		ALL VALUES PER 100g UNLESS STATED									
Product name	**Size**	**Energy KJ**	**Energy Kcal**	**Protein(g)**	**Fat(g)**	**Sat. Fat(g)**	**CHO(g)**	**Sugar(g)**	**Fibre(g)**	**Salt(g)**	**Sodium(mg)**
Pret's Hot											
Ciabatta											
All Day Breakfast Ciabatta	307g	991	237	12	13	4.7	17	1.8	0.9	1.7	760.5
Chipotle Mozzarella Ciabatta	241g	843	201	9.1	7.6	4.2	23	0.9	1.5	1.3	539.4
Grilled Teriyaki Chicken Ciabatta	323g	726	173	11	5.5	0.9	19	1.3	1.2	1.1	426.8
Brioche											
Bacon, Egg and Cheese Brioche Toast	207 g	1400	336	13	24	9.9	18	3.6	1	1.1	451.7
Grilled Teriyaki Chicken Brioche Toast	288 g	792	189	12	8.4	2.8	16	3.6	1.1	0.67	267.8
Hot Croissant											
Cheddar & Tomatoes Hot Croissant	136 g	1238	308	9.5	19	12	24	4.5	1.6	0.76	303.4
Ham & Greve Hot Croissant	123 g	1420	340	13	20	13	26	4.3	1.6	1.2	477.1
Bacon, Cheese and Tomato Hot Croissant	138g	1385	332	14	22	13	19	3.1	1.2	1.6	627.4
Hot Wraps											
Hot Wrap - All Day Breakfast	245 g	1120	269	12	17	5.5	16	1.7	1.2	0.97	389.1
Hot Wrap - Chipotle Chicken	267 g	776	185	11	6.9	2.8	19	1.9	1.5	0.48	193.8
Hot Wrap - Italian Style Chicken & Basil	263 g	776	185	13	7.3	3.5	16	2.3	1.5	0.61	243.5
Hot Wrap - Spicy Mediterranean	226 g	841	201	8.4	8.9	3.9	21	2	1.7	0.67	269
Toasties											
Brie & Caramelised Onion Toastie	205 g	1228	294	13	16	9	23	1.5	2.4	1.2	469.30
Brie, Avocado & Tomato Toastie	240 g	919	220	7.1	12	5.5	19	0.6	2.7	0.79	314.20
Classic Cheese Toastie	196 g	1229	294	15	15	7.6	24	0.9	2.5	1,3	521.1
Ham, Cheese & Mustard Toastie	204 g	1035	247	15	10	4.6	22	0.8	2.3	1.6	642.8
Cheesy Italian Chicken Toastie	279g	747	178	12	6	2.6	18	2.7	2	0.82	326.6
Granary											
Granary - Chicken Avocado	241 g	851	203	9.9	9.5	2.2	18	1.4	2.5	0.43	173
Granary - Classic Super Club	270 g	841	201	9.4	10	1.8	17	2.1	1.7	0.68	272
Granary - Cracking Egg Salad	259 g	753	180	7.2	8.6	1.6	17	2	1.8	0.54	216.7
Granary - Ham & Cheese	205 g	1209	289	14	16	9.6	21	1.4	1.9	1.2	487.5
Granary - Mature Cheddar	257 g	880	210	7.7	9.7	3.7	22	5.5	2.1	0.74	294.1
Granary - Smoked Trout & Soft Cheese	240 g	858	205	9.6	10	4.4	18	1.8	1.6	1.1	448.9
Granary - Ham & Cheddar Sandwich	302g	789	188	12	8.3	4.3	16	1.8	1.6	1	402.7
Granary- Brie, Cranberry & Pine Nuts	217g	1056	252	8.5	12	5	26	8	2.9	0.68	270.7
