

		ALL VALUES PER 100g UNLESS STATED									
Product name	Size	Energy KJ	Energy Kcal	Protein(g)	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	Fibre(g)	Salt(g)	Sodium(mg)
Pret's Hot											
Ciabatta											
All Day Breakfast Ciabatta	342g	3863	930	58	72	32	12	8.7	1	5.6	457.4
Chipotle Mozzarella Ciabatta	236g	1562	376	26	27	17	6.8	3.4	1.7	1.4	142.7
Brioche											
Bacon, Egg and Cheese Brioche Toast	207 g	1400	336	13	24	9.9	18	3.6	1	1.1	451.7
Grilled Teriyaki Chicken Brioche Toast	370 g	499	118	8.5	1.5	0.2	12	1	0.9	0.2	79.8
Hot Croissant											
Cheddar & Tomatoes Hot Croissant	123 g	1238	297	9.6	18	12	22	4.3	1.6	0.74	295.3
Ham & Greve Hot Croissant	110 g	1386	332	14	20	13	24	4.1	1.5	1.2	488.5
Bacon, Cheese and Tomato Hot Croissant	138g	1911	459	19	30	18	27	4.2	1.6	2.2	627.4
Hot Wraps											
Hot Wrap - All Day Breakfast	245 g	1120	269	12	17	5.5	16	1.7	1.2	0.97	389.1
Hot Wrap - Chipotle Chicken	277 g	771	183	12	6.7	2.7	18	1.9	1.4	0.47	189
Hot Wrap - Italian Style Chicken & Basil	263 g	776	185	13	7.3	3.5	16	2.3	1.5	0.61	243.5
Hot Wrap - Spicy Mediterranean	226 g	841	201	8.4	8.9	3.9	21	2	1.7	0.67	269
Toasties											
Brie & Caramelised Onion Toastie	205 g	1228	294	13	16	9	23	1.5	2.4	1.2	469.30
Brie, Avocado & Tomato Toastie	240 g	919	220	7.1	12	5.5	19	0.6	2.7	0.79	314.20
Classic Cheese Toastie	196 g	1229	294	15	15	7.6	24	0.9	2.5	1.3	521.1
Ham, Cheese & Mustard Toastie	204 g	1035	247	15	10	4.6	22	0.8	2.3	1.6	642.8
Granary											
Granary - Chicken Avocado	241 g	851	203	9.9	9.5	2.2	18	1.4	2.5	0.43	173
Granary - Classic Super Club	270 g	841	201	9.4	10	1.8	17	2.1	1.7	0.68	272
Granary - Cracking Egg Salad	259 g	753	180	7.2	8.6	1.6	17	2	1.8	0.54	216.7
Granary - Ham & Cheese	205 g	1206	289	14	16	9.8	21	1.4	1.9	1.2	487.5
Granary - Mature Cheddar	257 g	880	210	7.7	9.7	3.7	22	5.5	2.1	0.74	294.1
Granary - Smoked Trout & Soft Cheese	240 g	890	213	9.7	11	4.8	18	1.8	1.6	0.99	394
Granary - Super Greens & Red	230g	1656	396	9.8	17	3.6	47	5.5	7.1	1.6	284.5
Granary - Chicken Salad	200g	1653	394	22	14	2.4	43	3.5	3.8	1.1	221.2
Baguettes											
Baguette - Chicken Caesar	244 g	1158	276	15	12	2.5	26	2.3	2.6	1.2	479
Baguette - Ham & Greve	261 g	930	221	13	6.4	2.8	27	2.1	2	1.5	593.8
Baguette - Posh Cheddar & Pickle	255 g	1003	239	8.8	9.3	3.6	29	4.2	1.9	0.86	343.1
Baguette- Prosciutto & Rocket Panini	245g	967	231	7.6	11	1.9	25	3.3	1.3	1.1	432.3
Cold Wraps											
Salad Wrap - Avocado and Herb	253 g	860	206	5.2	13	2.7	16	1.8	2.5	0.4	161.2
Salad Wrap - Chicken & Rocket	269 g	598	142	8.8	4.8	1.1	15	2	1.5	0.34	134.2
Salad											
Chef's Chicken Salad	230 g	775	197	9.2	15	2.5	3.4	2.1	1	0.76	302.5
Salads Pots											
PP - Egg & Spinach	112 g	548	132	13	8.7	2.4	0	0	0	0.38	150.7
PP - Smoked Trout & Spinach	114 g	566	136	12	9.1	2.2	0.7	0.7	1.1	0.74	297.2
PP - Chicken Edamame	155g	1260	302	25	18	2.9	7.6	2.5	3.2	0.85	219.7
