mg)
Pret's Veggie Roll (222g)			350	12	3.0	45	5	3	17	590
Egg & Chipotle Bun (205g)			400	17	5	44	6	3	21	780
Rye Rolls	No. of Products: 02	Pret HK Approval Status	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	Fiber(g)	Protein(g)	Sodium(mg)
Burrata & Balsamic Rye Roll (176g)			400	17	10	51	11	4	13	300
Roast Beef Rye Roll (170g)			320	11	2	44	7	4	17	410
Porridge and add ons	No. of Products:02	Pret HK Approval Status	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	Fiber(g)	Protein(g)	Sodium(mg)
Honey Pot (35g)			120	0	0	29	28	0	0	0
Proper Porridge (200g)			160	5	3.0	22	6	2	6	50
Viennoiserie & Savoury Crossiants	No. of Products: 07	Pret HK Approval Status	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	Fiber(g)	Protein(g)	Sodium(mg)
Cheese & Jalapeno Hot Croissant (112g)			420	28	16	31	6	3	13	620
Halloumi & Za'atar Hot Croissant (132g)			420	28	12	30	6	2	14	700
Cheese Twist & Za'atar (96g)			340	19	12	34	7	2	10	340
Egg & Mushroom Hot Croissant (170g)			460	31	18	16	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	No. of Products:07	Pret HK Approval Status	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	Fiber(g)	Protein(g)	Sodium(mg)

Cheese Twist (100)g			363	20	13	34	7	2	11	351
French Butter Croissant (100)g			409	23	16	39	6	2	9	380
Almond Croissant (100)g			425	24	12	42	14	3	9	240
Chocolate Croissant (100)g			407	24	14	38	18	4	7	190
Very Berry Croissant (100)g			339	14	8	47	24	3	5	255
Cinnamon Danish (100)g			372	19	12	43	21	2	6	363
Chocolate Brownie swirl (105g)			417	21	13	48	23	3	8	315
Bakery	No. of Products: 03	Pret HK Approval Status	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	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
Date & Almond Crust (75g)			290	13	4.5	41	12	2	5	40
Fudgy Brownie (45g)			190	11	6	22	19	0	2	45
Cookies & Muffins	No. of Products: 05	Pret HK Approval Status	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	Fiber(g)	Protein(g)	Sodium(mg)
Choc Chunk Cookie (100g)			370	14	8	54	30	3	5	180
Dark Choc & Almond Cookie (100g)			380	15	8	51	31	3	7	280
Choc Chunk Cookie Pot (85g)			370	14	8	54	30	3	5	180
Dark Choc & Almond Cookie Pot (85g)			380	15	8	51	31	3	7	280
Spiced Apple & Pecan Muffin (116)g			502	29	3	52	29	3	7	292
Soups	No. of Products:02	Pret HK Approval Status	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	Fiber(g)	Protein(g)	Sodium(mg)
Souper Tomato Soup (200)g			70	2	0	12	8	2	2	620
Classic Pumpkin Soup (200)g			90	6	4	8	4	2	2	420
Fruit Pots	No. of Products: 04	Pret HK Approval Status	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	Fiber(g)	Protein(g)	Sodium(mg)
Apple & Almond Butter Pot (116)g			220	15	1.0	21	10	6	7	0
Superfruit Salad (138)g			90	0.5	0	22	17	3	1	0
Mango & Lime Pot (139)g			90	0	0	22	16	2	1	0
Poms Pot (124)g			90	1.5	0	22	17	5	2	0
Mango Yoghurt Pot (155g)			180	6.0	5	24	22	1	7	65
Dessert Pots	No. of Products: 07	Pret HK Approval Status	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	Fiber(g)	Protein(g)	Sodium(mg)
Saffron Milk Cake (140g)			270	10	3	39	35	1	6	115
Sticky Date Pudding (120)g			380	13	6	62	48	6	4	90
Choco Molten (110)g			220	10	1.5	30	22	0	4	125
Chocolate Mousse (100)g			230	11	5	26	16	0	5	50
Lemon Cheesecake (120)g			290	16	10	32	24	1	5	140
Tiramisu (120)g			320	22	12	26	17	0	4	130
Toffee sauce with pecans (100g)			440	29	9	43	33	3	4	38
Bars & Packs	No. of Products:12	Pret HK Approval Status	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	Fiber(g)	Protein(g)	Sodium(mg)
Love Bar (Per100g)			465	25	12	54	31	3	6	244
Popcorn Bar (Per100g)			504	24	14	67	41	2	5	102
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
Almond Cranberry Biscotti (per100g)			443	20	2	60	17	3	9	4
