



		ALL VALUES PER 100g UNLESS STATED									
Product Name	Size	Energy KJ	Energy Kcal	Fat(g)	Sat Fat(g)	CHO(g)	Sugar(g)	Fibre(g)	Protein(g)	Salt(g)	Sodium(mg)
Pret's Hot											
Brioche											
Bacon, Egg and Cheese Brioche Toast	207 g	1400	336	24	9.9	18	3.6	1	13	1.1	451.7
Egg Florentine Brioche Toast	191 g	1009	241	13	5.5	19	4.3	14	9.8	0.79	317.7
Grilled Teriyaki Chicken Brioche Toast	370 g	499	118	1.5	0.2	12	1	0.9	8.5	0.2	79.8
Hot Croissant											
Cheddar & Tomatoes Hot Croissant	123 g	1238	297	18	12	22	4.3	1.6	9.6	0.74	295.3
Ham & Greve Hot Croissant	110 g	1386	332	20	13	24	4.1	1.5	14	1.2	488.5
Hot Wraps											
Hot Wrap - All Day Breakfast	245 g	1120	269	17	5.5	16	1.7	1.2	12	0.97	389.1
Hot Wrap - Chipotle Chicken	277 g	771	185	6.7	2.7	18	1.9	1.4	12	0.47	189
Hot Wrap - Italian Style Chicken & Basil	265 g	776	185	7.3	3.5	16	2.3	1.5	13	0.61	243.5
Hot Wrap - Spicy Mediterranean	226 g	841	201	8.9	3.9	21	2	1.7	8.4	0.67	269
Hot Baguette											
Chipotle Mozzarella Hot Baguette	287 g	873	208	7.7	3.7	23	2.6	2.4	10	0.79	314.8
Toasties											
Brie & Caramelised Onion Toastie	205 g	1228	294	16	9	23	1.5	2.4	13	1.2	469.30
Brie, Avocado & Tomato Toastie	240 g	919	220	12	5.5	19	0.6	2.7	7.1	0.79	314.20
Classic Cheese Toastie	196 g	1229	294	15	7.6	24	0.9	2.5	15	1.3	521.1
Ham, Cheese & Mustard Toastie	204 g	1035	247	10	4.6	22	0.8	2.3	15	1.6	642.8
Granary											
Granary - Chicken Avocado	241 g	851	203	9.5	2.2	18	1.4	2.5	9.9	0.43	173
Granary - Classic Super Club	270 g	841	201	10	1.8	17	2.1	1.7	9.4	0.68	272
Granary - Cracking Egg Salad	259 g	753	180	8.6	1.6	17	2	1.8	7.2	0.54	216.7
Granary - Ham & Cheese	205 g	1206	289	16	9.8	21	1.4	1.9	14	1.2	487.5
Granary - Mature Cheddar	257 g	880	210	9.7	3.7	22	5.5	2.1	7.7	0.74	294.1
Granary - Smoked Salmon & Soft Cheese	240 g	890	213	11	4.8	18	1.8	1.6	9.7	0.99	394
Baguettes											
Baguette - Chicken Caesar	244 g	1158	276	12	2.5	26	2.3	2.6	15	1.2	479
Baguette - Ham & Greve	261 g	930	221	6.4	2.8	27	2.1	2	13	1.5	593.8
Baguette - Posh Cheddar & Pickle	255 g	1003	239	9.3	3.6	29	4.2	1.9	8.8	0.86	343.1
Panini - Prosciutto & Rocket	245 g	967	231	11	1.9	25	3.3	1.3	7.6	1.1	432.3
Cold Wraps											
Salad Wrap - Avocado and Herb	253 g	860	206	13	2.7	16	1.8	2.5	5.2	0.4	161.2
Salad Wrap - Chicken & Rocket	269 g	598	142	4.8	1.1	15	2	1.5	8.8	0.34	134.2
Salad											
Chef's Chicken Salad	230 g	775	197	15	2.5	3.4	2.1	1	9.2	0.76	302.5
Duo Delight Box											
Meaty Selection	229 g	889	213	13	5.2	11	2	1.2	13	0.87	349.6