Baguettes											
Baguette - Chicken Caesar	244 g	1158	276	15	12	2.5	26	2.3	2.6	1.2	479
Baguette - Ham & Greve	261 g	930	221	13	6.4	2.8	27	2.1	2	1.5	593.8
Baguette - Posh Cheddar & Pickle	255 g	1123	268	11	12	4	29	5.5	2.7	1.1	435.7
Baguette- Prosciutto & Rocket Panini	245g	967	231	7.6	11	1.9	25	3.3	1.3	1.1	432.3
Baguette- Egg Salad and Cucumber Panini	236g	958	229	8.7	10	1.9	25	2.6	1.1	8.7	312.8
Baguette- Ham & Cheese Panini	226g	1248	298	14	15	8.8	27	2.5	1.1	1.3	510.8
Cold Wraps											
Salad Wrap - Avocado and Herb	253 g	860	206	5.2	13	2.7	16	1.8	2.5	0.4	161.2
Salald Wrap - Chicken & Rocket	269 g	598	142	8.8	4.8	1.1	15	2	1.5	0.34	134.2
Salad											
Chef's Chicken Salad	196	579	139	8.5	10	1.8	2.6	1.4	0.6	0.67	268.8
Salads Pots											
PP - Egg & Spinach	112 g	548	132	13	8.7	2.4	0	0	0	0.38	150.7
PP - Smoked Trout & Spinach	114 g	535	128	12	8.3	1.8	0.7	0.7	1.1	0.87	349.8
PP - Chicken Edamame	155g	812	195	16	12	1.9	4.9	1.6	2.1	0.55	219.7
Fruits											
Apple (per piece)		358	85	0.6	0.2	0.1	18.9	18.9	0	0	
Banana (per piece)		258	62	0.7	0.2	0.1	13.9	12.1	0	0	
Dragon Fruit & Kiwi - 170g	170 g	433	103	1.8	0.5	0	20	4.2	4.9	0	
Mango & Lime	170 g	231.5	54.6	0.6	0.2	0.1	12.7	12.3	2.3	0	2
Melon & Blueberries	170 g	174.3	41.4	0.9	0.3	0	7.9	5.9	1.9	0	7.9
Melon Trio - 150g	150 g	177	42	0.8	0	0	7.9	7.9	2	0.04	
Super Fruit Bowl	170g	225	53	0.8	0.6	0	9.7	9.5	1.9	0	2.4
Pastries											
Almond Croissant	87 g	1791	429	9	24.2	12.3	42.3	13.6	2.9	0.64	
Chocolate Croissant	87 g	1867	447	7.4	25.4	14.3	45.7	17.3	3	0.6	
Pain aux Raisins	113 g	1343	320	5.9	14.4	9.4	41	18.6	1.6	0.7	
Plain Croissant	67 g	1756	421	9.1	24.5	15.9	398	6.2	2.3	1.1	
Very Berry Croissant	88 g	1497	357	5	15.4	7.3	48.3	25.6	2.6	0.5	
Mozzarella & Tomato Croissant	100 g	1358	326	11.9	21.4	11.3	20.7	2.7	1.5	1	
Blueberry Muffin	95 g	1493	356	4.2	17	2.2	46	32	1.3	0.67	
Chocolate Muffin	95 g	1894	453	5.7	25	4.2	50	39	2.8	0.62	
Chocolate Chunk Cookie	85 g	1543	367	4.7	14.1	8.8	54.4	28.8	2.2	0.4	
Mediterranean Veggie Basket	110 g	1213	291	5.5	18.9	10	23.8	2.5	1.9	1.4	
Cinnamon Filled Swrill	110 g	1623	388	8.7	20.3	13.3	41.3	12.6	2.7	0.78	
Bowls/ Pots											
Banana & Honey Breakfast Bowl	195 g	872	207	4	5.4	2.9	34	11	2.2	0.09	37.9
