



Regular		Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	Fibre(g)	Protein(g)	Sodium(mg)
<b>Feburary Launch</b>	<b>No. of Products : 9</b>								
Arrabiata Penne (361g)		270	13	4.5	31	13	4	13	1440
Brie & Tapenade Slim Baguette (131g)		340	19	9	36	2	3	9	440
Choco Molten Dessert (110g)		190	6	1.5	32	24	0	4	135
Kids Range Almond Butter & Berry Compote (137g)		230	4	0	46	9	6	9	260
Chicken Caesar Wrap (225g)		600	37	9	44	2	3	25	1080
Tropical Fruit Pot (152g)		80	0	0	23	8	3	1	0
Date Latte Hot With whole Milk (12 Oz)		230	10	6	27	23	1	10	190
Date Latte Iced With whole Milk (12 Oz)		200	8	5	25	21	1	8	170
National Day Cookie(7g)		30	1.5	1	4	1	0	1	15
<b>Granary</b>	<b>No. of Products:6</b>								
Mature Cheddar & Pickle Granary (225g)		450	22	8	51	13	7	20	650
Smoked Salmon (180g)		410	20	6.0	39	4.0	5.0	23	1280.0
Classic Super Club (258g)		440	25	5	41	5	6	19	1000
Free Range Egg Mayo (183g)		310	16	2.5	38	3.0	5.0	11	500.0
Cheddar & Tomato (244g)		580	35	17.0	43	5.0	6.0	30	1010.0
Chicken Avoacado Basil (217g)		370	17	3	43	4	8	18	750
<b>Cold Baguettes</b>	<b>No. of Products: 6</b>								
Chicken Caesar & Bacon Baguette (236g)		570	26	6.0	63	3.0	5	25	1,100.00
Posh Cheddar & Pickle Baguette (264g)		610	26	10.0	80	18.0	6	18	1090
Avo. Olives & Toms Baguette (231g)		460	21	3.0	67	4.0	8.0	8	630.0
Pesto Caprese Baguette (Slim) (125g)		340	21	5	32	0	3	8	490
Tuna Mayo & Cucumber Baguette (Slim) (154g)		330	17	2.5	32	2.0	2.0	15	550.0
Turkey & Cheese Baguette (242g)		570	27	5	64	5	6	24	1000
<b>Hot Baguettes</b>	<b>No. of Products: 2</b>								
Pesto Chicken Hot Baguette (267g)		610	29	10.0	67	4.0	6.0	25	1260.0
Chipotle Mozzarella Hot Baguette (238g)		480	14	6	72	11	5	23	1060
<b>Cold Wraps</b>	<b>No. of Products: 2</b>								
Crunchy Chipotle Chicken & Avo Wrap (254g)		430	19	3.0	50	9.0	5.0	18	1030.0
Pesto Hummus & Veggies Wrap (213g)		320	11	2	50	6	6	10	580
<b>Hot Wraps</b>	<b>No. of Products: 3</b>								
Falafel & Halloumi Hot Wrap (248g)		460	20.000	2.0	59.0	9.0	5	17.0	1280
Chicken Mushroom Hot Wrap (227g)		490	25.0	10.0	45.0	4.0	3.0	23.0	1200
Meatless Meatball Hot Wrap (217g)		410	15.0	4.0	57.0	12.0	7.0	17.0	920
<b>Toasties</b>	<b>No. of Products: 4</b>								
Classic Cheese Toastie (185g)		580	34.0	14.0	46.0	2.0	5.0	28.0	1060
Super Club Toastie (241g)		440	25.0	5.0	41.0	5.0	5.0	19.0	1000
Tuna Melt Toastie (190g)		480	23.0	8.0	45.0	1.0	4.0	28.0	930
