



Regular	Nutrition Develop Status	Date of Develop	Pret HK Approval Status	Energy KJ	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	Fibre(g)	Protein(g)	Salt(g)	Sodium(mg)
<b>Brioche</b>	<b>No. of Products: 4</b>												
Pret's Bacon Brioche				1764	420	23	10.8	36.3	5.1	0	19.2	3.7	0
Bacon & Egg Brioche				2058	490	27.7	12.9	37.1	6	0	25	4.3	0
Sausage & Egg Brioche				1365	325	11.5	4.9	33.6	4.9	0	20.9	0.8	0
Feta, Spinach & Roasted Tomatoes Brioche				1201	286	8.6	3.6	35.6	11.4	0	14.9	0.6	0
<b>Sweet Croissants</b>	<b>No. of Products: 4</b>												
Chocolate & Hazelnut Croissant				1584	379	20.7	11.7	40.3	11.5	2.6	6.6	0.6	0
Almond Croissant				1563	374	19.9	10.7	40.3	10.7	0.6	8	0.6	0
French Butter Croissant				1213	291	16.8	11.5	27.6	4.5	1.6	6.4	1	0
Pain aux Raisins				1491	356	16.2	10.7	44.4	21	1.9	7	0.8	0
<b>Cookies &amp; Muffins</b>	<b>No. of Products: 4</b>												
Chocolate Chunk Cookie				1552	370	14.4	8.9	53.9	31.9	0	4.7	0.4	0
Pret's Shortbread				1745	419	26.4	17.6	40.3	15.3	1.1	4.5	0.1	0
Fruit, Oat & Spelt Cookie				1458	347	13.5	7.6	49.4	28.3	2.9	5.6	0.3	0
Double Berry Muffin				1846	441	21.6	2.5	53.4	30.5	3.5	6.6	1	0
<b>Savoury Croissant</b>	<b>No. of Products: 3</b>												
Mozzarella & Tomato Croissant				1343	322	21.2	11.3	20.5	3.3	0	11.4	1.2	0
Hot Breakfast Croissant Portobello – 176 g		12.08.22		1760	422	27	16	29	5.1	2.3	14	2	797.2
Hot Breakfast Croissant Chicken – 181 g		12.08.22		1912	458	28	17	28	4.9	1.9	23	1.7	678.7
<b>Bowls / Pots</b>	<b>No. of Products: 5</b>												
Banana & Honey Breakfast Bowl				1672	398	15.7	6.8	48	39	0	16.3	0.2	0
Bircher Muesli				1310	312	14.4	6.6	30	25	0	14.6	0.3	0
Five Berry Bowl				1435	342	9.1	4.5	49.5	28.8	0	13.4	0.6	0
Five Berry Pot				709	169	4.2	2.8	23	23	0	9	0.5	0
Cranberry Yoghurt Bowl – 266 g		01.11.2022		2007	479	22	8.9	46	21	3.9	22	0.7	260
<b>Fruits</b>	<b>No. of Products: 6</b>												
Apple				358	85	0.2	0.1	18.9	18.9	0	0.6	0	0
Banana				258	62	0.2	0.1	13.9	12.1	0	0.7	0	0
Dragon Fruit & Kiwi				455	109	2.7	0	18.4	14.1	2.7	2.9	0.2	0
Melon Trio				236	56	0.3	0	12.6	11.4	1.2	0.7	0.1	0
Papaya & Lime				306	73	0.5	0.1	16.5	11.4	2.7	0.8	0	0
Pineapple & Lime				319	76	0.1	0	18.1	13.2	0	0.7	0	0
<b>Toasties</b>	<b>No. of Products: 6</b>												
Brie, Avocado & Tomato Toastie				2504	603	32.8	12.2	49.3	3.7	0	22.2	2.5	0.00
Chicken, Avocado & Basil Toastie				2515	602	34	13	37	3.8	4.4	34	1.9	0
Chipotle Chicken Toastie				2235	535	16.5	8	52.3	7.5	0	40.7	2.7	0
Egg, Cheddar & Tomato Toastie				2531	606	34.5	12.7	43	10.9	0	25.6	2	0
Ham, Cheese & Mustard Toastie				1884	450	20.6	10	34.5	2.8	2	30.5	3.4	0
Mozzarella & Pesto Toastie				1617	384	12.7	3.4	48.2	3.6	0	18.7	2.3	0
