

Regular	Energy KJ	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	Fibre(g)	Protein(g)	Salt(g)	Sodium(mg)
Hot Box Curries										
Butter Chicken Rice Bowl	3053	730	38	16	65	15	5	30	1.1	440
Indian Paneer Rice Bowl	2230	533	27	2.9	57	7.6	6.5	12	1.7	680
Thai Green Vegetable Curry Rice Bowl	2168	516	19	9.6	69	4.5	5	16	0.71	284
Chilli Con Carne Rice Bowl	2076	494	17	3.3	59	6.7	2.3	26	1.3	520
Brioche										
Feta & Spinach Brioche	2689	646	44	18	40	9.4	1.2	21	2	792.48
Chicken Sausage and Egg Brioche	1848	442	25	11	35	5.3	1.7	20	0.75	298.45
Egg & Bacon Brioche	1697	407	28	12	23	3.9	0.8	16	0.97	388
Egg Tomatoes Brioche	979	234	13	2.4	22	3	0.8	7.7	0.4	160
Egg Salmon Brioche	1577	378	23	6.4	24	3.5	1	18	2.2	880
Breakfast Baguettes										
Egg Mayo & Roasted Tomato Baguette	2758	659	30	5.8	71	1.1	6.5	22	3.9	1552.8
Smoked Salmon & Egg Mayo Baguette	2665	635	26	12	70	1.1	4.3	29	2.6	1043.5
Hot Croissants										
Cheddar & Tomato Hot Croissant	1461	350	21	14	29	4.6	1.7	9.8	0.84	336.81
Salmon & Egg Hot Croissant	1758	421	25	15	29	4.2	1.7	19	1.5	600
Rye Rolls										
New Yorker Rye Roll	1630	387	12	2.7	46	7.2	3.9	22	2.3	920
Veggie Deli Rye Roll	1840	439	19	8.8	47	8.4	4	19	2.9	1160
Breakfast										
Pret's Soya Porridge	792	189	6.7	0	20	10	3.4	10	0	0
Donuts										
Vanilla Donut	407.94	97.5	2.47	0.065	16.05	4.48	0.39	2.47	0.25	100
Pret Vegan Frank-O-nstein (from 24th to 31st October)	705.9	166.4	2.99	0.91	30.55	14.3	1.3	2.6	0.2535	143mg
Pret Vegan Jack-O-Lantern (from 24th to 31st October)	816.75	193.5	5.625	2.175	30	6.525	3	5.25	0.4875	202.5mg
Pret Vegan Yummy Mummy Here-O (from 24th to 31st October)	781.95	183.3	0.975	0.195	40.3	14.95	1.3	3.25	1.56	604.5mg
Pret Vegan Diwali Donut Here-O (from 1st to 14th October)	710.45	167.7	2.21	0.325	24.7	14.95	1.3	2.6	0.4485	162mg
Pret Vegan Festive Merry berry Here-O (from 15th to end of December)	542.1	128.05	1.95	0.26	9.75	11.05	1.3	1.95	0.325	130mg
Pret Vegan Festive Rudolph Choco (from 15th to end of December)	957.45	226.85	7.8	0.26	30.55	14.95	1.3	2.6	0.3575	143mg
Pret Vegan Festive Snowman Coconut (from 15th to end of December)	720.85	170.95	3.25	1.625	32.5	18.85	1.3	1.95	0.2535	136.5mg
Pret Vegan Rugby 7 Donut (Only on Rugby Event)	681	160.5	2.325	0.3	30	12.75	0.75	3	0.2925	165mg
Super Chocolate Donut	527.19	126	3.1	0.8	22.8	11.9	0.39	2.47	0.25	100
Cinnamon Donut	313.8	75	1.9	0.05	12.35	3.45	0.3	1.9	0.195	78
French Pastries										
Chocolate Chubk Cookie	1444	344	13	8.3	50	30	2.7	4.4	0.39	156.8
Fruit,Oat & Spelt Cookie	1356	323	13	7	46	26	2.7	5	0.26	102.4
Dark Chocolate & Almond Butter Cookie	1463	349	14	7.2	47	30	3.2	6	0.67	268.8
Double Berry Muffin	1632	389	18	1.8	51	30	1.3	5.8	0.61	243.8
Cheese Twist	1365	327	18	11.7	30.6	6.2	1.33	9.9	0.79	316