Veggie Selection	285 g	692	167	12	2.3	9.1	2.1	1.7	4.1	0.44	175.9
Salads Pots											
PP - Egg & Spinach	112 g	548	132	8.7	2.4	0	0	0	13	0.38	150.7
PP - Smoked Salmon & Spinach	114 g	566	136	9.1	2.2	0.7	0.7	1.1	12	0.74	297.2
Fruits											
Apple (per piece)		358	85	0.2	0.1	18.9	18.9	0	0.6	0	
Banana (per piece)		258	62	0.2	0.1	13.9	12.1	0	0.7	0	
Dragon Fruit & Kiwi - 170g	170 g	433	103	0.5	0	20	4.2	4.9	1.8	0	
Mango & Lime	170 g	231.5	54.6	0.2	0.1	12.7	12.3	2.3	0.6	0	2
Melon & Blueberries	170 g	174.3	41.4	0.3	0	7.9	5.9	1.9	0.9	0	7.9
Melon Trio - 150g	150 g	177	42	0	0	7.9	7.9	2	0.8	0.04	
Pastries											
Almond Croissant	87 g	1791	429	24.2	12.3	42.3	13.6	2.9	9	0.64	
Chocolate Croissant	87 g	1867	447	25.4	14.3	45.7	17.3	3	7.4	0.6	
Pain aux Raisins	113 g	1343	320	14.4	9.4	41	18.6	1.6	5.9	0.7	
Plain Croissant	67 g	1756	421	24.5	15.9	398	6.2	2.3	9.1	1.1	
Very Berry Croissant	88 g	1497	337	15.4	7.3	48.3	25.6	2.6	5	0.5	
Mozzarella & Tomato Croissant	100 g	1358	326	21.4	11.3	20.7	2.7	1.5	11.9	1	
Blueberry Muffin	95 g	1493	356	17	2.2	46	32	1.3	4.2	0.67	
Chocolate Muffin	95 g	1894	453	25	4.2	50	39	2.8	5.7	0.62	
Chocolate Chunk Cookie	85 g	1543	367	14.1	8.8	54.4	28.8	2.2	4.7	0.4	
Dark Chocolate Almond Butter Cookies	85 g	1559	372	15	7.4	51	32.2	3.5	6.7	0.7	
Mediterranean Veggie Basket	110 g	1213	291	18.9	10	23.8	2.5	1.9	5.5	1.4	
Cinnamon Filled Swirl	110 g	1623	388	20.3	13.3	41.3	12.6	2.7	8.7	0.78	
Bowls/ Pots											
Banana & Honey Breakfast Bowl	195 g	872	207	5.4	2.9	34	11	2.2	4	0.09	37.9
Bircher Muesli	190 g	854	204	9.7	4.6	22	6.8	2.2	6	0.17	66.4
Coconut Chia Seed Bowl	240 g	560	134	6.2	1.3	14	6.8	4.5	3.3	0.07	29
Cranberry Yoghurt Bowl	194 g	739	176	5.7	2.9	26	16	2.8	3.8	0.08	33.6
Five Berry Bowl (per serving -	185 g	974	231	6.1	3.1	38	22	3.3	4.6	0.12	47.7
Mango Coconut Chia Seed Bowl	247 g	594	142	5.9	1.3	17	11	4.1	3.1	0.07	27.2
Mango Yoghurt Bowl	210 g	816	194	6.2	3.1	30	11	2	4	0.06	25.5
Snacks											
Brownie Bar	60 g	2023	485	30	18	47	44	3.2	6.6	0.11	
Choc Bar	70 g	2075	498	32	19	46	35	3.3	4.5	0.45	
Love Bar	70 g	1947	466	25	12	54	31	3.2	5.6	0.61	
Popcorn Bar	70 g	724	173	8.2	4.8	22.8	13.9	0.7	1.7	0.09	
Pret a Mango	35 g	1430	337	1.2	0.4	77	50	5.3	2.3	0.01	
Dark Chocolate Almonds Snack	38 g	2347	565	40	14	33	21	9.2	14	0.53	
Crisps											
Crisps - Tyrrells Mature Cheddar & Chive	40 g	2106	505	27.8	2.6	52.9	3.6	6.5	7.5	1.3	
Crisps - Tyrrells Sea Salt & Cider Vinegar	40 g	2098	502	27.2	2.3	54.4	2.3	6.3	6.4	1.8	
