



Regular	Energy KJ	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)
<b>Pret's Hot</b>						
<b>Brioche</b>						
Bacon Brioche (per serving - 132g)	1966	470	24	12	45	4.8
Bacon & Egg Brioche (per serving - 191g)	2090	499	24	12	47	5.6
Sausage & Egg Brioche (per serving - 203g)	1365	325	11.5	4.9	33.6	4.9
Pret's Veggie Brioche (per serving - 221g)	1721	409	15	9.4	49	7.5
<b>Hot Croissant</b>						
Cheddar & Tomatoes Hot Croissant (per serving - 123g)	1523	365	22	15	28	5.3
Cheesy Chicken Hot Croissant	2630	632	45	22	28	5
Ham & Greve Hot Croissant (per serving - 110g)	1525	365	22	14	27	4.5
Mozzarella & Tomato Croissant (per serving - 100g)	1358	326	21.4	11.3	20.7	2.7
<b>Hot Wraps</b>						
Hot Wrap - All Day Breakfast (per serving - 245g)	2745	659	42	13	40	4.1
Hot Wrap - Chipotle Chicken (per serving - 287g)	2417	576	22	7.4	59	4.9
Hot Wrap - Spicy Mediterranean (per serving - 242g)	2228	532	24	8.9	57	4.4
<b>Hot Mac &amp; Cheese</b>						
Bacon & Ham Macaroni Cheese (per serving - 430g)	6404	1533	90	57	137	6.3
Spinach Mac & Cheese (per serving - 380g)	5933	1420	82	54	137	5.8
<b>Sweet Croissants</b>						
Chocolate Croissant (per serving - 87g)	1624	389	22.1	12.4	39.8	15.1
Almond Croissant (per serving - 87g)	1558	373	21.1	10.7	36.8	11.8
Plain Croissant (per serving - 67g)	1177	282	16.4	10.7	266.7	4.2
Pain aux Raisins (per serving - 113g)	1518	362	16.3	10.6	46.3	21
Very Berry Croissant (per serving - 88g)	1317	314	13.6	6.4	42.5	22.5
<b>Cookies &amp; Muffins</b>						
Blueberry Muffin (per 100g)	1493	356	17	2.2	46	32
Chocolate Chunk Cookie (per serving - 85g)	1543	367	14.1	8.8	54.4	28.8
Fruit, Oat & Spelt Cookie (per serving - 86g)	1458	347	13.5	7.6	49.4	28.3
Chocolate Muffin (per serving - 95g)	1894	453	25	4.2	50	39
Dark Chocolate Almond Butter Cookies (per serving - 85g)	1559	372	15	7.4	51	32.2
<b>Bowls/ Pots</b>						
Banana & Honey Breakfast Bowl (per serving - 195g)	1701	404	10	5.7	67	22
Bircher Muesli (per serving - 190g)	1622	388	18	8.8	42	13
Five Berry Bowl (per serving - 210g)	1801	428	11	5.7	70	41
Cranberry Yoghurt Bowl (per serving - 194g)	1434	341	11	5.7	50	31
Coconut Chia Seed Bowl (per serving - 240g)	1344	322	15	3.1	33	16
Mango & Banana Sunshine Bowl (per serving - 195g)	1381	328	8.7	4.6	53	26
Mango Yoghurt Bowl (per serving - 210g)	1714	408	13	6.5	62	23
Red Dragon Fruit Sunshine Breakfast Bowl (per serving - 210g)	1466	348	6.5	2.7	62	24
<b>Dessert</b>						
Tiramisu (per 100g)	1375	332	29	19	14	12
<b>Fruits</b>						
Apple (per piece)	358	85	0.2	0.1	18.9	18.9
Banana (per piece)	258	62	0.2	0.1	13.9	12.1