Tomato Twist	1293.3	308.7	15.3	9	33.3	7	2.9	8.1	0.8	327.6
Very Berry Croissant	1317	314	14	6.4	43	23	2.3	4.4	0.47	186.56
French Butter Croissant	1089	261	15	10	26	3.8	1.4	4.9	0.66	265.2
Almond Croissant	1211	289	14	9.1	32	9.6	2.2	6.7	0.73	292.32
Mince Pie	884	210	6.6	2.9	35	27	0.9	2	0.03	12.88
Gingerbread Man	854	203	5.2	2.7	35	10	1.1	3.2	0.15	60
Chocolate Croissant	1452	348	20	11	36	13	2.3	6.1	0.49	197.12
Pain Au Raisin	1442	345	18	8.5	39	18	1.7	6.1	0.62	248.32
Sausage and Onion Roll	2058	493	30	19	38	3.5	1.5	17	0.9	360
Chicken & Mushroom Turnover	2380	572	41	25	25	2.9	1.1	23	1.2	480
Bacon & Cheese Turnover	2648	637	48	28	27	3.7	1.3	25	1.8	720
Garlic & Parsley Swirl	1243	297	16.3	9.7	28.8	3	1.6	8.1	0.8	320
Savory Croissant- Mozzarella & Tomato	1486	357	23	13	23	3.1	1.6	13	1.2	480
Zaatar Croissants	983	236	14	6.6	23	5	2	4.6	0.8	320
Bowls/ Pots										
Five Berry Breakfast Bowl	1556	371	14	5.8	45	33	2.8	14	0.13	52.3
Berry Yoghurt Parfait	1047	250	11	4.8	24	15	1.7	12	0.12	45.76
Banana & Honey Bowl	1962	466	15	5.8	66	37	3.1	15	0.14	53.1
Cranberry Goodness Bowl	1731	414	23	11	40	23	1.4	11	0.21	84
Bircher Muesli Bowl	1417	338	12	5.3	40	22	4.7	15	0.13	53.19
Yellow Goodness Bowl	1646	394	20	9.4	37	18	3.7	16	0.27	106.6
Blue Goodness Bowl	1307	312	15	9.4	31	23	3.3	13	0.25	100
Pink Goodness Bowl	1405	337	20	9.4	23	15	3.2	15	0.26	104.2
Fruits										
Banana	457	108	0	0	24	22	1.7	1.4	0	0
Pomegranate Pot	334.7	80	1	0	19	14	4	2	0	0
Pear & Grapes	251	60	0	0	15	13	2	0	0	0
Mango & Lime	337	81	0	0	23	18	4	1	0	0
Superfruit Salad	292.88	70	0	0	20	16	4	1	0	0
Soup										
Malaysian Chicken Soup	868.0	206.5	7.0	2.1	24.5	4.2	2.8	9.8	3.2	1260.0
Carrot and Coriander Soup	603	144	6	3	15	9	3	6	1.3	528
Thai Red Chicken Curry Soup	1288	310	21	3.6	6.2	4.2	4.2	22	3	1196
Chicken Laksa	863	206	11	3.8	15	4.5	0	11	0.94	376
Chicken Shitake Miso Mushrooms	1564	371	23	4.1	7.5	4.9	3.8	23	3.4	1360
Veggie Tom Yum	911	225	17	7.5	15	3.8	3.8	3.8	0.49	196
Souper Tomato Soup	534	128	6.4	0	13	6.4	3.2	3.2	1.6	640
Chicken Multigrain Soup	576	137.6	2.9	0.8	20	2.5	3.6	7.4	1.9	774.6
Curried Lentil, Sweet Potatoe & Quiona Soup	454	108	3.9	0.2	14	2.3	3.4	3.1	1.3	520
Soup Bread	761	179	0.7	0	37	0.8	2.1	5.7	0.37	147
Rye Roll	923	218	1.3	0.2	42.3	5.4	3.4	7.5	0.907	362.8
Toasties										
Tuna Melt Toastie	2086	498	24	14	44	1.1	4.4	25	2.4	963.9
Chicken, Avocado & Basil Toastie	2863	684	33	23	47	1.1	6.2	46	2.5	1,008.28
Classic Cheese Toastie	2762	662	39	24	44	1.9	4.1	32	3.5	1,400.00
Salads										
Chef's Italian Chicken Salad	2080	501	36	6.6	15	7	3.1	27	1.4	565.5
Smoked Salmon & Avocado Salad	1813	437	33	3.9	13	4.3	5.3	20	2.4	960
Avocado , Mozzarella & Roasted Pepper Salad	2762	672	59	12	17	7.7	7.5	15	0.81	1400
Crayfish & Avocado Salad	1369	330	24	2.3	13	3.2	5.8	14	0.73	292.74