Fruits											
Apple (per piece)		358	85	0.6	0.2	0.1	18.9	18.9	0	0	

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Banana (per piece)		258	62	0.7	0.2	0.1	13.9	12.1	0	0	
Dragon Fruit & Kiwi - 170g	170 g	433	103	1.8	0.5	0	20	4.2	4.9	0	
Mango & Lime	170 g	231.5	54.6	0.6	0.2	0.1	12.7	12.3	2.3	0	2
Melon & Blueberries	170 g	174.3	41.4	0.9	0.3	0	7.9	5.9	1.9	0	7.9
Melon Trio - 150g	150 g	177	42	0.8	0	0	7.9	7.9	2	0.04	
Pastries											
Almond Croissant	87 g	1791	429	9	24.2	12.3	42.3	13.6	2.9	0.64	
Chocolate Croissant	87 g	1867	447	7.4	25.4	14.3	45.7	17.3	3	0.6	
Pain aux Raisins	113 g	1343	320	5.9	14.4	9.4	41	18.6	1.6	0.7	
Plain Croissant	67 g	1756	421	9.1	24.5	15.9	398	6.2	2.3	1.1	
Very Berry Croissant	88 g	1497	357	5	15.4	7.3	48.3	25.6	2.6	0.5	
Mozzarella & Tomato Croissant	100 g	1358	326	11.9	21.4	11.3	20.7	2.7	1.5	1	
Blueberry Muffin	95 g	1493	356	4.2	17	2.2	46	32	1.3	0.67	
Chocolate Muffin	95 g	1894	453	5.7	25	4.2	50	39	2.8	0.62	
Chocolate Chunk Cookie	85 g	1543	367	4.7	14.1	8.8	54.4	28.8	2.2	0.4	
Mediterranean Veggie Basket	110 g	1213	291	5.5	18.9	10	23.8	2.5	1.9	1.4	
Cinnamon Filled Swirl	110 g	1623	388	8.7	20.3	13.3	41.3	12.6	2.7	0.78	
Bowls/ Pots											
Banana & Honey Breakfast Bowl	195 g	872	207	4	5.4	2.9	34	11	2.2	0.09	37.9
Bircher Muesli	190 g	854	204	6	9.7	4.6	22	6.8	2.2	0.17	66.4
Coconut Chia Seed Bowl	240 g	560	134	3.3	6.2	1.3	14	6.8	4.5	0.07	29
Cranberry Yoghurt Bowl	194 g	739	176	3.8	5.7	2.9	26	16	2.8	0.08	33.6
Five Berry Bowl (per serving -	185 g	974	231	4.6	6.1	3.1	38	22	3.3	0.12	47.7
Mango Coconut Chia Seed Bowl	247 g	594	142	3.1	5.9	1.3	17	11	4.1	0.07	27.2
Mango Yoghurt Bowl	210 g	816	194	4	6.2	3.1	30	11	2	0.06	25.5
Snacks											
Brownie Bar	60 g	2023	485	6.6	30	18	47	44	3.2	0.11	
Choc Bar	70 g	2075	498	4.5	32	19	46	35	3.3	0.45	
Love Bar	70 g	1947	466	5.6	25	12	54	31	3.2	0.61	
Popcorn Bar	70 g	724	173	1.7	8.2	4.8	22.8	13.9	0.7	0.09	
Pret a Mango	35 g	1430	337	2.3	1.2	0.4	77	50	5.3	0.01	
Dark Chocolate Almonds Snack	38 g	2347	565	14	40	14	33	21	9.2	0.53	
Crisps											
Crisps - Tyrrells Mature Cheddar & Chive	40 g	2106	505	7.5	27.8	2.6	52.9	3.6	6.5	1.3	
Crisps - Tyrrells Sea Salt & Cider Vinegar	40 g	2098	502	6.4	27.2	2.3	54.4	2.3	6.3	1.8	
Crisps - Tyrrells Lightly Sea Salted	40 g	2164	519	6.9	29.3	2.4	53.4	0.4	6.7	0.65	
Crisps - Tyrrells Sea Salt & Black Pepper	40 g	2113	506	7	27.9	2.4	53.5	1	6.5	1	
Juices & Smoothies											
Juice - Orange	250ml	163.8	39	0.8	0	0	9.1	8.5	0	0	-
Juice - Lemon and Mint	250ml	248	59	0	0	0	15	14.6	0	0	-
Juice - Coconut Water	250ml	235	55	0	0	0	13.8	11.3	0	0.2	-
Radiance	250ml	149	35	0.6	0	0	7.3	6.3	0.7	-	30.3
Ultra Boost	250ml	126	30	0.6	0.5	0	5.6	5.6	0.5	-	7.5
Coke											
Coke	500ml	80	19	0	0	0	4.6	4.6	0	0	2
Coke Zero	500ml	0	0	0	0	0	0	0	0	0	6

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Water											