Dragon Fruit & Kiwi - 170g	433	103	0.5	0	20	4.2
Melon Trio - 150g	177	42	0	0	7.9	7.9
Papaya & Lime - 150g	316	75	0.9	0.3	13	13
<b>Toasties</b>						
Brie, Avocado & Tomato Toastie (per serving - 240g)	2203	528	29	13	45	1.4
Chicken, Avocado & Basil Toastie (per serving - 247g)	2451	586	28	10	47	2.5
Ham, Cheese & Mustard Toastie (per serving - 204g)	2152	513	22	9.4	46	2.7
Classic Cheese Toastie (per serving - 196g)	2477	592	31	15	28	3.2
All Day Breakfast Toastie	2879	689	39	15	49	1.9
<b>Salad</b>						
Chef's Chicken Salad (per serving - 230g)	1776	428	34	5.7	7.9	4.8
Smoked Salmon Soba Noodle Salad (per serving - 295g)	2334	555	18	2.9	69	10
Shrimps & Avocado Salad (per serving - 225g)	1404	339	29	5.3	5.5	2.2
<b>Salads Pots</b>						
PP - Egg & Spinach (per serving - 112g)	437	104	5.3	1.5	2.4	0.3
PP - Smoked Salmon & Spinach (per serving - 106g)	614	147	8.7	2.2	0.8	0.7
<b>Granary</b>						
Granary - Brie & Cranberry (per serving - 190g)	2135	511	26	11	47	11
Granary - Chicken Avocado (per serving - 241g)	2030	485	23	5.4	41	4.5
Granary - Chicken & Roasted Pepper (per serving - 223g)	2158	515	24	5.1	44	7.7
Granary - Classic Super Club (per serving - 274g)	2383	570	31	5.5	43	7.1
Granary - Cracking Egg Salad (per serving - 247g)	1805	431	20	3.7	42	6.1
Granary - Cracking Egg Salad (Slim) (per serving - 124g)	902.5	215.5	10	1.85	21	3.05
Granary - Ham & Cheese (per serving - 198g)	2263	541	28	17	40	3.9
Granary - Ham & Cheese (Slim) (per serving - 100g)	1131.5	270.5	14	8.5	20	1.95
Granary - Mature Cheddar (per serving - 250g)	2159	516	24	9.4	51	13
Granary - Mature Cheddar (Slim) (per serving - 125g)	1079.5	258	12	4.7	25.5	6.5
Granary - Shrimps & Rocket (per serving - 210g)	1816	434	20	2.9	40	4.2

Granary - The Pret Christmas Lunch - 255g	2857	683	34	12	63	12
Granary - Rainbow Veggie (per serving - 277g)	1698	406	18	3.8	46	8.4
<b>Baguettes</b>						
Baguette- Brie, Tomato & Basil (per serving - 249g)	2168	515	16	10	70	6.7
Baguette - Chicken Caesar & Bacon (per serving - 238g)	2733	652	27	5.7	63	5.5
Baguette - Ham & Greve (per serving - 261g)	2491	592	18	7.5	71	7
Baguette - Posh Cheddar & Pickle (per serving - 255g)	2864	683	30	10	74	14
Baguette - Smoked Salmon, Soft Cheese & Dill (per serving - 224g)	2408	574	22	5.2	62	5.3
Posh Prosciutto Hot Baguette (per serving - 284g)	2475	589	20	8.4	65	6.9
Chipotle Mozzarella Hot Baguette (per serving - 287g)	2506	597	22	11	67	7.4
<b>Wraps</b>						
Salad Wrap - Avocado and Herb (per serving - 244g)	2228	535	34	7	40	4.2
Salad Wrap - Chicken & Rocket (per serving - 263g)	1598	380	13	2.8	40	5.3
<b>Snacks</b>						