Crisps - Tyrrells Lightly Sea Salted	40 g	2164	519	29.3	2.4	53.4	0.4	6.7	6.9	0.65	
Crisps - Tyrrells Sea Salt & Black Pepper	40 g	2113	506	27.9	2.4	53.5	1	6.5	7	1	
Juices & Smoothies											
Juice - Orange	250ml	163.8	39	0	0	9.1	8.5	0	0.8	0	-
Juice - Lemon and Mint	250ml	248	59	0	0	15	14.6	0	0	0	-
Juice - Coconut Water	250ml	235	55	0	0	13.8	11.3	0	0	0.2	-
Radiance	250ml	149	35	0	0	7.3	6.3	0.7	0.6	-	30.3
Ultra Boost	250ml	126	30	0.5	0	5.6	5.6	0.5	0.6	-	7.5
Coke											
Coke	500ml	80	19	0	0	4.6	4.6	0	0	0	2
Coke Zero	500ml	0	0	0	0	0	0	0	0	0	6
Water											
San Pellegrino	500 ml	0	0	0	0	0	0	0	0	0	0
Still water	500 ml	0	0	0	0	0	0	0	0	0	0
Evian water	500 ml	0	0	0	0	0	0	0	0	0	0
Beer											
Tiger Beer	325ml	174	42	0	0	3.4	0	0	0.4	0	-

Heineken Beer	320ml	176	42	0	0	3.2	0	0	0	0	-
Chang Beer	320ml	816	195	0	0	12.8	0	0	1.7	-	-
Coffee (Per Serving)											
Coffee - 12oz Latte		494	118	4.5	2.7	11.3	11.3	0	8.5	0.3	-
Coffee - 12oz Cappuccino		584	92	3.5	2.1	8.8	8.8	0	6.6	0.2	-
Coffee - 8oz Flat White		335	80	2.9	1.8	7.7	7.7	0	5.8	0.2	-
Coffee - 12oz Americano		3	1	0	0	0.1	0	0	0	0.2	-
Coffee - 12oz Filter Coffee		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	-
Coffee - 4oz Macchiato		20	5	0.2	0.1	0.5	0.5	0	0.4	0	-
12oz Hot Matcha Latte		697	167	9.1	5.7	12	12	0.5	8.9	0.34	-
Coffee - 4oz Espresso		0	0	0	0	0	0	0	0	0	-
Other Hot Drinks											
12oz Hot Chocolate		1077	256	6.4	4	37.5	35.5	2.8	10.6	0.3	0
12oz Caramel Hot Chocolate		1318	314	12	8.1	41	22	2.2	11	0.27	-
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
Tea											
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
Grapefruit Sunshine Green/Black Tea 12oz		0	119	0	0	28	26	0.5	1	3.7	-
Tea - 12oz Lemon Tea		29	7	0.2	0	1.2	0	0.2	0	0	-
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 - Rude Health		179	43	1.6	0.3	3.5	2	0.7	3.2	0.1	-
Rice Coconut Milk - Rude Health		225	54	2.3	1.2	7	4.5	0.9	0.8	0.1	-
Oat Milk - Rude Health		205	49	2.3	0.3	6.2	4.6	0.9	0.5	0.09	-
Almond Milk - Rude Health		237	56	1.49	0.3	10.5	4.7	0.2	0.2	0.1	-
Iced Coffees											
12oz Iced Black Americano		3	1	0	0	0.1	0	0	0	0	-
12oz Iced Chai Latte		756	180	3.6	2.2	29.8	29.8	0	7.1	0.2	-
12oz Iced Latte		504	120	4.4	2.7	11.5	11.5	0	8.6	0.3	-
12oz Iced Cappuccino		650	151	8.2	5.1	11	11	0	7.7	0.42	-
12oz Iced White Americano		147	35	1.3	0.8	3.4	3.4	0	2.6	0.1	-
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	4.5	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	-
12oz Iced Matcha Latte		418	100	5.3	3.3	7.1	6.9	0.8	5.6	0.2	-