Date Cake Frozen (per100g)			314	4	0	64	31	7	4	18
Cashew Date Bar (per100g)			302	3	0	60	23	6	9	665
Cranberry in Coats (100)g			483	22	13	68	60	2	1	77
Nuts Fruits & Chocolate (100)g			556	40	6	27	25	7	18	15
Prets Nut Bar (Per100g)			554	39	13	34	29	8	13	172
Chips	No. of Products: 03	Pret HK Approval Status	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	Fiber(g)	Protein(g)	Sodium(mg)
Jalapeno (100)g			502	26	3	63	2	4	4	729
A touch of Sea salt (100)g			517	26	2	61	1	0	6	365
Sea Salt and Balsamic Vinegar (100)g			516	28	2	59	1	4	8	592
Juices & Shots	No. of Products: 05	Pret HK Approval Status	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	Fiber(g)	Protein(g)	Sodium(mg)
Orange Juice (100ml)			38	0.8	0	9	8	0.3	0.8	0
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
Smoothies	No. of Products: 03	Pret HK Approval Status	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	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	No. of Products: 02	Pret HK Approval Status	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	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	No. of Products:03	Pret HK Approval Status	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	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
Rhuharb Lemonade (100ml)			36	0	0	8	8	0	0	0
Iced Drinks	No. of Products: 32	Pret HK Approval Status	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	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
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
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
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
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		
Hot Drinks	No. of Products: 28	Pret HK Approval Status	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	Fiber(g)	Protein(g)	Sodium(mg)

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
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	12	12	0	9	170
Cappuccino (12 Oz)			150	8	5	13	13	0	8	180
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
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 (12Oz)			290	14	5	32	30	0	10	160
Babycino (8oz)			150	8	5	11	11	0	8	100
Coffee Latte Canteen (per 100g)			60	3	2	5	5	0	3	60
Coffee Canteen Hot Mocha (per100g)			80	3	2	10	10	1	3	65
Hot Tea	No. of Products: 04	Pret HK Approval Status	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	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
Green Tea - 16 Oz			1	0	0	0	0	0	0	7
Peppermint Tea - 16 Oz			1	0	0	0	0	0	0	9
Beverage Add Ons	No. of Products: 11	Pret HK Approval Status	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	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
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	No. of Products: 08	Pret HK Approval Status	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	Fiber(g)	Protein(g)	Sodium(mg)
Organic Almond Milk (100ml)			56	1.5	0	10	4.7	0.5	0.5	55
Organic Coconut Milk (100ml)			29	0.7	0.7	5.2	4.2	0.2	0.2	50
Organic Low Fat Milk (100ml)			47	1.5	1	4.8	4.8	0	3.5	44
Organic Oat Milk (100ml)			49	2.3	0.3	6.2	4.6	1	0.5	40
Organic Soya Milk (100ml)			45	2.1	0.4	2.4	2.4	0.6	3.7	0.2
Organic Whole Milk (100ml)			65	3.5	4.8	4.8	4.8	0	3.5	44
Fresh Milk Full Fat (100ml)			60	3.1	1.9	4.7	4.7	0	3.1	50
Fresh Milk Low Fat (100ml)			46	1.7	0.9	4.7	4.7	0	3.1	43
CPG	No. of Products: 03	Pret HK Approval Status	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	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	No. of Products: 08	Pret HK Approval Status	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	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