

BREAKFAST ROLLS	Energy Kcal	Protein(g)
EGG & PULLED BEEF BUN (200g)	428.59	21.34
PRET'S VEGGIE ROLL (210g)	366.16	17.33
EGG & CHIPOTLE BUN (205g)	401.05	19.92
COLD BAGUETTES		
CHICKEN CAESAR & BACON BAGUETTE (235g)	606.15	25.1
EGG & AVO SLIM BAGUETTE (125g)	299.89	9.63
TUNA & CUCUMBER SLIM BAGUETTE (300g)	786.76	32.34
TURKEY & CHEESE BAGUETTE (220g)	543.04	34.15
PESTO CAPRESE (110g)	327.5	12.18
POSH CHEDDAR & PICKLE BAGUETTE (210g)	595.15	21.08
CROISSANTS		
HALLOUMI & ZAATAR CROISSANT (140g)	466.64	17.88
MOZZARELLA & TOMATO CROISSANT (120g)	376.32	13.04
CHEESE TWIST & ZAATAR (90g)	335.99	10.09
TURKEY & CHEESE CROISSANT (145g)	569.93	36.36
CHEESE & JALAPENO HOT CROISSANT		
FRUIT POT		
APPLE & ALMOND BUTTER POT (105g)	86.71	2.09
MANGO & LIME POT (125g)	73.5	1.01
SUPER FRUIT SALAD POT (155g)	95.86	1.33
GRANARY		
BACON LETTUCE TOMATO (210g)	351.03	8.16
CHICKEN AVOCADO & BASIL (245g)	548.91	20.75
CLASSIC SUPER CLUB GRANARY (210g)	409.84	18.88
EGG MAYO & TOMATO GRANARY (190g)	414.02	15.68
MATURE CHEDDAR & PICKLE GRANARY (210g)	485.03	19.02
TUNA & JALAPENO SANDWICH (245g)	580.81	28.23
HOT BAGUETTE		
CHICKEN PESTO BAGUETTE (260g)	762.61	35.47
CHIPOTLE MOZZARELLA BAGUETTE (180g)	441.07	19.28
HOT BOXES		
ARRABIATA PENNE (315g)	213.28	9.26
CHICKEN & MUSHROOM PASTA BOX (370g)	408.54	23.79
HOT WRAPS		
CHICKEN FAJITA HOT WRAP (190 g)	456.96	26.77
CHICKEN MUSHROOM HOT WRAP (200 g)	479.11	24.12
FALAFEL & HALLOUMI HOT WRAP (190 g)	371.86	14.99
KIDS		
KIDS RANGE - CREAM CHEESE & TURKEY (130g)	339.05	26.82
KIDS RANGE-CREAM CHEESE & CUCUMBER (135g)	272.55	9.33
PIZZETAS		
MUSHROOM & TRUFFLE OIL PIZZETTA (235g)	609.56	27.12
PRET SWEET POT		
ALMOND BUTTER & HONEY YOGHURT POT (160g)	281.68	11.47
BIRCHER MUESLI BREAKFAST BOWL (205g)	326.55	13.7
EDAMAME & SEASALT POT (100 g)	154	12
FIVE BERRIES GRANOLA BOWL (155g)	254.65	8.87
HONEY & GRANOLA POT(105g)	254.65	7.49
MANGO & BANANA SUNSHINE BOWL(165g)	302.05	5.91
RYE ROLL		