Halloumi, Red Pepper, & Basil Toastie (209g)		460	21.0	1.0	49.0	4.0	5.0	22.0	1330
<b>Focaccia</b>	<b>No. of Products: 3</b>								
Firecracker Chicken Focaccia (280g)		660	36.0	11.0	63.0	11.0	4.0	28.0	1500
Mozzarella, Pesto & Roasted Tomatoes Focaccia (198g)		480	25.0	7.0	52.0	2.0	3.0	17.0	920
Turkey & Greve Focaccia (233g)		570	28.0	9.0	55.0	7.0	4.0	30.0	1250
<b>Breakfast Rolls</b>	<b>No. of Products: 2</b>								
Pret's Veggie Roll (192g)		330	10.0	2.5	47.0	2.0	3.0	15.0	760
Egg & Chipotle Bun (169g)		370	12.0	4.5	50.0	6.0	2.0	17.0	800
<b>Hot Box</b>	<b>No. of Products: 2</b>								
Kale & Cauli Macroni & Cheese (371g)		390	25	16.0	24	7.0	1.0	17	1260.0
Chicken & Mushroom Pasta Box (371g)		410	27	16	22	7	1	21	1380
<b>Kids Granary</b>	<b>No. of Products: 2</b>								
Cheese Sandwich Kids Granary (129g)		390	20.0	12.0	39.0	3.0	5.0	18.0	480
Turkey & Cream Cheese Kids Granary (131g)		270	8.0	4.5	39.0	4.0	5.0	16.0	530
<b>Salads &amp; Platters</b>	<b>No. of Products: 5</b>								
Greek Salad & Vinaigrette (236g)		370	14	4.5	19	5	2	23	750
Classic Caesar Chicken Salad (254g)		400	28.0	6.0	21.0	2.0	3.0	16.0	740
Tamari & Ginger Chicken Salad Bowl (312g)		220	10.0	3.0	22.0	15.0	2.0	13.0	1180
Mozzarella, Pesto & Avo Salad (290g)		500	43.0	13.0	14.0	4.0	6.0	19.0	450
Salmon & Mango Salad Bowl (335g)		310	18.0	4.5	24.0	11.0	5.0	20.0	860
<b>Frittata</b>	<b>No. of Products: 2</b>								
Pret's Shakshuka Frittata (403g)		490	34.0	2.0	13.0	8.0	1.0	34.0	590
Greek Style Feta & Spinach Frittata (336g)		400	27.0	2.5	9.0	5.0	1.0	30.0	450
<b>Savoury Pots</b>	<b>No. of Products: 8</b>								
Egg & Spinach Pot (125g)		160	10.0	4.0	1.0	0.0	0.0	16.0	170
Edamame & Sea Salt Pot (101g)		110	4.5	0.5	11.0	1.0	8.0	13.0	20
Roasted Beet Dip (113g)		160	12.0	4.0	8.0	2.0	0.0	3.0	760
Pesto Hummus Dip (112g)		230	25.0	3.5	10.0	0.0	4.0	6.0	450
Spicy Muhammara Dip (119g)		260	20.0	2.5	18.0	6.0	4.0	6.0	650
Feta, Cranberry & Walnuts Dip (105g)		290	25.0	8.0	11.0	9.0	1.0	7.0	590
Sourdough Crackers (25g)		45	0.0	0.0	10.0	0.0	1.0	2.0	125
Vine Leaves With Poms Molasses (102g)		150	13.0	2.0	10.0	3.0	1.0	1.0	150
<b>Porridge</b>	<b>No. of Products: 3</b>								
Pret's Proper Porridge (300g)		220	8.0	4.5	33.0	9.0	3.0	9.0	75
Choco Banana Crunch Porridge Topper (81g)		200	2.5	0.0	43.0	33.0	2.0	3.0	15
Apple Cranberry Crunch Porridge Topper (70)		160	4.5	0.0	26.0	18.0	2.0	4.0	115
<b>Soups (2 full, 2 side)</b>	<b>No. of Products: 5</b>								