Chicken Tikka Salad Bowl	1329	316	9.6	2.3	39	25	3.4	17	1.7	680
Edamame	706	168	4.1	0.6	15	1.1	5.7	15	0.97	378
Egg & Avo Protein Pot	797	191	10	2.4	8.1	0	4.5	15	0.02	7.56
Chicken & Smashed Avo Protein Pot	1226	293	15	4.6	11	0.5	5.6	26	1.2	485.9
Granary										
Chicken Acocado Sandwich	1747	416	12	2.1	46	3.5	9.1	27	1.5	580.1
Summer Chicken Sandwich	2319	555	29	5.5	41	5	4.9	30	1.9	749.1
Tuna Mayo Sandwich	1931	462	25	3.8	39	4	4.8	19	2.1	846.2
Wild Crayfish and Rocket Sandwich	1429	340	9.9	1.9	39	4	5	21	1.2	493.5
Classic Super Club	2201	527	28	5.4	39	4.2	4.9	26	1.5	600
Mature Cheddar & Pickle Sandwich	2073	496	25	9.9	46	10	5.7	19	1.7	680.8
Cracking Egg Salad Sandwich	1913	458	25	4.5	40	5.1	5.1	17	1.7	676.4
Pret's Festive Lunch	2389	568	19	4.8	72	9.6	6.1	25	2.6	1040
Brie & Cranberry	3007	719	38	17	69	20	5.6	22	2.1	840
Beef and Horseradish Sandwich	1556	370	11	4.9	40	5	4.6	26	1.3	525
Smoked Salmon Sandwich	1757	419	19	8.5	38	3.3	4.5	23	3	1200
Baguettes										
Chicken Ceasar and Bacon Baguette	2838	676	24	7.3	72	2.8	7	38	2.7	1080
Tuna Mayo & Cucumber Baguette	2523	602	26	3.9	68	1.9	4.1	22	1.8	715.2
Posh Cheddar & Pickle Baguette	3439	821	36	12	90	10	10	29	4.8	1938
Chicken Salad Baguette	2512	598	23	6.3	69	2.2	4.5	27	1.7	683.6
Italian Beef Premium Baguette	2685	639	24	6.1	71	1.8	5.1	33	1.9	767
Salmon, Soft Cheese & Dill Baguette	2452	583	18	4.7	69	3.4	7.1	34	4.7	1880
Portobello Mushroom Toasted Baguette	2011	477	9.3	1.8	79	3.4	5.4	17	2.7	1078.49
Spicy Chicken Toasted Baguette	3037	722	22	6.4	85	7.6	9.5	41	3.3	1320
Kibbled Rye Salad Wraps										
Chicken Tikka Wrap	1780	423	11	3.4	52	17	4.1	26	1.8	709.92
Avocado & Herb Salad Wrap	1742	416	20	3.9	44	3.8	6.8	13	1.4	578.6
Flat Breads										
Avo & Chipotle Flatbread	1683	398	4.9	0.7	59	5.6	8	26	1.5	594.7
Tuna Flatbread	2152	514	25	3.6	51	5.5	4.3	18	1.8	723.71
Gluten Free Open Sandwich										
Pret's Multigrain Open Sandwich- Smashed Avo	984	235	9.1	1	25	2	10	7.9	1.2	490.2
Pret's Multigrain Open Sandwich-Smoked Samon & Soft Cheese	1201	287	13	3.4	20	4	6.6	20	2.8	1120
Hot Wraps										
Halloumi & Falafel Hot Wrap	2105	503	22	10	50	7	8.8	22	3.1	1243
Chipotle Chicken Hot Wrap	2224	530	21	9.1	46	7.6	5.5	36	2.7	1081.3
Meatball Hot Wrap	2182	520	21	8.6	49	7.9	3.5	31	3.2	1272.3
Drinks										
Cold Press Orange Juice	292.8	70	0	0	17	15	-	1	0	0
Cold Pressed Pomegranate Juice	878.6	210	3	0	47	34	-	4	0	10
Pineapple Powow	334.7	80	0	0	19	16	-	0	0	0
Root Reboot	251	60	0	0	16	11	-	1	0	85
Pink Lemonaid	168	40	0	0	9	7	0	0	0	10
Blue Lemonaid	190	45	0	0	11	8	0	0	0	10
Black Lemonaid	125	30	0	0	8	6.3	0	0	0	70
Essential Green	209.2	50	0	0	11	8	-	-	0	60
Sunny Dayz	334.7	80	1	0	19	14	-	-	0	0
Ginger Shot	83.68	20	0	0	5	3	-	0	0	0
Tumeric Shot	188.28	45	0	0	10	4	-	0	0	0
San Pellegrino 500ml	0	0	0	0	0	0	0	0	0	30
