

## 9to5strength - Pret Nutrition Tables

### Pret - Sandwiches

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Veggie New Yorker On Rye	571	23	51	11	28	9	10.3	2.2
Ham & Cheese	531	34	40	3	25	15	4.8	2.9
Classic Super Club	528	30	42	5	25	4	5.6	2.2
Best Ever BLT	524	24	42	5	28	6	6.0	3.3
Mature Cheddar & Pickle	520	20	53	14	24	9	5.9	1.8
Chicken, Avocado & Basil	484	25	42	4	22	5	8.4	1.5
Chicken Caesar & Smashed Avo on GF Bread	452	18	20	2	32	6	5.8	1.5
Tuna & Cucumber	447	20	43	3	21	5	5.1	1.5
Super Greens & Reds	447	12	44	6	22	6	10.5	1.3
Italian Summer Flat Bread	431	16	60	12	13	1	7.8	2.0
Egg & Tomato on Rye	429	21	52	6	13	1	11.0	2.0
Humous & Peppers on GF Bread	426	12	28	6	28	6	2.7	2.0
Scottish Smoked Salmon	421	23	39	3	18	6	4.6	2.9
Crayfish & Avocado	383	18	41	4	15	3	6.8	1.4
Cracking Egg Salad	375	18	49	5	11	1	5.8	1.5
Free-Range Egg Mayo	367	18	47	3	11	1	5.2	1.5
Smashed Avo on GF Bread	293	6	19	2	20	4	5.8	1.0
Coconut & Berries on GF Bread	275	6	27	9	15	11	2.8	0.5

### Pret - Baguettes

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Posh Cheddar & Pickle	621	21	70	16	27	9	5.1	2.7
Chicken Caesar & Bacon	597	30	55	3	28	5	4.3	2.8
Wiltshire-Cured Ham & Greve	588	32	53	4	26	9	4.3	3.5
Free-Range Egg Mayo & Avocado	571	19	61	3	26	5	7.5	2.4
Avo & Bacon	568	15	54	3	31	7	7.2	2.9
Tuna Mayo & Cucumber	540	24	57	3	23	2	4.1	2.5
Egg & Avo	533	19	61	3	23	4	6.7	2.8
Italian Prosciutto	531	22	56	4	23	5	5.0	3.4
Smashed Beets, Pistachios & Feta	531	15	60	5	25	4	6.1	2.4
Italian Mozzarella & Pesto	529	15	57	4	26	4	5.8	2.8
Avo, Olives & Tomatoes	529	12	56	4	27	5	9.8	2.1
Italian Veggie Baguette	518	19	64	7	19	4	8.8	2.5
Posh Prosciutto	518	29	57	6	19	9	5.0	3.6
Free-Range Egg Mayo & Smoked Salmon	503	25	60	3	18	2	3.9	3.2
Chicken & Pea Crush Baguette	497	28	61	3	15	3	6.1	3.1
Free-Range Egg Mayo & Bacon	494	24	60	3	17	3	3.9	3.1
Artichoke, Olives & Tapenade	454	12	58	5	19	3	8.1	1.6
Smoked Salmon, Soft Cheese & Dill	453	27	53	3	14	6	5.0	3.3
Free-Range Egg Mayo & Tomatoes	447	18	61	4	13	1	4.5	2.7
Brie, Tomato & Basil	431	16	54	4	16	8	4.6	2.2
Chipotle Mozzarella Hot Baguette	422	18	59	8	11	4	5.8	2.2
Jambon Beurre	355	17	41	2	13	9	2.3	2.4
Stone Baked Losange Soup Baguette	188	6	39	1	1	0	2.3	1.0