ROAST BEEF RYE ROLL (165g)	367	14.78
SALAD		
CLASSIC CHICKEN CAESAR SALAD (220g)	323.91	20.14
GREEK SALAD & VINAIGRETTE (235g)	302.57	8.77
MOZZARELLA, PESTO & AVO SALAD (245g)	356.48	11.61
SALAD WRAPS		
CHICKEN CAESAR WRAP (175g)	455.61	20.82
CRUNCHY CHIPOTLE CHICKEN & AVO WRAP(255g)	460.99	21.4
TOASTIE		
BEEF & CHEESE TOASTIE(220g)	548.46	26.82
CLASSIC CHEESE TOASTIE(185g)	591.85	26.41
HALLOUMI, RED PEPPER & BASIL TOASTIE(185g)	388.1	18.2
SUPER CLUB TOASTIE(230g)	572.68	30.85
TURKEY MELT TOASTIE (220g)	594.79	42.45
JUICE		
WATERMELON JUICE (330 ml)	99	2.01
ORANGE JUICE (330 ml)	155.1	2.54
MANGO PASSION (330 ml)	207.01	1.6
BERRY BLAST (330 ml)	187.34	1.93
ORANGE & MANGO (330ml)	177.54	2.32
STRAWBERRY & BANANA (330 ml)	240.32	2.3
MANGO & BANANA (330 ml)	291.54	2.15
LEMON MINT JUICE (330ml)	57.16	0.67
DESSERT		
TIRAMISU (150g)	390	7.5
CHOCOLATE MOUSSE (150g)	408	7.2
LEMON CHEESECAKE (150g)	525	4.5
Viennoiserie & Sweet Crossiants		
Cheese Twist (100g)	363	11
French Butter Croissant (100g)	409	9
Almond Croissant (100g)	425	9
Chocolate Crossiant (100g)	407	7
Very Berry Crossiant (100g)	339	5
Cinnamon Danish (100g)	372	6
Cookies & Muffins		
Choc Chunk Cookie (100g)	427	5.5
Dark Choc & Almond Cookie(100g)	438	7.8
Madagascar Vanilla Bliss Muffin (100g)	440.66	7.38
Oatmeal Muffin (100g)	457.48	7.74
Cakes		
English Vanilla Cake (100g)	428.64	6.34
English Marble Cake (100g)	436.44	6.8
Bars & Packs		
Love Bar (Per100g)	465	5.6
Popcorn Bar (Per100g)	504	5.1
Choc Bar (Per100g)	498	4.5
Chocolate Almonds (Per100g)	565	14.4
Pret A Mango (Per100g)	339	2.1
Cranberry in Coats (100g)	483	1.1
Nuts Fruits & Chocolate (100g)	555.8	18.2
Chips		
Pret Chips Seasalt & Black Pepper (25g)	130	2

Pret Chips Seasalt & Cider Vinegar (25g)	131	1.9
Pret Chips Cheese & Chives (25g)	128	2
Water		
Water-Aquafina	0	0
Water - Evian	0	0
Perrier Sparkling Water	0	0
Frappe		
Frappe - Mocha (12Oz)	227	7.9
Frappe - Classic (12Oz)	229	5.6
Iced Drinks		
Chocolate With whole Milk (16Oz) Iced	340	14
Chocolate With whole Milk (12Oz) Iced	210	7
Cappucino With whole Milk (16 Oz) Iced	147	7.8
Cappucino With whole Milk (12 Oz) Iced	108	5.7
Mocha With whole Milk (16 Oz) Iced	237	9.5
Mocha With whole Milk (12 Oz) Iced	160	7
Latte With whole Milk (16 Oz) Iced	156	8.4
Latte With whole Milk (12 Oz) Iced	110	6
Americano (16 Oz) Iced	0	0
Americano (12 Oz) Iced	0	0
Spanish Latte with Whole Milk(16Oz) Iced	330	10
Spanish Latte with Whole Milk(12Oz) Iced	250	8
Matcha Latte With Coconut Milk (16 Oz) Hot	273	1
Matcha Latte With Coconut Milk (12 Oz) Hot	182	0
Hot Drinks		
Americano (16 Oz)	0	0
Americano (12 Oz)	0	0
Cappuccino (16 Oz)	162	8.6
Cappuccino (12 Oz)	150	8
Espresso (4 Oz)	2	0
Espresso Decaf (4 Oz)	0	0
Flat White With whole Milk (8 Oz)	162	8.8
Latte With whole Milk (16 Oz)	236	13
Latte With whole Milk (12 Oz)	146	7.9
Macchiato With whole Milk (4 Oz)	14	0.7
Mocha With whole Milk (16 Oz)	311	14
Mocha With whole Milk (12 Oz)	236	10
Spanish Latte Traditional with Whole Milk- (16Oz) Hot	410	15
Spanish Latte Traditional with Whole Milk- (12Oz) Hot	310	11
Hot Chocolate With whole Milk (16 Oz) Hot	390	17
Hot Chocolate With whole Milk (12 Oz) Hot	290	11
Matcha Latte With Coconut Milk (16 Oz) Hot	300	1
Matcha Latte With Coconut Milk (12 Oz) Hot	200	0
Hot Tea		
Ceylon Tea - 16 Oz	2	0
Earl Grey Tea - 16 Oz	2	0
Green Tea - 16 Oz	1	0
Peppermint Tea - 16 Oz	1	0
Beverage Add Ons		
Caramel Syrup (16ml)	57	0
Make It Strong (75ml)	1	0
Make It Strong Decaf (75ml)	0	0