Bircher Muesli	190 g	854	204	6	9.7	4.6	22	6.8	2.2	0.17	66.4
Coconut Chia Seed Bowl	235 g	536	128	2.9	5.6	1.3	14	7.9	4.3	0.06	23.5
Cranberry Yoghurt Bowl	194 g	739	176	3.8	5.7	2.9	26	16	2.8	0.08	33.6
Five Berry Bowl	185 g	974	231	4.6	6.1	3.1	38	22	3.3	0.12	47.7
Mango Coconut Chia Seed Bowl	247 g	594	142	3.1	5.9	1.3	17	11	4.1	0.07	27.2
Mango Yoghurt Bowl	210 g	816	194	4	6.2	3.1	30	11	2	0.06	25.5
Guava Coconut Chia Seed Bowl	229g	418	100	2.4	4.7	1.2	9.9	4.2	4.3	0.06	23.8
Berry Bliss Bowl	215	454	109	3	5.5	3.4	11	11	0.8	0.06	25.2
Snacks											
Brownie Bar	60 g	2023	485	6.6	30	18	47	44	3.2	0.11	
Choc Bar	70 g	2075	498	4.5	32	19	46	35	3.3	0.45	
Love Bar	70 g	1947	466	5.6	25	12	54	31	3.2	0.61	
Popcorn Bar	70 g	724	173	1.7	8.2	4.8	22.8	13.9	0.7	0.09	
Pret a Mango	35 g	1430	337	2.3	1.2	0.4	77	50	5.3	0.01	

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Dark Chocolate Almonds Snack	38 g	2347	565	14	40	14	33	21	9.2	0.53	
Crips											
Crisps - Tyrrells Mature Cheddar & Chive	40 g	2106	505	7.5	27.8	2.6	52.9	3.6	6.5	1.3	
Crisps - Tyrrells Sea Salt & Cider Vinegar	40 g	2098	502	6.4	27.2	2.3	54.4	2.3	6.3	1.8	
Crisps - Tyrrells Lightly Sea Salted	40 g	2164	519	6.9	29.3	2.4	53.4	0.4	6.7	0.65	
Crisps - Tyrrells Sea Salt & Black Pepper	40 g	2113	506	7	27.9	2.4	53.5	1	6.5	1	
Juices & Smoothies											
Juice - Orange	250ml	146.4	35	0	0	0	8.3	7.4	0	0	12
Juice - Coconut Water	250ml	235	55	0	0	0	13.8	11.3	0	0.2	-
Immunity	250ml	184.1	44	0	0	0	9.2	9.2	1.2	-	41
Radiance	250ml	167.4	40	0	0	0	9	7.2	0.2	-	46
Coke											
Coke	500ml	80	19	0	0	0	4.6	4.6	0	0	2
Coke Zero	500ml	0	0	0	0	0	0	0	0	0	6
Water											
Perrier Sparkling Water	500 ml	0	0	0	0	0	0	0	0	0	0
Desa water	500 ml	0	0	0	0	0	0	0	0	0	0
Vittel water	500 ml	0	0	0	0	0	0	0	0	0	0
Beer											
Tiger Beer	325ml	174	42	0.4	0	0	3.4	0	0	0	-
Heineken Beer	320ml	176	42	0	0	0	3.2	0	0	0	-
Chang Beer	320ml	816	195	1.7	0	0	12.8	0	0	-	-
Coffee (Per Serving)											
Coffee - Latte - 12oz	12oz	494	118	8.5	4.3	2.7	11.3	11.3	0	0.3	-
Coffee - Cappuccino - 12oz	12oz	384	92	6.6	3.3	2.1	8.8	8.8	0	0.2	-
Coffee - Flat White - 8oz	8oz	335	80	5.8	2.9	1.8	7.7	7.7	0	0.2	-
Coffee - Americano - 12oz	12oz	3	1	0	0	0	0.1	0	0	0.2	-
Coffee - Filter Coffee - 12oz	12oz	0	0	0	0	0	0	0	0	0	-