### Pret - Wraps

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Mediterranean Tuna Flat Bread	539	27	51	7	24	2	5.6	1.6
Avocado & Herb Salad Wrap	510	13	40	5	32	6	7.0	1.2
Sesame Veggie Salad Wrap	506	10	46	5	29	5	7.6	1.3
Avocado & Falafel Flat Bread	502	13	57	9	24	5	8.3	1.0
Chicken Pesto & Rocket Flat Bread	485	27	45	6	21	4	2.3	1.2
Mexican Avocado Flat Bread	485	15	61	8	18	5	8.0	1.0
Pesto Butternut Squash & Tomato Flat Bread	482	13	51	9	24	3	4.1	0.9
Falafel, Avo & Chipotle Flat Bread	470	12	62	12	18	4	7.8	0.8
Hoisin Duck Salad Wrap	469	26	49	12	18	3	3.8	5.2
Avocado & Chipote Chickpea Salad Wrap	444	11	49	5	20	4	8.8	1.8
Bang Bang Chicken	433	23	44	3	17	2	4.0	1.9
Artichoke & Olive Tapenade Flat Bread	421	12	51	6	19	2	6.9	0.9
Humous & Chipotle Wrap	412	12	50	10	17	3	4.1	1.7
Green Greek Flat Bread	402	16	49	7	14	3	4.9	2.1
Chakalaka Wrap	340	10	45	7	12	4	2.9	1.4

### Pret - Hot

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Swedish Meatball Hot Wrap	663	32	45	8	38	16	4.4	2.4
Falafel & Halloumi Hot Wrap	624	23	59	3	32	5	5.6	3.6
Ham, Cheese & Mustard Toastie	597	39	48	3	27	10	4.6	3.5
Macaroni Cheese Prosciutto	586	31	50	7	29	16	0.9	3.1
Spicy Halloumi & Peppers Toasted Baguette	574	24	64	12	24	2	4.6	3.1
Pret's Lasagne Macaroni Cheese	572	24	34	9	28	15	4.1	2.5
Avo & Chipotle Chickpeas Hot Wrap	567	15	50	9	31	9	11.4	1.9
Brie, Avocado & Tomato Toastie	562	22	42	4	32	12	9.0	2.4
Pret's Vegan Mac & Greens	558	20	62	8	24	3	5.3	2.3
Halloumi, Red Pepper & Basil Toastie	556	29	48	8	26	3	6.3	3.5
Tuna Melt Toastie	552	38	44	3	24	8	5.5	2.6
Macaroni Cheese Kale & Cauli	549	27	50	1	26	16	1.0	2.1
Butternut Squash & Cauli Gratin	514	21	24	9	36	15	0.5	3.1
Spicy Chicken Hot Wrap	495	35	46	9	18	8	3.8	2.3
Falafel, Halloumi & Pickles Brioche	482	16	57	15	23	4	4.1	2.8
Artichoke & Mozzarella Toasted Baguette	463	18	56	3	18	4	9.3	2.1
Prosciutto & Mozzarella Toasted Baguette	454	25	54	3	14	5	5.4	3.7
Vegan Ragu & Red Pepper Hot Wrap	420	15	62	13	11	2	10.5	2.7

### Pret - Soup

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Red Thai Chicken & Veg Soup	243	14	13	4	13	8	7.6	2.3
Carrot & Coriander Soup	243	7	17	13	15	9	7.0	3.0
Vegetable Tagine Soup	228	9	24	9	9	2	5.9	2.4
Chicken, Edamame & Ginger Soup	226	17	21	7	7	1	3.7	1.2
Flat Bread	219	9	43	3	1	0	1.7	0.2
Coconut Chicken Curry Soup	217	8	16	3	12	6	7.0	2.4
Souper Tomato	199	5	16	14	12	2	3.3	1.1
Pea & Mint Soup	183	10	18	7	7	1	9.7	2.3

Smoky Chorizo Chicken Side Soup	149	12	11	7	5	1	7.3	1.3
"No Cream" Cream of Chicken Soup	147	10	8	6	7	2	3.3	3.1
Carrot & Coriander Side Soup	145	4	10	8	9	5	4.2	1.8
Red Thai Chicken & Veg Side Soup	145	9	8	2	8	5	4.6	1.3
Tuscan Bean Soup	142	7	13	1	4	1	8.9	2.9
Chicken, Broccoli & Brown Rice Soup	137	7	17	2	4	1	4.0	1.9
Vegetable Tagine Side Soup	136	6	15	6	5	1	3.5	1.4
Chicken, Edamame & Ginger Side Soup	135	10	12	4	4	1	2.2	0.7
Veggie Chilli Side Soup	130	6	18	6	2	1	7.9	1.3
Coconut Chicken Curry Side Soup	130	5	10	2	7	4	4.2	1.5
Souper Tomato Side Soup	119	3	10	8	7	1	1.9	0.6
Pea & Mint Side Soup	108	6	11	4	4	0	5.7	1.4
"No Cream" Cream of Chicken Side Soup	88	6	5	4	4	1	2.0	1.8
Tuscan Bean Side Soup	86	5	8	0	2	0	5.2	1.7
Miso Soup	38	3	4	2	1	0	0.0	2.6