Crisps - Tyrrells Mature Cheddar (per 25g pack)	848	203	11.6	1.4	21.1	1.6
Crisps - Tyrrells Cider Vinegar (per 25g pack)	511	122	6.5	0.7	14	0.4
Crisps - Tyrrells Lightly Salted (per 25g pack)	512	123	6.8	0.8	13	0.2
Crisps - Tyrrells Cracked Black Pepper (per 25g pack)	829	198	10.9	1.2	21.4	0.6
<b>Snacks</b>						
Brownie Bar (per serving - 60g)	1214	291	17.7	10.8	28	26.1
Choc Bar (per serving - 70g)	1528	366	22.6	13.6	36.9	25.8
Love Bar (per serving - 70g)	1453	349	23	14	32	25
Popcorn Bar (per serving - 34g)	724	173	8.2	4.8	22.8	13.9
Pret a Mango	506	119	0.3	0.1	28.5	13.4
Dark Chocolate Almonds Snack (per serving - 38g)	892	215	15	5.3	12	7.9
<b>Juices &amp; Smoothies</b>						
Juice - Orange (per serving - 250g)	410	98	0	0	22.8	21.3
Juice - Grapefruit (per serving - 250g)	453	108	0	0	24.3	22.8
Juice - Lemon and Mint (per serving - 250g)	620	148	0	0	37.5	36.5
Juice - Coconut Water (per serving - 250g)	235	55	0	0	13.8	11.3
Radiance (per serving - 250g)	373	88	0.5	0	18	16
Ultra Boost (per serving - 250g)	315	74	0.7	0	14	14
<b>Coke</b>						
Coke - 500ml Bottle	900	210	0	0	53	53
Coke Zero - 500ml Bottle	8	2	0	0	0	0
<b>Water</b>						
San Pellegrino 500ml	0	0	0	0	0	0
Vittel 500ml	0	0	0	0	0	0
Aqua Panna 500ml	0	0	0	0	0	0
<b>Beer</b>						
Tiger Beer 500ml	574	137	0	0	11.2	1.7
Heineken Beer 500ml	581	139	0	0	10.6	0
Chang Beer 320ml	816	195	0	0	12.8	0
<b>Coffee (Per Serving)</b>						
Coffee - 12oz Latte	494	118	4.3	2.7	11.3	11.3
Coffee - 12oz Cappuccino	384	92	3.3	2.1	8.8	8.8
Coffee - 8oz Flat White	335	80	2.9	1.8	7.7	7.7
Coffee - 12oz Americano	3	1	0	0	0.1	0
Coffee - 12oz Filter Coffee	0	0	0	0	0	0
Coffee - 12oz Mocha	778	185	5.2	3.3	24.4	23.4
Coffee - 4oz Macchiato	20	5	0.2	0.1	0.5	0.5
12oz Hot Matcha Latte	697	167	9.1	5.7	12	12
Coffee - 4oz Espresso	0	0	0	0	0	0
Gingerbread Latte Milk - 12oz	364	86	3.2	2.3	11	11
<b>Other Hot Drinks</b>						
12oz Hot Chocolate	1077	256	6.4	4	37.5	35.5
12oz Caramel Hot Chocolate	1318	314	12	8.1	41	22
12oz - Chai Latte	756	180	3.6	2.2	29.8	29.8
Milk - Organic Milk (per 100ml)	396	94	3.4	2.1	9	9
Milk - Babyccino	59	14	0.5	0.3	1.4	1.4
<b>Tea</b>						
Tea - 12oz Ceylon Breakfast Tea	0	0	0	0	0	0
Tea - 12oz Earl Grey Tea	59	14	0.5	0.3	1.4	1.4
Tea - 12oz Green Matcha	0	0	0	0	0	0
Tea - 12oz Green Tea Tropical	0	0	0	0	0	0
Tea - 12oz Peppermint Mint	0	0	0	0	0	0
<b>Syrups &amp; Alt Milks</b>						
Caramel Syrup (per 100ml)	206	49	0	0	12.1	12.1
Vanilla Syrup (per 100ml)	203	49	0	0	12	12
Hazelnut Syrup (per 100ml)	197	47	0	0	11.7	11.7
Soya Milk - Rude Health (per 100ml)	179	43	1.6	0.3	3.5	2