<b>Toasted Tortilla</b>	<b>No. of Products: 4</b>												
Avocado, Cheddar & Chipotle Toasted Tortilla				2338	560	31.1	12.5	46	5.5	0	19.9	1.8	0
Chicken Caesar & Avocado Toasted Tortilla				2775	664	37	15.7	38.9	3.2	0	42	2.4	0
Chipotle Chicken Toasted Tortilla				2107	502	19.2	9.7	45	5.2	0	34.8	1.9	0
Eggs Florentine Toasted Tortilla				2181	521	26.3	8.3	38.9	4.2	0	30.6	2.8	0
<b>Salads</b>	<b>No. of Products: 3</b>												
Wild Crayfish & Avocado Salad				903	215	14.9	3.1	2.5	1.2	0	14.9	1	0
Chef's Italian Chicken Salad				2008	478	36	6.6	8.8	7.2	0	28	2.8	0
Pret's Greek Salad				1423	342	22	2	25	7.4	3.7	7.6	1.9	0
<b>Salads Pots</b>	<b>No. of Products: 3</b>												
PP – Egg & Spinach				437	104	5.3	1.5	2.4	0.3	0.7	11.4	0.6	0
PP – Smoked Salmon & Spinach				614	147	8.7	2.2	0.8	0.7	0	15.6	1.4	0
PP – Edamame				734	175	6.5	0.8	12.4	2.8	0	13.6	1	0
<b>Granary</b>	<b>No. of Products: 9</b>												
Granary – Chicken Avocado				2037	485	22.3	4.5	41.6	4.1	8.5	24.5	1.5	0
Granary – Classic Super Club				2180	519	23.8	3.2	42.6	5.1	5.6	30.3	2.5	0
Granary – Cracking Egg Salad				1575	375	10.5	1.1	49	4.6	5.8	18.1	1.5	0
Granary – Ham & Cheese				2014	481	21.3	11.5	39.2	3.7	0	30.7	2.8	0
Granary – Mature Cheddar				2184	520	23.5	8.8	53.2	14.1	5.9	20.3	1.8	0
Granary – Smoked Salmon				1588	378	13.2	6.9	38.9	2.5	4.6	23.3	2.9	0
Granary – Wild Crayfish & Rocket				1596	380	13.9	1.3	40.1	3	4.7	21.1	1.8	0
Granary – Brie & Cranberry – 109 g		01.11.2022		1317	315	17	2.4	31	2.2	2.8	8.2	0.86	343.3
Granary – Christmas Lunch Chicken Sandwich – 199 g		01.11.2022		2193	524	25	6.3	50	3.6	3.8	24	1.6	632.8
<b>Baquettes</b>	<b>No. of Products: 11</b>												
Baquette – Brie, Tomato & Basil				2339	557	16	8.7	77	4.7	0	23	2.1	0
Baquette – Chicken Caesar & Bacon				2436	580	26	4.4	54.4	3.2	4.2	29.9	2.6	0
Baquette – Hot Chili Chicken				2163	523	11.5	1.9	73	4.8	0	27.2	2.8	0

Baguette – Ham & Greve				2490	592	18.5	7.7	69	2.8	4.2	35	4.8	0
Baguette – Italian Prosciutto				2230	531	23.4	4.7	55.5	4.2	5	22.2	3.4	0
Baguette – Posh Bacon				2157	518	18.9	9.2	55.2	4.4	0	29.3	3.5	0
Baguette – Posh Cheddar & Pickle				2675	637	21	5.8	88	15.1	0	19.6	2.9	0
Baguette – Smoked Salmon, Soft Cheese & Dill				2459	584	16	3.5	71	3.6	0	35	4.8	0
Baguette – Egg Mayo and Smoked Salmon – 241 g				2485	591	20	11	70	1.5	4.3	30	2.2	891.7
Baguette – Egg Mayo and Roasted Tomatoes –240 g				2572	613	24	4.9	71	1.5	6.4	24	3.5	1394
Baguette – Christmas Chicken Feast – 271 g	01.11.2022			2966	704	19	5.6	98	1.4	5.9	32	3.4	1352.2
<b>Kibbled Rye Salad Wraps</b>	<b>No. of Products: 3</b>												
Salad Wrap – Avocado and Herb				1964	471	27.5	5.3	40.3	4.4	0	12.4	1.4	0
Salad Wrap – Crayfish & Chipotle				1533	365	10.5	1.5	40.9	5.1	0	24.6	2.5	0