Green Pea & Mint Soup (220g)		110	4.5	0.0	18.0	4.0	4.0	4.0	1280
Pret's Mushroom Risotto Soup (220g)		80	4.5	2.0	9.0	2.0	2.0	4.0	810
Souper Tomato Soup (220g)		70	2.0	0.0	13.0	9.0	2.0	2.0	680
Classic Pumpkin Soup (220g)		90	7.0	4.5	9.0	4.0	2.0	2.0	460
Potato & Leek Soup (220g)		150	9.0	6.0	18.0	2.0	2.0	2.0	1760
<b>Pret Pots</b>	<b>No. of Products: 5</b>								
Five Berry Bowl (208)		300	13.0	7.0	38.0	25.0	2.0	12.0	95
Bircher Muesli Bowl (207g)		300	14.0	7.0	32.0	22.0	3.0	13.0	140
Mango & Banana Sunshine Bowl (175g)		260	7.0	1.5	49.0	27.0	5.0	6.0	25
Honey Granola Pot (135g)		270	10.0	5.0	38.0	26.0	2.0	10.0	75
Coconut Chia Bowl (230g)		180	5.0	2.0	32.0	17.0	3.0	3.0	5
<b>Crossiants &amp; Pastries</b>	<b>No. of Products: 8</b>								
Cheese Twist (Per100g)		363	20	13	34	6.9	2	11	351
Egg & Mushroom Hot Croissant (192g)		470	31	19	28	5	2	22	770
French Butter Croissant (65g)		261	15	10.0	26	3.8	1.4	5	265.2
Almond Croissant (84g)		289	14	9.1	32	9.6	22	6.7	292.32
Chocolate Crossiant (88g)		348	20	11.0	36	13.0	2.3	6	197.1
Very Berry Crossiant (88g)		314	14	6.4	43	23	2.3	4.4	186.56
Cinnamon Danish (90g)		360	13	5.0	56	9.0	1.0	7	450.0
Mozzarella & Tomato (110g)		320	21	12	23	4	2	11	430
<b>Cookies, Cakes and Muffins</b>	<b>No. of Products: 9</b>								
Chocolate Chunk (80g)		344	13	8.3	50	30.0	2.7	4	156.0
Fruit & OAT		347	13.5	7.6	49.4	28.3	2.9	5.6	280
Dark Choc & almond (80g)		349	14	7.2	30	4.7	3.2	6	268.8

Prets Shortbread	367	21.2	13.6	39.5	13.1	1	4.2	450
Double Chocolate Muffin (170g)	600	26	7.0	82	24.0	3.0	14	670.0
Nutty Salted Caramel Chocolate	402	26.6	13.9	33	29	2.4	6.3	1400
Raspberry & Almond Bakewell (Per100g)	477	28	12	46	30	5	7	161
Doubleberry Muffin (Per100g)	355	17	2	43	24	3	5	228
Blueberry Muffin (170g)	640	29	5.0	89	32.0	3.0	9	0.0
<b>Fruit Pots</b>	<b>No. of Products: 4</b>							
Apple and Almond Butter Pot(116g)	230	17	1.0	18	10.0	5.0	7	0.0
Super fruit Salad(127g)	80	0.5	0	21	16	3	1	0
Mango & Lime (139g)	90	0	0.0	22	16.0	2.0	1	0.0
Poms Pot (124g)	90	1.5	0	22	17	5	2	0
<b>Dessert Pots</b>	<b>No. of Products: 4</b>							
Chocolate Mouse (100g)	230	11	5.0	26	16.0	0.0	5	50.0
Lemon Cheesecake (120g)	290	16	10	32	24	1	5	140
Riz Au lait & Salted caramel (107g)	180	12	8.0	15	14.0	0.0	3	540.0
Tiramisu (120g)	320	22	12	26	17	0	4	130
<b>Bars &amp; Packs</b>	<b>No. of Products: 7</b>							
Love Bar (Per100g)	465	25	12.2	54	31.0	NA	6	1525.0
Popcorn Bar (Per100g)	552	24	11.9	34.2	29	NA	12.9	250