Perrier Sparkling Water	500 ml	0	0	0	0	0	0	0	0	0	0
Desa water	500 ml	0	0	0	0	0	0	0	0	0	0
Vittel water	500 ml	0	0	0	0	0	0	0	0	0	0
Beer											
Tiger Beer	325ml	174	42	0.4	0	0	3.4	0	0	0	-
Heineken Beer	320ml	176	42	0	0	0	3.2	0	0	0	-
Chang Beer	320ml	816	195	1.7	0	0	12.8	0	0	-	-
Coffee (Per Serving)											
Coffee - Latte - 12oz	12oz	494	118	8.5	4.3	2.7	11.3	11.3	0	0.3	-
Coffee - Cappuccino - 12oz	12oz	384	92	6.6	3.3	2.1	8.8	8.8	0	0.2	-
Coffee - Flat White - 8oz	8oz	335	80	5.8	2.9	1.8	7.7	7.7	0	0.2	-
Coffee - Americano - 12oz	12oz	3	1	0	0	0	0.1	0	0	0.2	-
Coffee - Filter Coffee - 12oz	12oz	0	0	0	0	0	0	0	0	0	-
Coffee - Mocha - 12oz	12oz	778	185	9.3	5.2	3.3	24.4	23.4	1.5	0.3	-
Coffee - Macchiato - 4oz	4oz	20	5	0.4	0.2	0.1	0.5	0.5	0	0	-
Matcha Latte-Hot - 12oz	12oz	697	167	8.9	9.1	5.7	12	12	0.5	0.34	-
Coffee - Espresso - 4oz		0	0	0	0	0	0	0	0	0	-
Other Hot Drinks											
Hot Chocolate - 12oz	12oz	1077	256	10.6	6.4	4	37.5	35.5	2.8	0.3	0
Hot Chocolate-Caramel - 12oz	12oz	1318	314	11	12	8.1	41	22	2.2	0.27	-
Hot Chai Latte - 12oz	12oz	756	180	7.1	3.6	2.2	29.8	29.8	0	0.2	0
Milk - Organic Milk	8oz	396	94	6.8	3.4	2.1	9	9	0	0.2	0
Milk - Babyccino	4oz	59	14	1	0.5	0.3	1.4	1.4	0.1	0	0
Tea											
Tea - Ceylon Breakfast Tea - 12oz	12oz	0	0	0	0	0	0	0	0	0	0
Tea - Earl Grey Tea - 12oz	12oz	59	14	1	0.5	0.3	1.4	1.4	0	0	0
Tea - Green Matcha - 12oz	12oz	0	0	0	0	0	0	0	0	0	0
Tea - Green Tea Tropical - 12oz	12oz	0	0	0	0	0	0	0	0	0	0
Tea - Peppermint Mint - 12oz	12oz	0	0	0	0	0	0	0	0	0	0
Tea - Lemon Tea - 12oz	12oz	29	7	0	0.2	0	1.2	0	0.2	0	
Syrups and alternative milk											
Caramel Syrup		206	49	0	0	0	12.1	12.1	0	0	0
Vanilla Syrup		203	49	0	0	0	12	12	0	0	0
Hazelnut Syrup		197	47	0	0	0	11.7	11.7	0	0	0
Soya Milk - Rude Health		179	43	3.2	1.6	0.3	3.5	2	0.7	0.1	-
Rice Coconut Milk - Rude Health		225	54	0.8	2.3	1.2	7	4.5	0.9	0.1	-
Oat Milk - Rude Health		205	49	0.5	2.3	0.3	6.2	4.6	0.9	0.09	-
Almond Milk - Rude Health		237	56	0.2	1.49	0.3	10.5	4.7	0.2	0.1	-
Iced Coffees											
Iced Black Americano - 12oz	12oz	3	1	0	0	0	0.1	0	0	0	-
Iced Chai Latte - 12oz	12oz	756	180	7.1	3.6	2.2	29.8	29.8	0	0.2	-
Iced Latte - 12oz	12oz	504	120	8.6	4.4	2.7	11.5	11.5	0	0.3	-
Iced Cappucino - 12oz	12oz	630	151	7.7	8.2	5.1	11	11	0	0.42	-
Iced White Americano - 12oz	12oz	147	35	2.6	1.3	0.8	3.4	3.4	0	0.1	-
Iced Mocha-Full Fat Milk - 12oz	12oz	595	142	6.2	6.7	4.6	14	11	1	0.33	-



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Iced Mocha-Low Fat Milk - 12oz	12oz	487	116	6.5	3.5	1.7	14	12	1	0.33	-
Iced Mocha-Soya Milk - 12oz	12oz	367	88	3.6	4.3	0.9	7.8	5.6	1.8	0.45	-
Iced Chocolate-Full Fat Milk - 12oz	12oz	756	180	6.9	7.3	5.1	21	16	2	0.28	-
Iced Chocolate-Low Fat Milk - 12oz	12oz	648	154	7.2	4.1	2.1	21	16	2	0.28	-
Iced Chocolate Soy Milk - 12oz	12oz	528	126	4.4	4.9	1.3	15	10	2.7	0.4	-
Iced Matcha Latte - 12oz	12oz	418	100	5.6	5.3	3.3	7.1	6.9	0.8	0.2	-