Salad Wrap – Chicken & Rocket				1689	404	18.1	4	42	5.9	7.5	13.8	0.9	0
<b>Hot Baguette</b>	<b>No. of Products: 1</b>												
Chipotle Mozzarella Hot Baguette				1836	441	11.6	4.5	61.8	8.5	0	18.4	2.2	0
<b>Hot Wraps</b>	<b>No. of Products: 3</b>												
Hot Wrap – Chipotle Chicken				1739	414	17.5	8.8	28	9.8	0	34	1.6	0
Hot Wrap – All Day Breakfast				2891	692	39.9	14.1	47	12	0	32.6	2.9	0
Hot Wrap – Spicy Mediterranean (229 g)	17.09.2022			2076	496	24	9.8	50	7.2	6.2	18	3.5	1410
<b>Juices &amp; Smoothies</b>	<b>No. of Products: 8</b>												
Juice – Orange				378	90	0	0	21	20.3	0	1.8	0	0
Juice – Grapefruit				367	85	0	20.5	19.8	0	1	0	0	0
Juice – Watermelon				326	78	0	0	17.5	17.3	0	1.5	0	0
Juice – Lemon and Mint				567	135	0	0	34.3	32.3	0	0	0	0
ABC (250ml)				278	93	0	0	21.3	21.3	0	1.8	-	106
Radiance (250ml)				373	88	0.5	0	18	16	1.7	1.5	-	75.75
Restorative (250ml)				241	57	0.7	0	10	10	1.4	1.4	-	23
Ultra Boost (250ml)				315	74	0.7	0	14	14	0.8	1.6	-	18.75
<b>Coke</b>	<b>No. of Products: 2</b>												
Coke – 500ml Bottle				900	210	0	0	53	53	0	0	0	0
Coke Zero – 500ml Bottle				8	2	0	0	0	0	0	0	0	0
<b>Water</b>	<b>No. of Products: 3</b>												
San Pellegrino 500ml				0	0	0	0	0	0	0	0	0	0
Vittel 500ml				0	0	0	0	0	0	0	0	0	0
Aqua Panna 500ml				0	0	0	0	0	0	0	0	0	0
<b>Beer</b>	<b>No. of Products: 2</b>												
Tiger Beer				574	137	0	0	11.2	1.7	0	0	0	7
Heineken Beer				581	139	0	0	10.6	0	0	0	0	0
<b>Coffee (Per Serving)</b>	<b>No. of Products: 10</b>												
Coffee – 12oz Latte				494	118	4.3	2.7	11.3	11.3	0	8.5	0.3	0
Coffee – 12oz Cappuccino				384	92	3.3	2.1	8.8	8.8	0	6.6	0.2	0
Coffee – 8oz Flat White				335	80	2.9	1.8	7.7	7.7	0	5.8	0.2	0
Coffee – 12oz Americano				3	1	0	0	0.1	0	0	0	0.2	0
Coffee – 12oz Filter Coffee				0	0	0	0	0	0	0	0	0	0
Coffee – 12oz Mocha				778	185	5.2	3.3	24.4	23.4	1.5	9.3	0.3	0
Coffee – 4oz Macchiato				20	5	0.2	0.1	0.5	0.5	0	0.4	0	0
Coffee – 4oz Espresso				0	0	0	0	0	0	0	0	0	0
Make it strong				0	0	0	0	0	0	0	0	0	0
Holiday Joy Latte Milk – 12oz	01.11.2022			1066	254	12	7.7	28	26	0	9.2	0.4	159.9
<b>Other Hot Drinks</b>	<b>No. of Products: 4</b>												
12oz Hot Chocolate				1077	256	6.4	4	37.5	35.5	2.8	10.6	0.3	0
12oz – Chai Latte				756	180	3.6	2.2	29.8	29.8	0	7.1	0.2	0
Milk – Organic Milk				396	94	3.4	2.1	9	9	0	6.8	0.2	0
Milk – Babyccino				59	14	0.5	0.3	1.4	1.4	0.1	1	0	0
<b>Tea</b>	<b>No. of Products: 5</b>												
Tea – 12oz Ceylon Breakfast Tea				0	0	0	0	0	0	0	0	0	0
Tea – 12oz Earl Grey Tea				59	14	0.5	0.3	1.4	1.4	0	1	0	0
Tea – 12oz Green Matcha				0	0	0	0	0	0	0	0	0	0
Tea – 12oz Green Tea Tropical				0	0	0	0	0	0	0	0	0	0
Tea – 12oz Peppermint Mint				0	0	0	0	0	0	0	0	0	0