Choc Bar (Per100g)	505	24	14	67	41	2.1	5.1	156.0
Chocolate almonds Brownie Bar (Per100g)	485	29.5	18	46.7	43.5	NA	6.6	36
Pret A Mango (Per100g)	332	1	0.3	82	38.3	NA	2	5.0
Brownie – Caramel Brownie (Per100g)	502.5	33.3	17.4	41.3	36.4	3	NA	235
Prets Nut Bar (Per100g)	552	39	11.9	34	29.0	NA	13	0.1
<b>Chips</b>	<b>No. of Products: 3</b>							
Jalapeno (Per100g)	502	26	2.5	62	1.5	3.7	5	729.0
A touch of Sea salt (Per100g)	517	26.43	2.4	61	0.5	0	5.5	365
Sea Salt and Balsamic Vinegar (Per100g)	516	28	2.1	59	1.3	3.8	8	592.0
<b>Juices</b>	<b>No. of Products: 9</b>							
Orange Juice (250g)	97	1	0	22	20	NA	2	NA
Daily Greens (250g)	77	NA	NA	15	15	5	1.8	55
Roots & Fruits (250g)	36	NA	NA	7.8	5	1.2	1	20
Lemon Juice (250g)	97	0.8	NA	16	2	7	2.8	5
Red Juice (250g)	91	NA	NA	20	13	3	1.8	50
Apple Juice (250g)	121	NA	NA	29	25	0.8	0.5	15
Berry Blast (250g)	93	NA	NA	17	15	8.5	2.5	NA
Shots – Ginger (250g)	59	NA	NA	14	1	0.5	1	15
Hot Shot (250g)	42	NA	NA	10	9	NA	0.5	NA
<b>Smoothies</b>	<b>No. of Products: 5</b>							
Berries & Cherries (400g)	168	1.6	0.4	30	39	10	3.2	NA
Berry Blast (400g)	149	NA	NA	26	24	14	4	NA
Mango Passion (400g)	225	NA	NA	54	48	2	1.2	15
Sweet Greens (400g)	166	8	1.6	13	18	6	7.2	70
Tropical Peach (400g)	159	1.2	0.4	30	36	6	3.6	10
<b>Water</b>	<b>No. of Products: 4</b>							
Pret Still Water (500ml)	NA	NA	NA	NA	NA	NA	NA	NA
Pret Sparkling Water (500ml)	NA	NA	NA	NA	NA	NA	NA	NA
Aqua Panna Natural Mineral Water (500ml)	NA	NA	NA	NA	NA	NA	NA	NA
Sparkling Natural mineral Water (500ml)	NA	NA	NA	NA	NA	NA	NA	NA
<b>Coffee</b>	<b>No. of Products: 13</b>							
Americano – 16 Oz	2	NA	NA	NA	NA	NA	NA	60
Americano –12 Oz	2	NA	NA	NA	NA	NA	NA	60
Cappuccino –16 Oz	162	8.8	5.4	12	12	NA	8.6	170
Cappuccino –12 Oz	150	8.1	5	11	11	NA	8	160
Espresso – 4 Oz	2	NA	NA	NA	NA	NA	NA	60
Filter Coffee With whole Milk (16 Oz)	32	1.9	1	2.2	2.2	NA	1.6	125
Filter Coffee With whole Milk (12 Oz)	22	1.3	0.7	1.5	1.5	NA	1.1	120
Flat White With whole Milk (8 Oz)	162	8.9	5.5	12	12	NA	8.8	170
Latte With whole Milk (16 Oz)	236	13	7.8	17	17	NA	13	220
Latte With whole Milk ( 12 Oz)	146	8	5	11	11	NA	7.9	160
Macchiato With whole Milk ( 4 Oz)	14	0.9	0.5	0.9	1	NA	0.7	70
Mocha With whole Milk (16 Oz)	311	14	8.4	34	33	2	14	260
Mocha With whole Milk (12 Oz)	236	9.5	5.9	29	28	2	10	160
<b>Hot Beverages</b>	<b>No. of Products: 10</b>							
Breakfast Tea – 16 Oz	113	6.1	3.8	8.3	8.2	NA	6.1	75
Breakfast Tea – 12 Oz	48	2.6	1.6	3.6	3.5	NA	2.6	35