Coffee - Mocha - 12oz	12oz	778	185	9.3	5.2	3.3	24.4	23.4	1.5	0.3	-
Coffee - Macchiato - 4oz	4oz	20	5	0.4	0.2	0.1	0.5	0.5	0	0	-
Matcha Latte-Hot - 12oz	12oz	697	167	8.9	9.1	5.7	12	12	0.5	0.34	-
Coffee - Espresso - 4oz	4oz	0	0	0	0	0	0	0	0	0	-
Coffee- Pistachio Latte - 12oz	12oz	310	74	3.4	3.7	2.6	6.9	6.4	0	0.16	63.9
Other Hot Drinks											
Hot Chocolate - 12oz	12oz	1077	256	10.6	6.4	4	37.5	35.5	2.8	0.3	0
Hot Chocolate-Caramel - 12oz	12oz	1318	314	11	12	8.1	41	22	2.2	0.27	-
Hot Chai Latte - 12oz	12oz	756	180	7.1	3.6	2.2	29.8	29.8	0	0.2	0
Milk - Organic Milk	8oz	396	94	6.8	3.4	2.1	9	9	0	0.2	0
Milk - Babyccino	4oz	59	14	1	0.5	0.3	1.4	1.4	0.1	0	0
Tea											
Tea - Ceylon Breakfast Tea - 12oz	12oz	0	0	0	0	0	0	0	0	0	0
Tea - Earl Grey Tea - 12oz	12oz	59	14	1	0.5	0.3	1.4	1.4	0	0	0
Tea - Green Matcha - 12oz	12oz	0	0	0	0	0	0	0	0	0	0
Tea - Green Tea Tropical - 12oz	12oz	0	0	0	0	0	0	0	0	0	0
Tea - Peppermint Mint - 12oz	12oz	0	0	0	0	0	0	0	0	0	0
Tea - Lemon Tea - 12oz	12oz	29	7	0	0.2	0	1.2	0	0.2	0	
Syrups and alternative milk											
Caramel Syrup		206	49	0	0	0	12.1	12.1	0	0	0
Vanilla Syrup		203	49	0	0	0	12	12	0	0	0
Hazelnut Syrup		197	47	0	0	0	11.7	11.7	0	0	0
Soya Milk - Rude Health		179	43	3.2	1.6	0.3	3.5	2	0.7	0.1	-
Rice Coconut Milk - Rude Health		225	54	0.8	2.3	1.2	7	4.5	0.9	0.1	-
Oat Milk - Rude Health		205	49	0.5	2.3	0.3	6.2	4.6	0.9	0.09	-
Almond Milk - Rude Health		237	56	0.2	1.49	0.3	10.5	4.7	0.2	0.1	-
Iced Coffees											
Iced Black Americano - 12oz	12oz	3	1	0	0	0	0.1	0	0	0	-
Iced Chai Latte - 12oz	12oz	756	180	7.1	3.6	2.2	29.8	29.8	0	0.2	-
Iced Latte - 12oz	12oz	504	120	8.6	4.4	2.7	11.5	11.5	0	0.3	-
Iced Cappucino - 12oz	12oz	630	151	7.7	8.2	5.1	11	11	0	0.42	-
Iced White Americano - 12oz	12oz	147	35	2.6	1.3	0.8	3.4	3.4	0	0.1	-
Iced Mocha-Full Fat Milk - 12oz	12oz	595	142	6.2	6.7	4.6	14	11	1	0.33	-
Iced Mocha-Low Fat Milk - 12oz	12oz	487	116	6.5	3.5	1.7	14	12	1	0.33	-
Iced Mocha-Soya Milk - 12oz	12oz	367	88	3.6	4.3	0.9	7.8	5.6	1.8	0.45	-
Iced Chocolate-Full Fat Milk - 12oz	12oz	756	180	6.9	7.3	5.1	21	16	2	0.28	-
Iced Chocolate-Low Fat Milk - 12oz	12oz	648	154	7.2	4.1	2.1	21	16	2	0.28	-
Iced Chocolate Soy Milk - 12oz	12oz	528	126	4.4	4.9	1.3	15	10	2.7	0.4	-
Iced Matcha Latte - 12oz	12oz	418	100	5.6	5.3	3.3	7.1	6.9	0.8	0.2	-