Simple Syrup (15ml)	51	0
Hazelnut Syrup (16ml)	50	0
Vanilla Syrup (16ml)	57	0
Whipped Cream (30ml)	100	0.6
Milk & Alternative Milk		
Organic Almond Milk (100ml)	56	0.5
Organic Coconut Milk (100ml)	29	0.2
Organic Low Fat Milk (100ml)	47	3.5
Organic Oat Milk (100ml)	49	0.5
Organic Soya Milk (100ml)	45	3.7
Organic Whole Milk (100ml)	65	3.5
Cold Drinks		
Cola Regular (100ml)	42	0
Cola Diet (100ml)	<1	0
Cola Zero	0	0
Heineken Non-Alcohol Beer (250ml)	52.5	0
Harvest Coconut Water (500 ml)	95	0

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Fat(g)	Sat. Fat(g)	Fiber(g)	CHO(g)	Sugar(g)	Sodium(mg)
15.43	6.58	3.35	49.73	5.42	1496.16
11.2	4.33	3.61	47.51	4.67	997.05
14.61	6.88	2.34	46.1	1.88	857.68
29.83	5.82	4.64	55.23	2.7	844.05
15.24	2.83	3.68	31.51	1.71	617.86
22.56	3.48	5.14	111.58	5.23	1847.64
17.33	4.07	4.84	59.69	4.77	1828.42
17.35	5.71	1.94	29.77	3.53	474.91
24.78	9.02	4.59	71.73	16.03	886.02
27.61	17.6	2.17	35.83	1.18	675.54
24.68	0.21	1.97	24.82	3.99	510.6
18.4	11.76	1.67	31.83	6.27	340.98
30.39	17.04	1.96	35.45	0.39	1816.05

5.09	0.08	2.02	8.66	0.83	1.07
0.47	0.11	2.06	18.53	16.52	1.3
0.88	0.16	3.51	22.15	13.01	2.28
16.57	2.57	5.86	40.47	4.37	631.62
31.15	5.02	9.41	44.31	3.7	997.91
18.54	2.67	5.41	38.94	3.58	520.22
20.16	4.19	5.26	39.65	4.22	671.7
23.4	9.41	6.29	46.96	8.83	789.35
33.26	5.13	5.6	39.84	3.55	1023.41
36.36	12.56	4.76	63.77	7.16	1388.49
12.88	5.3	5.78	62.4	7.05	613.43
10.35	4.65	2.88	21.23	5.4	877.48
24.63	11.83	1.78	22.58	7.97	1479.46
20.08	8.75	3.29	40.71	2.11	829.31
23.53	8.17	3.21	41.13	3.25	834.77
12.41	4.85	4.56	49.8	4.4	1284.88
5.89	3.24	4.8	41.12	3.79	1294.24
7.4	4.4	4.93	39.68	4.65	360.48
24.52	12.75	2.39	69.39	17.61	668.03
5.67	6.07	1.73	27.03	21.43	84.26
6.43	7.5	3.03	32.87	24.59	99.91
5.4	0.73	-	14	7.7	24
4.07	4.3	2.59	33.1	22.97	70.88
4.09	3.39	2.11	37.53	28.75	59.15
8.84	3.85	5.18	48.74	29.77	29.74

