

Date: 10 Feb 2026

<b>BREAKFAST ROLLS</b>	<b>Energy Kcal</b>	<b>Protein(g)</b>	<b>Fat(g)</b>	<b>Sat. Fat(g)</b>	<b>Fiber(g)</b>	<b>CHO(g)</b>	<b>Sugar(g)</b>	<b>Sodium(mg)</b>
EGG & PULLED BEEF BUN (200g)	428.59	21.34	15.43	6.58	3.35	49.73	5.42	1496.16
PRET'S VEGGIE ROLL (210g)	366.16	17.33	11.2	4.33	3.61	47.51	4.67	997.05
EGG & CHIPOTLE BUN (205g)	412.2	21.04	16.36	7.12	2.66	43.39	4.43	766.92
<b>COLD BAGUETTES</b>								
CHICKEN CAESAR & BACON BAGUETTE (235g)	615.65	26.5	30.63	6.09	4.65	56.03	2.7	874.05
EGG & AVO BAGUETTE (250g)	599.78	19.26	30.48	5.66	7.36	63.02	3.42	1216.86
EGG & AVO SLIM BAGUETTE (125g)	299.89	9.63	15.24	2.83	3.68	31.51	1.71	617.86
TUNA MAYO & CUCMBER BAGUETTE (250g)	519.62	22.92	21.57	3.31	2.8	57.6	3.09	1257.79
TUNA & CUCUMBER SLIM BAGUETTE (300g)	786.76	32.34	22.56	3.48	5.14	111.58	5.23	1847.64
TURKEY & CHEESE BAGUETTE (220g)	485.77	23.17	17.18	4.09	4.91	57.73	4.84	1017.46
PESTO CAPRESE (110g)	327.5	12.18	17.35	5.71	1.94	29.77	3.53	474.91
POSH CHEDDAR & PICKLE BAGUETTE (210g)	595.15	21.08	24.78	9.02	4.59	71.73	16.03	886.02
<b>CROISSANTS</b>								
HALLOUMI & ZAATAR CROISSANT (140g)	466.64	17.88	27.61	17.6	2.17	35.83	1.18	675.54
MOZZARELLA & TOMATO CROISSANT WITH TOMATO SLICE	375.7	13.02	24.56	13.86	2.02	24.9	4.22	508.52
MOZZARELLA & TOMATO CROISSANT (108 g)	371.3	12.84	24.49	13.85	1.76	24.01	3.64	507.64
TURKEY & CHEESE CROISSANT (145g)	491.53	22.48	29.91	17	1.96	32.09	0.39	802.85
EGG & MUSHROOM HOT CROISSANT(180g)	505.51	17.58	32.58	19.8	2.33	34.24	1.22	580.22
QUATTRO FORMAGGI CROISSANT (140g)	502.87	20.36	32.08	20.96	1.88	32.3	0.7	582.5
<b>FRUIT POT</b>								
MANGO & LIME POT (125g)	73.5	1.01	0.47	0.11	2.06	18.53	16.52	1.3
SUPER FRUIT SALAD POT (155g)	95.86	1.33	0.88	0.16	3.51	22.15	13.01	2.28
POMS POT (125g)	91.3	1.84	1.29	0.13	4.4	20.57	15.07	3.3
CANTALOUPE MELON & BLUEBERRY POT (150g)	49.92	1.1	0.27	0.06	1.34	12.11	11.05	36.16
WATERMELON & LIME POT (170g)	46.5	0.95	0.24	0.03	0.86	12	9.16	1.65
<b>GRANARY</b>								
CHICKEN AVOCADO & BASIL (245g)	548.91	20.75	31.15	5.02	9.41	44.31	3.7	997.91
CLASSIC SUPER CLUB GRANARY (210g)	424.09	20.98	19.74	3.08	5.42	40.14	3.58	565.22
EGG MAYO & TOMATO GRANARY (190g)	414.02	15.68	20.16	4.19	5.26	39.65	4.22	671.7
MATURE CHEDDAR & PICKLE GRANARY (210g)	485.03	19.02	23.4	9.41	6.29	46.96	8.83	789.35
TUNA & JALAPENO SANDWICH (245g)	580.81	28.23	33.26	5.13	5.6	39.84	3.55	1023.41
<b>HOT BAGUETTE</b>								
CHICKEN PESTO BAGUETTE (260g)	762.61	35.47	36.36	12.56	4.76	63.77	7.16	1388.49
CHIPOTLE MOZZARELLA BAGUETTE (180g)	441.07	19.28	12.88	5.3	5.78	62.4	7.05	613.43
<b>HOT BOXES</b>								
ARRABIATA PENNE (320g)	356.14	13.98	11.46	4.7	4.5	48.7	6.64	1176.71



TIRAMISU (100g)	298.87	4.7	24.34	15.41	1.38	14.36	10.98	39.89
CHOCOLATE MOUSSE (130g)	537.6	8.29	33.05	20.12	2.51	50.16	46.73	68.53