Aqua Morelli Still	0	0	0	0	0	0	0	0	0	2.9
Eira Small	0	0	0	0	0	0	0	0	0	1
Eira Large	0	0	0	0	0	0	0	0	0	1.4
Aqua Morelli Still	0	0	0	0	0	0	0	0	0	2.9
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
Nai's- Jasmine White Tea	125.5	30	0	0	7	6.8	0	0	0	4.2
Na's Hibiscous Flower Tea	125.5	30	0	0	7	6.8	0	0	0	4.2
Nai's Moroccan Mint Tea	125.5	30	0	0	7	5.5	0	0	0	4.2
Nai's Ginger Green Tea	125.5	30	0	0	7	5.9	0	0	0	4.2
Coconut Water	585.7	140	0	0	34	32	1	1	0.1	50
Snacks & Desserts										
Sea Salt Crisps	2169	519	28.8	2.4	58.6	0.2	2.5	5.1	1.2	480
Mature Cheddar Crisps	2083	499	27.2	3.1	53.8	2.3	4.9	7.9	1.1	440
Sweet Chilli Crisps	2169	519	28.8	2.4	58.6	4.5	2.5	5.1	1.1	440
Pret Nuts , Fruits & Chocolate	808	195	14	2.2	9.4	8.6	2.4	6.4	0.01	4
Hazelnut Truffle	605.36	146.28	12.19	7.13	6.9	5.98	0	1.426	0.0023	0.92
Pret Dark Chocolate Almonds	892	215	15	5.3	12	7.9	3.5	5.5	0.2	80
Cranberries in Coats	1012	242	11	6.3	34	30	1.2	0.5	0.1	40
Espresso Mocha Protein Ball	238.4	57	2	0	8	5	-	3	-	-
Coco-nut Protein Ball	230.1	55	1	0	8	6	-	3	-	-
Pret a Mango	493	116	0.315	0.1	28.5	13.5	-	0.6	0.01	4
Choc Bar	2075	498	32.4	19.4	45.5	35	-	4.5	0.45	180
Popcorn Bar	719	172	8	4.7	22.8	13.9	0.7	1.7	0.09	36
Love Bar	1947	465	24.5	12.2	54.1	31	-	5.6	0.61	244
Honey Cake	1506	360	20.6	14.6	41.6	30.1	0.5	4	0.4	181.2
Vegan Lotus Biscoff Cake	1450	346.6	18.4	0.25	50.3	18.75	1.39	4.25	0.65	200.8
Chocolate Brownie	2023	485	29.5	18	46.7	43.5	-	6.6	0.11	44
Delivery										
Cookie Platter Large (1.6 kg)	28881	6886	284	148	956	563	55	99	10.4	4144
Cookie Platter Small (640 g)	11553	2755	115	57	377	222	22	41	4.4	1,760
Bar Platter(330 g)	6631	1589	98	57	158	123	-	19	1.2	475.2
Baguette Platter (1.52 kg)	16656	3962	128	47	497	26	50	181	20.3	8,132
Best of Pret Platter (1.08 kg)	8800	2098	83	41	216	26	29	107	7.1	2,851.20
Tuna Salad Platter (1.41 kg)	7265	1749	129	17	35	22	10	106	4.1	1,635.60
Chef Salad Platter (1.3 kg)	8321	2002	146	26	60	28	12	107	5.7	2,262
Sweet Pastry Selection Box (968 g)	15577	3728	206	120	391	126	22	67	7.1	2,855.60
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	854
Choc Chunk Cookie Bag (400 g)	7218	1720	67	42	251	148	14	22	2	784
Crisps Selection(320 g)	6790	1626	90	8.7	178	6.7	12	19	4.3	1,728

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	159.8
Pumpkin Spiced Latte - Full Fat Milk	1074	225	8.6	5.3	36	36	0.5	8.1	0.45	180
Pumpkin Spiced Latte - Low Fat Milk	920	218	4	2.4	37	36	0.5	8.5	0.45	180
Pumpkin Spiced Latte - Soy Milk	886	210	5.2	1	31	31	2	9	0.5	200
Pumpkin Spiced Latte - Almond Milk	1011	239	3.8	0.7	49	36	1	1.7	0.33	132
Pumpkin Spiced Latte - Coconut Milk	988	234	3	2.4	50	35	2.2	0.5	0.37	148
Pumpkin Spiced Latte - Oat Milk	1060	252	6.4	0.7	45	38	1.7	2.2	0.35	140
Gingerbread Latte Full Fat Milk	777	186	8.6	5.3	19	18	1.1	8.1	0.45	180