### Pret - Salads

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Chef's Italian Chicken Salad	635	25	11	9	53	6	4.9	2.3
Buffalo Mozzarella & Pesto	612	14	9	7	56	14	6.5	0.8
Tuna Nicoise Salad	469	27	7	6	36	4	3.2	1.6
Cali-Style Salmon Salad	437	22	19	7	29	8	6.7	1.6
Smoked Salmon Protein Box	409	27	6	3	30	6	3.9	3.0
Sweet Potato Falafel & Smashed Beets Veggie Box	407	10	36	9	24	4	8.2	1.7
Crayfish & Avocado No Bread	379	15	4	3	32	5	4.5	1.2
Bang Bang Chicken Salad	378	25	17	9	22	3	4.9	1.8
Pret's Greek Salad	358	11	10	9	29	12	5.1	1.6
Roast Beets, Squash & Feta Veggie Box	357	9	28	8	21	6	3.9	2.0
Falafel Mezze	337	9	25	9	20	3	5.0	2.2
Pret's Protein Box	321	36	6	3	17	4	4.7	1.8
Egg & Smashed Avocado	315	12	8	4	25	8	4.6	1.1
Salmon & Smashed Avo	315	11	9	6	25	5	4.8	1.4
Bang Bang Broccoli Salad	296	10	19	14	18	2	6.0	1.4
Chicken & Smashed Beets	295	23	10	4	17	4	3.1	2.1
Dijon Dressing - Large	265	0	3	3	28	2	0.2	0.3
Roast Mushroom & Smashed Avocado	263	5	12	9	20	4	5.4	0.7
Egg & Avocado Protein Pot	224	10	3	1	5	3	4.1	0.4
Asian-Style Veggie Box	220	8	18	9	11	2	4.4	1.1
Dijon Dressing - Small	165	0	2	2	17	1	0.1	0.2
Smoked Salmon & Egg Protein Pot	134	13	2	0	8	2	0.6	1.4
Egg & Spinach Protein Pot	104	12	2	0	5	2	0.7	0.6
2oz Green Dressing	85	1	3	2	8	1	0.4	0.4
1oz Ancho Chilli Dressing	46	2	2	1	4	1	0.2	0.3

### Pret - Fruit

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Pret's Fruit Salad	113	1	23	23	1	0	4.3	0.1
Superfruit Salad	106	2	22	22	1	0	4.0	0.0
Mango & Lime	92	1	20	18	0	0	2.9	0.0
Apple	85	1	19	19	0	0	0.0	0.0

Banana	62	1	14	12	0	0	0.0	0.0
Melon & Blueberry	38	1	7	7	0	0	1.2	0.0

### Pret - Snacks

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Naked Nuts	254	8	4	2	22	2	2.8	0.0
Dark Chocolate Salted Almonds	235	5	15	7	17	7		0.4
Cranberries in Coats	234	1	35	32	10	6	0.9	0.2
Chocolatey Coconut Bite	208	2	8	6	18	15	4.7	0.0
Sea Salt Crisps	203	2	21	0	12	1	2.2	0.4
Smoked Chipotle Crisps	203	2	21	1	12	1	2.1	0.5
Vegetable Crisps	202	2	16	9	14	2	3.4	0.6
Mature Cheddar & Red Onion Crisps	200	3	21	1	11	1	1.9	0.4
Sea Salt & Cider Vinegar Crisps	196	2	22	1	11	1	1.8	0.7
Nuts, Fruit & Chocolate	177	5	13	12	11	2	2.1	0.0
Sweet & Salt Popcorn	163	1	16	5	10	1	1.6	0.2
Rock Salt Popcorn	143	3	16	0	7	1	2.4	0.4
Pret a Mango	119	1	29	13	0	0	1.3	0.0
Crisped Kale	67	4	2	1	4	1	3.1	0.3