<b>Viennoiserie &amp; Sweet Crossiants</b>								
French Butter Croissant (100g)	409	9	23	16	2	39	6	380
Almond Croissant (100g)	425	9	24	12	2.9	42	14	240
Chocolate Crossiant (100g)	407	7	24	14	4.3	38	18	190
Cinnamon Danish (100g)	372	6	19	11.8	2.2	43	21	363
<b>Cookies &amp; Muffins</b>								
Choc Chunk Cookie (100g)	427	5.5	16.3	9.8	3.1	63	35	211
Dark Choc & Almond Cookie(100g)	438	7.8	18	9	4	59	36	330
Double Blueberry Muffin (100g)	355.8	5.3	17.4	2.05	2.8	24.6	24.6	228
<b>Cakes</b>								
English Vanilla Cake (100g)	428.64	6.34	23.44	14.14	0.54	48.2	29.74	197.8
English Marble Cake (100g)	436.44	6.8	23.98	14.14	0.54	48.48	29.74	197.8
Carrot Cake (96g)	290	4	12	1.5	1	42	29	230
<b>Bars &amp; Packs</b>								
Love Bar (Per100g)	497	5.4	25.7	12.8	4.3	58.8	29.7	230
Popcorn Bar (Per100g)	504	5.1	23.5	13.8	2.1	67.1	40.9	102
Choc Bar (Per 100g)	542	4.5	33.6	20.2	4.5	53.3	32.4	183
Chocolate Almonds (per 100g)	565	14.4	39.8	14	9.2	32.7	20.7	211
Brownie Bar (100g)	493	6.1	30.6	19.1	4.3	46.2	39	60.9
Pret A Mango (Per100g)	339	2.1	0.4	0.1	5.1	77	50	40
Cranberry in Coats (100g)	483	1.1	22.3	12.6	2.4	68.3	60.3	76.7
<b>Chips</b>								
Pret Chips Seasalt & Black Pepper (25g)	130	2	7.8	3.6	1.5	14.1	0.1	93.4
Pret Chips Seasalt & Cider Vinegar (25g)	131	1.9	8.1	3.8	1.4	13.7	0.1	94.9
Pret Chips Cheese & Chives (25g)	128	2	7.5	3.5	1.5	14.1	0.6	92.4
<b>Water</b>								
Water - Aquafina	0	0	0	0	0	0	0	0
Water - Evian	0	0	0	0	0	0	0	0
Perrier Sparkling Water	0	0	0	0	0	0	0	0
<b>Frappe</b>								
Frappe - Mocha (16Oz)	327	9.24	7.57	4.95	1.23	55.07	40.9	175.57
Frappe - Classic (16Oz)	313	7.04	7	4.6	0.18	60.65	34.87	144.73
<b>Iced Drinks</b>								
Chocolate With whole Milk (16 oz) Iced	340	14	14	9	3	44	42	150
Chocolate With whole Milk (12 oz) Iced	210	7	6	4	3	34	32	55
Cappucino With whole Milk (16 oz) Iced	147	7.8	7.9	4.9	0	11	11	160

Cappucino With whole Milk (12 oz) Iced	108	5.7	5.8	3.6	0	8.2	8.3	140
Mocha With whole Milk (16 oz) Iced	237	9.5	9.4	5.8	1.9	27	28	170
Mocha With whole Milk (12 oz) Iced	160	7	7	4.5	18	18	1	150
Latte With whole Milk (16 oz) Iced	156	8.4	8.6	5.3	0	11	11	170
Latte With whole Milk (12 oz) Iced	110	6	6	4	0	8	8	140
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(16 oz) Iced	330	10	16	4.5	0	37	35	280
Spanish Latte with Whole Milk(12 oz) Iced	250	8	12	3.5	0	28	27	210
Matcha Latte With Coconut Milk (16 oz) Hot	273	1	3	3	0	63	45.5	0
Matcha Latte With Coconut Milk (12 oz) Hot	182	0	2	2	0	40	28	0
<b>Hot Drinks</b>								
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	8.6	8.8	5.4	0	12	12	170
Cappuccino (12 oz)	150	8	8.1	5	0	11	11	160
Espresso (4 oz)	2	0	0	0	0	0	0	75
Espresso Decaf (4 oz)	0	0	0	0	0	0	0	75
Flat White With whole Milk (8 oz)	162	8.8	8.9	5.5	0	12	12	170
Cortado with whole milk (100 ml)	34	2	2	1	0	2	2	23
