





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
Grapefruit Green Tea	440	104	0	0	23	21	1	1	0.05	20
Grapefruit Iced Green Tea	440	104	0	0	23	21	1	1	0.05	20
Grapefruit Tea	440	104	0	0	23	21	1	1	0.05	20
Grapefruit Iced Tea	440	104	0	0	23	21	1	1	0.05	20
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
Eggnog Latte (Hot)	1121	267	9.9	6.2	35	35	0	9.3	0.49	196
Eggnog Latte (Iced)	830	197	6.1	3.8	30	30	0	5.7	0.36	144
Pumpkin Spiced Chai Latte (Hot)	1150	274	9.7	6	37	36	0.5	9.1	0.49	196
Pumpkin Spiced Chai Latte (Iced)	828	197	5.4	3.3	32	31	0.5	5.1	0.35	140
Pumpkin Spiced Chai Latte (Hot)	1150	274	9.7	6	37	36	0.5	9.1	0.49	196
Pumpkin Spiced Chai Latte (Iced)	828	197	5.4	3.3	32	31	0.5	5.1	0.35	140
Mince Pie Latte (Hot)	1102	262	9.9	6.2	34	34	0	9.3	0.49	196
Mince Pie Latte (Iced)	785	186	5.7	3.5	28	28	0	5.3	0.34	136
Americano White	45	11	0.6	0.3	0.7	0.7	0	0.5	0.15	60
Pret's Matcha Latte	697	167	9.1	5.7	12	12	0.5	8.9	0.34	136
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	196
Cappuccino with Pret Chocolate	630	151	8.2	5.1	11	11	0	7.7	0.42	168
Mocha with Pret Chocolate	912	218	11	6.6	20	18	1	10	0.54	217.8
Organic Pret Chocolate	1020	243	11	6.6	26	22	2	10	0.46	185.2
Cappuccino with Zuma	628	150	8.3	5.1	11	11	0	7.7	0.41	164
Mocha with Zuma	895	214	11	6.7	19	18	0	10	0.48	192
Organic Chocolate	986	235	11	6.9	24	23	0	10	0.34	136
Macchiato	35	8	0.5	0.3	0.5	0.5	0	0.5	0.13	52
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- Breakfast	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
Cherry Blossom Iced Tea	388	91	0	0	22	22	0	0	0.14	56
Spiced Peach Iced Tea	517	122	0	0	30	30	0	0	0.03	12
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 Filter	479	114	5.3	3.3	7.7	6.9	0	9	0.24	96
Iced Mocha with Pret HC	568	138	6.1	3.7	14	12	1	5.7	0.37	149
Iced Chocolate with Pret HC	729	174	6.7	4.2	21	17	2	6.5	0.32	129.2
Iced Mocha with Zuma	552	132	6.3	3.9	13	12	0	5.9	0.31	124
Iced Chocolate with Zuma	696	166	7.1	4.4	19	18	0	6.7	0.2	80
Iced Cappuccino with Zuma	477	114	5.8	3.6	9.9	9.7	0	5.4	0.31	124
Iced Chai Latte	753.12	180	0	0	33	31	0	7	0.3	120
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	375.25	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
Syrup Rose - Sweetbird 25ml	385.75	90.75	0	0	22.0	22.0	0.025	0	0.0075	0
Syrup Caramel	404	95	0	0	24	24	-	0	0	0
Classic Frappe	1266	299	3.6	2.2	63	28	0	3.3	0.43	172
Salted Caramel Frappe	1184	280	6.1	3.9	50	33	0	5.8	0.62	248
Chocolate Frappe with Pret HC	1960	465	10	6.4	80	49	6	10	0.7	278.2
Chocolate Frappe with Zuma	1859	441	12	7.3	73	53	0	11	0.33	132
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