Rice Coconut Milk - Rude Health (per 100ml)	225	54	2.3	1.2	7	4.5
Oat Milk - Rude Health (per 100ml)	205	49	2.3	0.3	6.2	4.6
Almond Milk - Rude Health (per 100ml)	237	56	1.49	0.3	10.5	4.7
<b>Iced Coffees</b>						
12oz Iced Black Americano	3	1	0	0	0.1	0
12oz Iced Chai Latte	756	180	3.6	2.2	29.8	29.8
12oz Iced Latte	504	120	4.4	2.7	11.5	11.5
12oz Iced Cappuccino	630	151	8.2	5.1	11	11
12oz Iced White Americano	147	35	1.3	0.8	3.4	3.4

12oz Iced Mocha Full Fat Milk	595	142	6.7	4.6	14	11
12oz Iced Mocha Low Fat Milk	487	116	3.5	1.7	14	12
12oz Iced Mocha Soy Milk	367	88	4.3	0.9	7.8	5.6
12oz Iced Chocolate Full Fat Milk	756	180	7.3	5.1	21	16
12oz Iced Chocolate Low Fat Milk	648	154	4.1	2.1	21	16
12oz Iced Chocolate Soy Milk	528	126	4.9	1.3	15	10
12oz Iced Matcha Latte	418	100	5.3	3.3	7.1	6.9
12oz Iced Cold Brew	3	1	0	0	0.8	0
16oz Iced Cold Brew with Coconut Water	390	92	0	0	22	18

<b>Fibre(g)</b>	<b>Protein(g)</b>	<b>Salt(g)</b>	<b>Sodium(mg)</b>
1.5	18	3.2	-
1.6	23	3.4	-
0	20.9	0.8	-
1.8	19	2.1	-
2	12	0.91	
2.1	28	1.6	-
1.7	15	1.3	
1.5	11.9	1	-
2.9	30	2.4	-
3.8	34	1.3	-
3.7	20	3.5	-
2	44	5.4	-
1.8	33	3.8	-
2.6	6.4	0.6	
2.5	7.8	0.6	
1.5	6.1	0.7	
1.8	6.7	0.7	
2.3	4.4	0.5	-
1.3	4.2	0.67	-
2.2	4.7	0.4	-
2.9	5.6	0.3	-
2.8	5.7	0.62	-
3.5	6.7	0.7	-
4.3	4	0.09	-
4.2	11	0.32	-
6.7	8.5	0.22	-
5.3	7.5	0.16	-
11	7.9	0.17	-
6.2	5.9	0.15	-
4.2	8.4	0.13	-
7.6	6	0.14	-
0	4.4	0.13	
0	0.6	0	0
0	0.7	0	0
4.9	1.8	0	-
2	0.8	0.04	-
2.6	1.1	0.06	-
6.6	17	1.9	-
5.7	33	1.8	-
4.6	31	3.8	-
4.9	29	3.3	-
5.3	33	3.3	-
2.3	21	1.7	-
4.1	25	2.6	-
2.9	13	1.7	-
0.7	11.4	0.6	0
0	15.6	1.4	0
6.6	19	1.3	-
7	24	0.9	-
5.8	28	1.2	-
5.5	26	1.7	-
5.5	18	1.1	-
2.75	9	0.55	-
4.8	30	2.3	-
2.4	15	1.15	-
6.3	20	1.6	-
3.15	10	0.8	-
5	21	2.2	-

6.5	28	1.5	-
7.7	12	1.8	-
5.4	20	2.5	-
6.2	36	2.9	-
5.2	34	2.6	-
6.9	27	2.8	-
5.9	29	3.2	-
7	33	3.5	-
6.8	29	2.3	0
6	14	1	-
3.9	24	0.9	-
1.5	2.8	0.52	0
0.8	1.6	0.45	0
1.4	1.3	0.2	0
2	2.7	0.52	0
1.9	4	0.06	-
2.1	3.5	0.4	0
2.3	3.2	0.32	-
0.7	1.7	0.09	-
1.3	0.6	0	0
3.5	5.5	0.2	80
0	2	0	-
0	1.3	7.5	-
0	0	0	-
0	0	0.2	-
1.7	1.5	-	75.75
0.8	1.6	-	18.75
0	0	0	0
0	0	0	0
0	0	0	0
0	0	0	0
0	0	0	0
0	0	0	7
0	0	0	0
0	1.7	-	-
0	8.5	0.3	-
0	6.6	0.2	-
0	5.8	0.2	-
0	0	0.2	-
0	0	0	-
1.5	9.3	0.3	-
0	0.4	0	-
0.5	8.9	0.34	-
0	0	0	-
0	3	0.09	
2.8	10.6	0.3	0
2.2	11	0.27	-
0	7.1	0.2	0
0	6.8	0.2	0
0.1	1	0	0
0	0	0	0
0	1	0	0
0	0	0	0
0	0	0	0
0	0	0	0
0	0	0	0
0	0	0	0
0	0	0	0
0.7	3.2	0.1	-
0.9	0.8	0.1	-
0.9	0.5	0.09	-
0.2	0.2	0.1	-
0	0	0	-
0	7.1	0.2	-
0	8.6	0.3	-
0	7.7	0.42	-
0	2.6	0.1	-

1	6.2	0.33	-
1	6.5	0.33	-
1.8	3.6	0.45	-
2	6.9	0.28	-
2	7.2	0.28	-
2.7	4.4	0.4	-
0.8	5.6	0.2	-
0	0	0	-
0	0	0.19	-