Latte With whole Milk (16 oz)	236	13	13	7.8	0	17	17	220
Latte With whole Milk (12 oz)	146	7.9	8	5	0	11	11	160
Macchiato With whole Milk (4 oz)	14	0.7	0.9	0.5	0	0.9	1	70
Mocha With whole Milk (16 oz)	311	14	14	8.4	2	34	33	260
Mocha With whole Milk (12 oz)	236	10	9.5	5.9	2	29	28	160
Spanish Latte Traditional with Whole Milk- (16 oz) Hot	410	15	20	7	0	43	42	260
Spanish Latte Traditional with Whole Milk- (12 oz) Hot	310	11	15	6	0	32	31	190
Hot Chocolate With whole Milk (16 oz) Hot	390	17	16	10	3	46	45	180
Hot Chocolate With whole Milk (12 oz) Hot	290	11	11	7	3	39	37	115
Matcha Latte With Coconut Milk (16 oz) Hot	300	1	3	3	0	69	50	0
Matcha Latte With Coconut Milk (12 oz) Hot	200	0	2	2	0	44	31	0
<b>Hot Tea</b>								
Ceylon Tea - 16 oz	2	0	0	0	0	1	0	0
Earl Grey Tea - 16 oz	2	0	0	0	0	1	0	0
Green Tea - 16 oz	1	0	0	0	0	0	0	7
Peppermint Tea - 16oz	1	0	0	0	0	0	0	9
<b>Beverage Add Ons</b>								
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
Simple Syrup (15ml)	51	0	0	0	0	13	13	0
Hazelnut Syrup (15ml)	47	0	0	0	0	11.8	11.74	0.2
Vanilla Syrup (15ml)	50.7	0	0	0	0	12.74	12.59	0.15
Caramel Syrup (15ml)	48.9	0	0	0	0	12	12	0.26
Whipped Cream (30ml)	100	0.6	11	6.9	0	0.9	0.9	5
<b>Milk &amp; Alternative Milk</b>								
Organic Almond Milk (100ml)	56	0.5	1.5	0.3	0.5	10	4.7	55
Organic Coconut Milk (100ml)	29	0.2	0.7	0.7	0.2	5.2	4.2	50
Organic Low Fat Milk (100ml)	47	3.5	1.5	1	0	4.8	4.8	44
Organic Oat Milk (100ml)	49	0.5	2.3	0.3	1	6.2	4.6	40
Organic Soya Milk (100ml)	45	3.7	2.1	0.4	0.6	2.4	2.4	0.15
Organic Whole Milk (100ml)	65	3.5	3.5	4.8	0	4.8	4.8	44
<b>Cold Drinks</b>								
Pepsi Regular (100ml)	27	0	0	0	0	7	7	10
Pepsi Diet (100ml)	0	0	0	0	0	0	0	20
Seven-up (100ml)	44	0	0	0	0	11	11	23
Heineken Non-Alcohol Beer (250ml)	52.5	0	0	0	0	12	3.3	0
Harvest Coconut Water (500ml)	95	0	0	0	0	23	16.5	198
Apple Fizz (330ml)	104	0	0	0	0	26	25	32
Grape & Elderflower (330ml)	98	0	0	0	0	24	24	0
Rhubarb Lemonade (330ml)	107	0	0	0	0	27	27	32
Perrier Magnetic Juice-Strawberry & Kiwi (100ml)	13	0	0	0	0	3	2.6	0
Perrier Chic Rosellini (100ml)	11	0	0	0	0	2.4	2.3	1
Perrier Chic Lemonjito (100ml)	18	0	0	0	0	1.9	1.9	5
<b>RICE BOWL</b>								
Chicken Biryani (418g)	842.71	61.55	27.97	8.69	15.57	60.23	15.02	1576.5
Butter Chicken (510g)	819.14	70.39	22.27	8.43	17.17	65.74	16.33	3640.29
<b>SALAD SHAKER</b>								
CHARRED CORN (145g)	198.86	6.07	14.15	4.18	2.61	13	5.12	513.23
BEETS & FETA (130g)	80.04	2.84	3.7	0.33	2.03	9.63	1.84	348.79
<b>PROTEIN WRAP</b>								
CHIPOTLE EGG & TURKEY (205g)	508.37	33.97	37.9	11.98	7.52	20.27	2.77	1250.38
MEDITERRANEAN EGG & ZAATAR (195g)	428.43	31.12	28.16	10.43	6.87	10.3	4.98	564.51
<b>ARABIC DESSERTS</b>								
HONEY COCONUT RICE PUDDING (165g)	447	9	20.6	13.62	2.12	58.37	19.43	113.38
UMALI LOTUS (160g)	439.05	9.24	22.07	12.27	3.16	5.14	15.16	247.09