Hot Chocolate With whole Milk (16 Oz)	390	16	10	46	45	3	17	180
Hot Chocolate With whole Milk ( 12 Oz)	290	11	7	39	37	3	11	115
Matcha Latte With whole Milk (16 Oz)	281	12	7.3	33	33	NA	12	150
Salted Caramel Hot Chocolate Hot with Whole Milk(12)oz	400	17	10	54	52	3	11	1360
Salted Caramel Hot Chocolate Hot with Whole Milk (16)oz	530	23	14	72	69	4	14	1810
Salted Caramel Mocha Hot with Whole Milk (12)oz	390	18	11	48	47	2	11	1430
Salted Caramel Mocha Hot with Whole Milk(16)oz	520	24	15	64	62	3	15	1910
Matcha Latte With whole Milk (12 Oz)	206	8.4	5.3	24	24	NA	8.4	105
Rose Tea Latte Hot with Whole Milk (12)oz	190	8	4.5	23	23	0	8	100
Rose Tea Latte Hot with Whole Milk (16)oz	250	10	6	31	30	0	10	130
<b>Tea</b>	<b>No. of Products: 10</b>							
Earl Grey Tea – 16 Oz	NA	NA	NA	NA	NA	NA	NA	NA
Earl Grey Tea – 12 Oz	NA	NA	NA	NA	NA	NA	NA	NA
Chai Latte With whole Milk (16 Oz)	202	6	3.5	33	31	3	6	50
Chai Latte With whole Milk ( 12 Oz)	160	4	2.5	25	30	3	4	25
French Rose Tea Latte With whole Milk ( 16 Oz)	195	7.9	5	23	23	NA	7.9	100
French Rose Tea Latte With whole Milk (12 Oz)	156	5.8	3.6	20	20	NA	5.8	75
Green Tea – 16 Oz	NA	NA	NA	NA	NA	NA	NA	5
Green Tea – 12 Oz	NA	NA	NA	NA	NA	NA	NA	NA
Peppermint Tea – 16 Oz	NA	NA	NA	NA	NA	NA	NA	5
Peppermint Tea – 12 Oz	NA	NA	NA	NA	NA	NA	NA	NA
<b>Frappe</b>	<b>No. of Products: 2</b>							
Chocolate – 12 Oz	516	25	16	55	47	3.2	16	150
Classic – 12 Oz	330	20	13	26	17	0.5	10	110
<b>Beverage Add Ons</b>	<b>No. of Products: 11</b>							
Caramel (15ml )	48	NA	NA	12	12	NA	NA	NA
Extra Shot X1 (14ml)	2	NA	NA	NA	NA	NA	NA	60
Extra Shot X2 (28ml )	3	0.5	NA	NA	NA	NA	NA	120
Extra Shot X3 (42ml )	5	0.5	NA	NA	NA	NA	NA	180
Make It Strong (14ml )	2	NA	NA	NA	NA	NA	NA	60
Hazelnut – Nut & Sugar Free (15ml )	6	NA	NA	1.6	NA	NA	NA	10
Hazelnut – Nut Free (15ml )	47	NA	NA	12	12	NA	NA	NA
Rose (15ml )	50	NA	NA	13	13	NA	NA	NA
Simple (15ml )	51	NA	NA	13	13	NA	NA	NA
Vanilla (15ml )	51	NA	NA	13	13	NA	NA	NA
Vanilla – Sugar Free (15ml )	6	NA	NA	1.5	NA	NA	NA	10
Whipped Cream (30ml )	101	11	6.9	0.9	0.9	NA	0.6	10
<b>Milks</b>	<b>No. of Products: 15</b>							
Organic Almond Milk (12 Oz)	86	2	0.5	18	8	NA	NA	55.0

Organic Almond Milk (16 Oz)	178	4	1.1	36	17	NA	NA	115.0
Organic Coconut Rice Milk ( 12 Oz)	107	1.8	1.8	23	14	NA	NA	90
Organic Low Fat Milk (12 Oz)	169	5.6	3.9	18	18	NA	12	180
Organic Low Fat Milk ( 16 Oz)	176	5.8	4	19	18	NA	12	190
Organic Low Fat Milk ( 4 Oz)	10	0.5	0.2	1	1	NA	0.7	10