### Pret - Sweet Treats

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Pecan Slice	467	7	46	30	27	5	5.3	0.0
Pret's Bakewell Slice	467	7	46	30	27	5	5.3	0.0
Victoria Sponge	464	6	58	51	23	13	1.0	0.4
Double Berry Muffin	441	7	53	31	22	3	3.5	0.7
Pret's Shortbread	419	5	40	15	26	18	1.1	0.1
GF Lemon Drizzle Cake	409	6	34	26	27	10	1.6	0.3
Chocolate Chunkie Cookie	370	5	54	32	14	9	2.9	0.4
Choc Bar	366	4	37	26	23	14	2.1	0.4
Tropical Bircher	359	6	31	20	23	17	4.7	0.2
Fruit, Oat & Spelt Cookie	347	6	49	28	14	8	2.9	0.3
Pret's Jam Croissant	335	6	40	17	17	11	2.1	0.5
Love Bar	328	4	38	22	18	9	2.6	0.4
Mocha Pot	316	3	15	10	27	19	1.6	0.2
Lemon & Blueberry Cheesecake	312	5	19	16	25	15	1.0	0.1
Chocolate Praline Cookie	311	4	43	23	13	5	1.9	0.3
Carrot Cake	309	3	37	26	17	5	1.6	0.4
Chocolate Brownie Bar	299	4	30	28	18	8	2.0	0.1
Pret Bar	278	4	35	23	13	7	2.9	0.1
Pret's Nut Bar	242	5	16	13	17	6	3.0	0.2
Dark Chocolate Corn Cakes	239	3	32	15	10	6	2.7	0.1
Banana Cake	223	3	32	23	9	2	1.5	0.1
Pret's Gingerbread Biscuit	197	2	33	17	6	3	0.7	0.3
Milk Chocolate Bar	145	2	12	11	10	5	0.5	0.1
Almond Butter Bites	142	3	8	8	11	4	1.3	0.0
Mango Chia Pot	141	3	9	6	11	7	0.5	0.0
Dark Chocolate With Sea Salt	136	2	12	10	9	5	1.6	0.1

**Pret - Breakfast**

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Sausage & Egg Brioche	585	24	39	6	38	17	1.8	2.8
Bacon & Egg Brioche	490	25	37	6	28	13	1.6	4.3
Cinnamon Danish	489	7	52	23	28	19	2.3	1.1
Mushroom, Tomato & Cheddar Omelette	434	32	11	9	27	13	1.4	3.8
Breakfast Muffin	430	9	38	20	25	3	8.2	0.7
Pret's Bacon Brioche	420	19	36	5	23	11	1.6	3.7
Breakfast Avo & Bacon	414	11	36	2	24	5	6.1	2.1
Ham & Egg Brioche	412	23	39	6	19	7	2.0	2.4
Pain Aux Raisins	394	8	50	20	17	12	3.5	1.0
Ham & Spinach Omelette	381	34	5	3	25	12	0.5	3.1
Chocolate & Hazelnut Croissant	379	7	40	12	21	12	2.6	0.5
Almond Croissant	374	8	40	11	20	11	0.7	0.6
Coconut & Mango Bowl	374	5	35	21	24	18	1.3	0.2
Acai & Almond Butter Bowl	371	10	35	24	17	1	7.1	0.1
Five Berry Bowl	347	14	48	33	11	4	1.1	0.4
Pret's Veggie Brioche	346	17	39	7	15	7	2.1	2.1
Poached Egg, Sausage & Beans Power Pot	346	17	21	7	20	6	8.4	2.3
Breakfast Salmon & Egg	339	17	40	2	12	1	1.7	2.2
Ham, Cheese, Tomato & Bacon Croissant	338	13	21	3	22	12	1.7	1.4
Egg & Avo	335	11	39	2	14	2	4.4	2.0
Breakfast Egg & Bacon	326	16	40	2	11	2	2.7	1.9
Mozzarella & Tomato Croissant	322	11	21	3	21	11	2.3	1.2
Almond Butter & Berry Bircher	314	7	27	18	20	6	1.7	0.4
Breakfast Egg & Tomatoes	309	13	42	3	13	1	3.1	1.9
Bircher Muesli	299	13	41	34	9	4	1.4	0.4
French Butter Croissant	291	6	28	5	17	12	1.6	0.7
Honey Granola Pot	272	10	41	32	8	3	0.0	0.3
Poached Egg, Mushroom & Beans Power Pot	270	13	27	12	9	2	9.1	2.9
Mango & Banana Sunshine Bowl	253	4	42	24	7	3	3.5	0.1
Pret's Proper Porridge	242	10	29	8	9	5	3.3	0.3
Pret's Coconut Porridge	218	5	29	0	10	9	4.2	0.3
Pret's Egg White Omelette	167	23	5	5	6	4	0.6	3.5
Five Berry Pot	155	9	18	17	5	3	0.7	0.3
Topping - Cranberry & Seeds	122	3	14	12	5	1	1.8	0.0
Topping - Honey	107	0	27	27	0	0	0.0	0.0
Topping - Compote	24	0	6	4	0	0	0.1	0.0