<b>Syrups &amp; Alt Milks</b>	<b>No. of Products: 6</b>												
Caramel Syrup				206	49	0	0	12.1	12.1	0	0	0	0
Vanilla Syrup				203	49	0	0	12	12	0	0	0	0
Hazelnut Syrup				197	47	0	0	11.7	11.7	0	0	0	0
Soya Milk – Australia's Own (per 100ml)				130	31	2.2	0.3	0.4	0.4	0.5	1.9	0	70
Rice Coconut Milk – Provamel (per 100ml)				256	61	0.8	0.8	13	7.7	0	0.2	0.13	0
Oat Milk – Pacific Foods (per 240ml)				544	130	2	0	25	17	2	4	0	105
<b>Iced Coffees</b>	<b>No. of Products: 11</b>												
12oz Iced Black Americano				3	1	0	0	0.1	0	0	0	0	0
12oz Iced Chai Latte				756	180	3.6	2.2	29.8	29.8	0	7.1	0.2	0
12oz Iced Latte				504	120	4.4	2.7	11.5	11.5	0	8.6	0.3	0
12oz Iced White Americano				147	35	1.3	0.8	3.4	3.4	0	2.6	0.1	0
12oz Iced Mocha Full Fat Milk				595	142	6.7	4.6	14	11	1	6.2	0.33	
12oz Iced Mocha Low Fat Milk				487	116	3.5	1.7	14	12	1	6.5	0.33	

12oz Iced Mocha Soy Milk			367	88	4.3	0.9	7.8	5.6	1.8	3.6	0.45	
12oz Iced Chocolate Full Fat Milk			756	180	7.3	5.1	21	16	2	6.9	0.28	
12oz Iced Chocolate Low Fat Milk			648	154	4.1	2.1	21	16	2	7.2	0.28	
12oz Iced Chocolate Soy Milk			528	126	4.9	1.3	15	10	2.7	4.4	0.4	
12 oz Iced Holiday Joy Latte Milk			1150	275	13	8.5	29	28	0	10	0.43	174.2
<b>Smoothies</b>	<b>No. of Products: 5</b>											
Smoothie – Mango & Pineapple –460 ml			223	53	0	0	12	3.3	0.7	0	0.02	
Smoothie – Strawberry & Banana – 456 ml			228	54	0	0	13	4.6	0.8	0	0	
Smoothie – Berries and Cherries –450 ml			847	200	0.9	0.1	44.5	44.1	3	1.5	0	
Smoothie – Tropical Peach–450 ml			806	190	0.8	0.1	43.1	42.7	2.2	1.7	0.01	
Smoothie – Sweet Green–450 ml			813	193	3.3	0.6	36.6	36	2.2	3	0.07	
<b>Frappes</b>	<b>No. of Products: 2</b>											
Chocolate Frappe			1850	439	11.2	8.3	71.5	60.7	3.8	11.2	0.7	0
Classic Frappe			1050	251	7.3	5.9	40.5	31.7	1	5.5	0.6	0
<b>Snacks</b>	<b>No. of Products: 4</b>											
Crisps – Tyrrells Mature Cheddar (per 25g pack)			848	203	11.6	1.4	21.1	1.6	1.5	2.8	0.52	0
Crisps – Tyrrells Cider Vinegar (per 25g pack)			511	122	6.5	0.7	14	0.4	0.8	1.6	0.45	0
Crisps – Tyrrells Lightly Salted (per 25g pack)			512	123	6.8	0.8	13	0.2	1.4	1.3	0.2	0
Crisps – Tyrrells Cracked Black Pepper (per 25g pack)			829	198	10.9	1.2	21.4	0.6	2	2.7	0.52	0
<b>Snacks</b>	<b>No. of Products: 8</b>											
Brownie Bar			1218	299	18.5	7.8	29.5	27.5	2	3.7	0.1	0
Choc Bar			1528	366	22.6	13.6	36.9	25.8	2.1	3.5	0.4	0
Love Bar			1372	327	17.6	8.6	37.9	21.8	2.6	4.1	0.4	0
Popcorn Bar			695	167	7.5	3.7	22.3	14.4	0.4	2.1	0.2	0
Cranberries in Coats			1012	242	11.1	6.3	34.1	30.1	1.2	0.5	0.1	0
Pret a Mango			506	119	0.3	0.1	28.5	13.4	1.3	0.6	0	0
Tiffin Bites – 150 g		'06.12.2022	3296	790	48	28	80	58	4.8	6.2	0.62	248
Mince Pies– 84 g		'06.12.2022	1307	311	12	7.4	48	30	1.5	2.8	0.25	100