Gingerbread Latte Skimmed Milk	624	148	4	2.3	19	19	1.1	8.5	0.45	180
Gingerbread Latte Soy Milk	590	141	5.2	1	13	13	2.5	9	0.49	196
Gingerbread Latte Almond Milk	715	170	3.8	0.7	31	18	2.3	1.3	0.33	132
Gingerbread Latte Oat Milk	536	128	3.8	0.5	21	7.2	4	0.6	0.35	140
Gingerbread Latte Coconut Milk	750	177	2.3	1.7	37	23	1.9	0.9	0.33	132
Gingerbread Iced Latte Full Fat Milk	777	186	8.6	5.3	19	18	1.1	8.1	0.45	180
Gingerbread Iced Latte Skimmed Milk	624	148	4	2.3	19	19	1.1	8.5	0.45	180
Gingerbread Iced Latte Soy Milk	590	141	5.2	1	13	13	2.5	9	0.49	196
Gingerbread Iced Latte Almond Milk	715	170	3.8	0.7	31	18	2.3	1.3	0.33	132
Gingerbread Iced Latte Oat Milk	536	128	3.8	0.5	21	7.2	4	0.6	0.35	140
Gingerbread Iced Latte Coconut Milk	750	177	2.3	1.7	37	23	1.9	0.9	0.33	132
Filter- Black	83	20	0	0	0.8	0	0	4.1	0.05	21.7
Filter- White	242	57	2.1	1.3	3.6	2.8	0	6.1	0.13	49.6
Americano Black	6	1	0	0	0	0	0	0	0.13	49.5
Americano White	45	11	0.6	0.3	0.7	0.7	0	0.5	0.15	590.7
Pret's Matcha Latte	697	167	9.1	5.7	12	12	0.5	8.9	0.34	132
Pret's Chai Latte	1118	267	13	9	25	24	0	12	0.54	216
Latte	725	173	9.7	6	13	13	0	9	0.49	194.7
Cappuccino	630	151	8.2	5.1	11	11	0	7.7	0.42	168
Mocha	912	218	11	6.6	20	18	1	10	0.54	217.8
Organic Chocolate	1020	243	11	6.6	26	22	2	10	0.46	185.2
Macchiato	35	8	0.5	0.3	0.5	0.5	0	0.5	0.13	85
Flat White	534	128	7.1	4.4	9.2	9.2	0	6.7	0.38	150
Rice Coconut Milk	256	61	0.8	0.8	13	7.7	0	0.2	0.13	52
Almond Milk										
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- 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	0.16
Hot Tea- Green	2	1	0	0	0	0	0	0	0	0
Hot Tea- Peppermint	5	1	0	0	0.5	0	0	0	0	0
Iced Latte	745	178	9.9	6.2	13	13	0	9.3	0.48	191.4
Iced Americano	6	1	0	0	0	0	0	0	0.12	46
Iced Filter	479	114	5.3	3.3	7.7	6.9	0	9	0.24	93.5
Iced Mocha	568	138	6.1	3.7	14	12	1	5.7	0.37	149
Iced Chocolate	729	174	6.7	4.2	21	17	2	6.5	0.32	129.2
Iced Chai Latte	753.12	180	0	0	33	31	0	7	0.3	115
Iced Matcha Latte	418	100	5.3	3.3	7.1	6.9	0.8	5.6	0.2	79.04
Iced Spanish Latte	1340	319	12	7.8	40	38	0	12	0.4	159.8
Syrup Vanilla	429	101	0	0	25	25	-	0	0	3.6
Syrup Caramel	404	95	0	0	24	24	-	0	0	3.6
Syrup Salted Caramel	1381	325	0	0	80.4	80.3	0	0	1	400
Classic Frappe	1266	299	3.6	2.2	63	28	0	3.3	0.43	172.2
Salted Caramel Frappe	1165	276	6.1	3.9	49	32	0	5.8	0.47	188
Chocolate Frappe	1960	465	10	6.4	80	49	6	10	0.7	278.2
Berries & Cherries Smoothie	981	231	0	0	55	19	3.2	1	0.02	8
Sweet Greens Smoothie	836	197	0	0	46	11	4.2	1	0.02	8
Tropical Mango Smoothie	921	217	0	0	51	17	4.2	1	0.02	8
CPG goods										
Espresso (200g Whole Bean) - per 100gm	832	196	0	0	8.2	0	0	41	0.41	162
Classic Blend Ground Coffee 200g- per 100gm	832	196	0	0	8.2	0	0	41	0.41	162
Peru Single Origin (200g Ground) - per 100gm	832	196	0	0	8.2	0	0	41	0.41	162