

# Our Menu

Pret operates a bit like a restaurant. We build kitchens in (or very near) every shop and our ingredients get delivered early each morning.

You won't find 'sell-by' dates on our fresh sandwiches, salads or baguettes.



# Breakfast!

They say that breakfast is the most important meal of the day so we have a delicious and varied menu for you to choose from.

## Breakfast Rolls

- Pret's Veggie Roll 
- Egg & Pulled Beef Bun
- Egg & Chipotle Bun 

## Rye Roll

- Roast Beef Rye Roll



## Wraps

- Crunchy Chipotle Chicken & Avo Wrap
- Chicken Caesar Wrap



# Sandwiches!

Just like our granary products are handmade throughout the day. Made today, gone today. We bake our baguettes throughout the day, the fresher the better.

## Granaries

- Egg Mayo & Tomato 
- Chicken Avocado Basil
- Classic Super Club
- Mature Cheddar & Pickle 
- Tuna & Jalapeno

## Kids Range

- Turkey & Cream Cheese 
- Cream Cheese & Cucumber 

## Baguettes

- Chicken Caesar & Bacon
- Turkey & Cheese 
- Tuna Mayo & Cucumber (Slim)
- Egg & Avo Baguette (Slim) 
- Pesto Caprese (Slim) 
- Posh Cheddar & Pickle 



# Pots!

## Pret Pots

- Mango & Banana Sunshine 
- Honey & Granola Pot 
- Five Berries Granola Bowl 
- Bircher Muesli Breakfast Bowl 



## Fruits Pots

- Watermelon & Lime Pot 
- Cantaloupe Melon & Blueberry Pot 
- Superfruit Salad Pot 
- Mango & Lime Pot 
- Poms Pot 

## Dessert Pots

- Chocolate Mousse
- Tiramisu
- Honey Coconut Rice Pudding  
- Umm Ali Lotus  



# Salads!

## Salads

- Classic Caesar Chicken Salad
- Mozzarella, Pesto & Avo Salad 
- Greek Salad & Vinaigrette 

## Salad Shaker

- Charred Corn  
- Beets & Feta  

# Pret's Hot!

In their quest to keep shelves full of oven-fresh, homely food, our Hot Chefs bake in small batches. Little and often. Straight from the oven. Hot off the shelves.

## Hot Baguettes

Pesto Chicken Baguette  
Chipotle Mozarella Baguette 

## Hot Wraps

Falafel & Halloumi   
Chicken Mushroom  
Chicken Fajita



## Hot Croissants

Mozzarella & Tomato   
Turkey & Cheese Croissant   
Halloumi & Za'atar Croissant   
Egg & Mushroom  
Quattro Formaggi Croissant  



## Pizzettas

Italian Style Pizzetta



## Toasties

Classic Cheese   
Super Club  
Halloumi, Red Pepper & Basil   
Turkey Melt    
Tuna Melt 

## Pastas

Penne Arrabiata  
Chicken & Mushroom Pasta

## Protein Wraps

Chipotle Egg & Turkey   
Mediterranean Egg & Zaatar  

# Pastries!

## Croissants

French Butter Croissant   
Almond Croissant   
Chocolate Croissant   
Cinnamon Danish 



## Muffins

Double Blueberry Muffin 

## Cake

English Marble Cake   
English Vanilla Cake   
Carrot Cake  

## Cookies

Choc Chunk   
Dark Choc & Almond 



# Snacks!

Our menu of perfect in-between, just-before, just-after snacks. Ideal for sharing or enjoying on your own.

## Pret's Snacks

Pret A Mango   
Love Bar   
Choc Bar   
Chocolate Almonds   
Cranberries In Coats   
Popcorn Bar   
Brownie Bar 



## Pret Kitco Kettle Chips

Sea Salt & Cider Vinegar   
Sea Salt & Black Pepper   
Cheese & Chives 

# Drinks!

Our coffee is 100% organic and always arabica. Our teas, milks and milk alternatives are all organic too.

## Barista Prepared Drinks

### Organic Coffee

Latte  
Cappuccino  
Mocha  
Americano  
Espresso  
Macchiato  
Flat White  
Spanish Latte  
Cortado



### Organic Tea

Earl Grey  
Green Tea  
Peppermint  
Breakfast Tea



### Organic Hot

Matcha Latte   
Hot Chocolate



### Iced Drinks

Americano  
Latte  
Cappuccino  
Mocha  
Matcha Latte   
Chocolate  
Spanish Latte



### Coffee Frappes

Frappe Classic  
Frappe Mocha



### Organic Milks

Whole Milk  
Skimmed Milk  
Almond Milk  
Coconut Milk  
Soy Milk  
Oat Milk

### Syrup

Vanilla  
Caramel  
Hazelnut

### Allergies?

There is a high risk of cross-contamination when our baristas prepare drinks. We can't guarantee our drinks are suitable for those with allergies. Please take care.

A single espresso shot contains 205 mg of caffeine, while a double shot contains 264 mg; adults are recommended to not exceed 400 mg per day.

★ Available sizes – please refer to menu board in shop

## Chilled Drinks

Orange Juice   
Watermelon Juice   
Mango Passion   
Berry Blast   
Orange & Mango   
Strawberry & Banana   
Mango & Banana   
Harvest Coconut Water 

Pepsi  
7 Up   
Pepsi Diet  
Heineken 0.0 Non Alcohol Beer  
Grape & Elderflower  
Rhubarb Lemonade  
Apple Fizz  
Maison Perrior Lemonjito  
Maison Perrior Roséllini  
Maison Perrior Strawberry & Kiwi

### Water

Aquafina  
Perrier Sparkling  
Evian

 Vegetarian  Vegan  New Recipe  
 New Product

### Allergies?

Our food is freshly prepared in small, busy kitchens (not a big factory with segregated production lines) so we really cannot guarantee any of our food is allergen-free. Our vegan items are made to a vegan recipe, but a risk of cross-contact with dairy or eggs, or other allergens may remain. Please take care. If you need to know more, please get in touch with our Customer Service team who will be happy to help.

It is recommended that an individual's daily salt consumption not exceed 5 grams (2000 mg Sodium)

 This icon means the food item is high in salt, exceeding the daily recommended amount