### Pret - Coffee & Hot Drinks

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Rice-Coconut Hot Chocolate	288	2	57	40	4	3	3.3	0.2
Hot Chocolate	256	11	38	36	6	4	2.8	0.3
Soya Hot Chocolate	251	11	32	30	7	2	4.3	0.3
Rice-Coconut Mocha	216	1	44	28	3	2	1.9	0.2
Turmeric Latte	198	2	39	18	3	2	0.6	0.1
Mocha	185	9	24	23	5	3	1.5	0.3
Soya Mocha	181	10	20	18	6	2	2.9	0.3
Rice-Coconut Latte	150	1	31	16	2	2	0.5	0.1
Latte	118	9	11	11	4	3	0.0	0.3
Soya Latte	113	9	6	6	5	1	1.5	0.3
Rice-Coconut Flat White	102	0	21	11	1	1	0.3	0.1
Cappuccino	92	7	9	9	3	2	0.0	0.2
Soya Cappuccino	92	7	6	5	4	1	1.2	0.3
Flat White	80	6	8	8	3	2	0.0	0.2
Soya Flat White	77	6	4	4	4	1	1.0	0.2

### Pret - Cold Drinks

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Almond Protein Power	639	11	100	80	19	3	7.6	0.6
Almond Butter & Berries	534	11	75	57	19	3	8.1	0.6
Chocolate Frappe	439	11	72	61	11	8	3.8	0.7
Avo Smoothie	272	4	39	36	10	6	5.6	0.1
Coco-Berry Bircher Smoothie	265	3	25	19	17	15	3.0	0.1
Super Greens	265	3	27	26	15	3	4.6	0.1
Classic Frappe	251	6	41	32	7	6	1.0	0.6
Berry Blast	239	2	51	44	1	0	6.8	0.0
Strawberry & Banana Smoothie	211	2	48	42	1	0	2.6	0.0
Cranberry & Raspberry Pure Pret Still	175	1	39	38	0	0	0.7	0.2
Large Orange Juice	168	3	38	36	1	0	2.0	0.0
Lemon & Ginger Pure Pret Still	153	1	35	32	0	0	0.0	0.0
Daily Greens	144	3	32	30	0	0	3.2	0.3
Mango Smoothie	143	1	32	30	1	0	1.8	0.0
Orange & Passionfruit Pure Pret Still	135	1	30	29	0	0	0.6	0.0
Vitamin Volcano	130	2	29	27	1	0	1.5	0.0
Pure Pret Sparkling Ginger Beer	129	0	29	29	0	0	0.0	0.0
Apple Juice	120	1	27	25	1	0	1.3	0.0
Pure Pret Sparkling Apple	112	0	26	25	0	0	0.0	0.0
Pure Pret Sparkling Yoga Bunny	112	0	27	27	0	0	0.0	0.0
Pure Pret Sparkling Grape & Elderflower	109	0	24	24	0	0	0.0	0.0
Sparkling Lemonade	106	0	22	22	0	0	0.0	0.0
Orange Juice	105	2	23	21	1	1	1.3	0.0
Green Tea & Peach Pure Pret Still	88	0	21	21	0	0	0.0	0.0
Ginger Shot	55	1	11	10	0	0	2.0	0.0
Carrot Juice	50	1	12	9	0	0	1.3	0.2
Hot Shot	47	0	5	4	0	0	1.4	0.0
Ginger Beets	28	1	4	1	1	0	1.0	0.2