12.12	2.69	2.34	45.21	2.57	878.46
22.36	6.1	2.57	10.86	1.69	446.24
20	7.55	3.36	13.49	4.73	611.46
26.59	9.57	7.09	11.65	2.93	408.18
27.4	6.84	2.34	30.5	1.42	634.67
20.06	3.33	5.74	47.11	4.46	961.14
26.39	11.28	4.64	50.65	8.52	1056.96
34.38	14.64	4.53	43.76	2.2	1039.99
11.83	5.12	5.1	45.77	3.04	1053.82
29.99	10.21	4.75	44.16	2.16	946.9
21.46	8.69	4.65	51.41	4.37	2105.09
0.49	0.05	1.32	24.91	20.46	3.3
1.12	0.05	0.99	33.66	26.99	6.6
0.24	0.05	5.73	47.74	38.45	1.22
0.33	0.09	6.83	43.4	37.74	1.19
0.67	0.03	2.84	38.68	30.72	3.96
0.61	0.23	4.48	57.6	44.15	1.61
0.45	0.18	5.44	67.2	51.36	0.01
0.1	0.02	1.31	14.52	12.11	10.1
30	18	0	22.5	12	240
25.2	14.4	2.4	43.2	36	48
34.5	21	1.5	57	42	120
20	13	2	34	6.9	351
23	16	2	39	6	380
24	12	2.9	42	14	240
24	14	4.3	38	18	190
14	8	2.6	47	24	255
19	11.8	2.2	43	21	363
16.3	9.8	3.1	63	35	211
18	9	4	59	36	330
14.44	9.2	0.45	44.6	29.05	214.54
14.65	9.24	0.79	48.08	30.71	215.19
23.44	14.14	0.54	48.2	29.74	197.8
23.98	14.14	0.54	48.48	29.74	197.8
24.5	12.2	3.2	54.1	31	244
23.5	13.8	2.1	67.1	40.9	102
32.4	19.4	3.3	45.5	35.1	180
39.8	14	9.2	32.7	20.7	211
0.4	0.1	5.1	77	50	40
22.3	12.6	2.4	68.3	60.3	76.7
40.2	6.15	6.8	26.9	24.5	15.1
7.8	3.6	1.5	14.1	0.1	93.4

8.1	3.8	1.4	13.7	0.1	94.9
7.5	3.5	1.5	14.1	0.6	92.4
0	0	0	0	0	0
0	0	0	0	0	0
0	0	0	0	0	0
3	2	1.12	41.9	28.7	79.6
2.7	1.7	0.1	46.1	22.7	51.56
14	9	3	44	42	150
6	4	3	34	32	55
7.9	4.9	0	11	11	160
5.8	3.6	0	8.2	8.3	140
9.4	5.8	1.9	27	28	170
7	4.5	18	18	1	150
8.6	5.3	0	11	11	170
6	4	0	8	8	140
0	0	0	0	0	120
0	0	0	0	0	80
16	4.5	0	37	35	280
12	3.5	0	28	27	210
3	3	0	63	45.5	0
2	2	0	40	28	0
0	0	0	0	0	100
0	0	0	0	0	60
8.8	5.4	0	12	12	170
8.1	5	0	11	11	160
0	0	0	0	0	75
0	0	0	0	0	75
8.9	5.5	0	12	12	170
13	7.8	0	17	17	220
8	5	0	11	11	160
0.9	0.5	0	0.9	1	70
14	8.4	2	34	33	260
9.5	5.9	2	29	28	160
20	7	0	43	42	260
15	6	0	32	31	190
16	10	3	46	45	180
11	7	3	39	37	115
3	3	0	69	50	0
2	2	0	44	31	0
0	0	0	1	0	0
0	0	0	1	0	0
0	0	0	0	0	7
0	0	0	0	0	9
0	0	0	14.2	14.2	0
0	0	0	0	0	60
0	0	0	0	0	75

0	0	0	13	13	0
0	0	0	12.6	12.5	0.2
0	0	0	14.2	14.2	0
11	6.9	0	0.9	0.9	5
1.5	0.3	0.5	10	4.7	55
0.7	0.7	0.2	5.2	4.2	50
1.5	1	0	4.8	4.8	44
2.3	0.3	1	6.2	4.6	40
2.1	0.4	0.6	2.4	2.4	0.15
3.5	4.8	0	4.8	4.8	44
0	0	0	10.6	10.6	0
0	0	0	0	0	0
0	0	0	0	0	0
0	0	0	12	3.3	0
0	0	0	23	16.5	198


