Organic Low Fat Milk (8 Oz)	121	4	2.8	13	13	8.5	NA	130
Organic Oat Milk (12 Oz)	86	4.2	0.7	10	6.1	0.9	1.4	65
Organic Oat Milk (16 Oz)	159	4.7	1.8	27	14	2.9	1.1	150
Organic Soya Milk (12 Oz)	76	3.7	0.7	4.2	4.2	NA	6.5	NA
Organic Soya Milk (16 Oz)	158	7.6	1.5	8.7	8.7	NA	13	55
Organic Whole Milk (16 Oz)	234	13	8	17	17	NA	13	160
Organic Whole Milk (4 Oz)	13	0.7	0.4	0.9	0.9	NA	0.7	10
Organic Whole Milk ( 8 Oz)	161	8.8	5.5	12	12	NA	8.8	110
Organic Whole Milk (12 Oz)	225	12	7.7	16	16	NA	12	150
Iced Drinks	No. of Products: 25							
Iced Almond Caramel Latte With(16 Oz)	185	2.9	0.8	40	25	NA	NA	150
Iced Almond Caramel Latte With Almond Milk (12 Oz)	144	2.4	0.7	31	19	NA	NA	130
Iced Vanilla Oat Latte With Oat Milk (16oz)	173	3.7	1.4	33	23	2.2	0.9	170
Iced Vanilla Oat Latte With Oat Milk ( 12oz)	134	3.1	1.1	25	17	1.8	0.7	150
Iced Rice Coconut Flat White With Rice And Coconut Drink (12 Oz)	171	2	1.8	38	26	NA	0.5	60
Iced French Rose Tea Latte With whole Milk (16 Oz )	173	5.8	3.6	24	24	NA	5.8	75
Iced French Rose Tea Latte-12 Oz With whole Milk	137	4.7	3	19	19	NA	4.7	60
Iced Matcha Latte With whole Milk (16oz)	264	12	7.3	28	28	NA	12	150
Iced Matcha Latte With whole Milk (12oz )	206	8.4	5.3	24	24	NA	8.4	105
Iced Chocolate With whole Milk (16oz)	340	14	9	44	42	3	14	150
Iced Chocolate With whole Milk (12oz)	210	6	4	34	32	3	7	55
Iced Chai Latte With whole Milk (16oz)	64	3.5	2.2	4.7	4.7	NA	3.5	45
Iced Chai Latte With whole Milk (12oz)	29	1.6	1	2.1	2.1	NA	1.6	20
Iced Flat White With whole Milk (12oz)	227	12	7.7	16	16	NA	12	210
Iced Cappuccino With whole Milk ( 16 OZ)	147	7.9	4.9	11	11	NA	7.8	160
Iced Cappuccino With whole Milk ( 12 OZ)	108	5.8	3.6	8.2	8.3	NA	5.7	140
Iced Mocha With whole Milk (16 OZ)	237	9.4	5.8	27	28	1.9	9.5	170
Iced Mocha With whole Milk ( 12 OZ)	160	7	4.5	18	1	18	7	150
Iced Latte With whole Milk (16 Oz)	156	8.6	5.3	11	11	NA	8.4	170
Iced Latte With whole Milk (12 Oz)	110	6	4	8	8	NA	6	140
Iced Americano With whole Milk ( 16 Oz)	2	NA	NA	NA	NA	NA	NA	65
Iced Americano With whole Milk (12 Oz)	370	15	9	51	50	3	9	1340
Salted Caramel Hot Chocolate Iced with Whole Milk (12)oz	490	20	12	69	66	4	12	1790
Salted Caramel Hot Chocolate Iced with Whole Milk(16)oz	350	19	11	39	38	1	9	2040
Salted Caramel Mocha Iced with Whole Milk (12)oz	470	25	15	52	51	1	11	2730
Rose Tea Latte Iced with Whole Milk (12)oz	160	6	3.5	21	20	0	6	80
Rose Tea Latte Iced with Whole Milk (16)oz	210	8	5	27	27	0	8	105