

* PRET A MANGER *

Organic
CLASSIC BLEND



MEDIUM ROAST
SWEET & BALANCED

HOW TO SURVIVE A TRIP TO

PRET

FOOD MENU

2021



- 0-300 Calories
- 300-500 Calories
- +500 Calories

SANDWICHES

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Veggie New Yorker On Rye	580	23	51	10.3	11	29	2.2
Ham & Cheese	531	34	40	4.8	3	25	2.9
Classic Super Club	528	30	42	5.6	5	25	2.2
Mature Cheddar & Pickle	520	20	53	5.9	14	24	1.8
Chicken Avocado	484	25	42	8.4	4	22	1.5
Curried Chickpeas & Mango Chutney	476	17	78	10.1	27	8	1.5
Tuna & Cucumber	447	20	43	5.1	3	21	1.5
Scottish Smoked Salmon	421	23	39	4.6	3	18	2.9
Chicken & Cucumber	389	26	39	4.8		13	1.7
Crayfish & Avocado	383	18	41	6.8	4	15	1.4
Cracking Egg Salad	375	18	49	5.8	5	11	1.5
Free-Range Egg Mayo	367	18	47	5.2	3	11	1.5

BAGUETTES

Posh Cheddar & Pickle	621	21	70	5.1	16	27	2.7
Chicken Salad Baguette	600	23	54	3.8	4	32	2.5
Wiltshire-Cured Ham & Greve	588	32	53	4.3	4	26	3.5
Chicken Caesar & Bacon	585	30	55	4.3	3	27	2.5
Free-Range Egg Mayo & Avocado	571	19	61	7.5	3	26	2.4
Beef & Chimichurri	545	25	57	4.8	4	25	2.3
Tuna Mayo & Cucumber	540	24	57	4.1	3	23	2.5
Italian Prosciutto	531	22	56	5	4	23	3.4
Smashed Beets, Pistachios & Feta	531	15	60	6.1	5	25	2.4
Avo, Olives & Toms	529	12	56	9.8	4	27	2.1
Italian Veggie Baguette	518	19	64	8.8	7	19	2.5
Posh Prosciutto	518	29	57	5	6	19	3.6
Free-Range Egg Mayo & Smoked Salmon	503	25	60	3.9	3	18	3.2
Free-Range Egg Mayo & Bacon	476	23	60	3.9	3	15	2.7
Jambon Beurre	470	23	52	3.4	3	18	3.4
Artichoke, Olives & Tapenade	454	12	58	8.1	5	19	1.6
Smoked Salmon, Soft Cheese & Dill	453	27	53	5	3	14	3.3
Free-Range Egg Mayo & Tomatoes	447	18	61	4.5	4	13	2.7

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Brie, Tomato & Basil	431	16	54	4.6	4	16	2.2
Chipotle Mozzarella Hot Baguette	422	18	59	5.8	8	11	2.2
Stone Baked Losange Soup Baguette	262	7	40	2.3	2	8	1
Mini Baguette	155	5	31	1.7	1	1	1

WRAPS

Mediterranean Tuna Flat Bread	539	27	51	5.6	7	24	1.6
Falafel, Avo & Chipotle Flat Bread	521	16	66	7.8	12	20	0.9
Avocado & Herb Salad Wrap	510	13	40	7	5	32	1.2
Avocado & Falafel Flat Bread	502	13	57	8.3	9	24	1
Chicken Pesto & Rocket Flat Bread	485	27	45	2.3	6	21	1.2
Mexican Avocado Flat Bread	485	15	61	8	8	18	1
Hoisin Duck Salad Wrap	447	23	49	3.8	12	17	4.6
Avocado & Chipote Chickpea Salad Wrap	444	11	49	8.8	5	20	1.8
Vegan Chilli Flat Bread	436	12	53	7.7	9	17	0.7
Artichoke & Olive Tapenade Flat Bread	421	12	51	6.9	6	19	0.9
Humous & Crunchy Veg Salad Wrap	392	11	46	3.6	7	16	1.4
Chakalaka Wrap	340	10	45	2.9	7	12	1.4

HOT

Swedish Meatball Hot Wrap	663	32	45	4.4	8	38	2.4
Falafel & Halloumi Hot Wrap	624	23	59	5.6	3	32	3.6
Ham, Cheese & Mustard Toastie	597	39	48	4.6	3	27	3.5
Macaroni Cheese Prosciutto	586	31	50	0.9	7	29	3.1
Avocado, Cheddar & Chipotle Toasted Tortilla	578	21	48	6.7	6	32	1.6
Avo & Chipotle Chickpeas Hot Wrap	567	15	50	11.4	9	31	1.9
Chicken, Basil & Red Pepper Toastie	563	41	47	5.7	6	22	2.9
Brie, Avocado & Tomato Toastie	562	22	42	9	4	32	2.4
Pret's Vegan Mac & Greens	558	20	62	5.3	8	24	2.3
Halloumi, Red Pepper & Basil Toastie	556	29	48	6.3	8	26	3.5
Tuna Melt Toastie	552	38	44	5.5	3	24	2.6
Macaroni Cheese Kale & Cauli	549	27	50	1	1	26	2.1

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Salt Beef & Pickles Toasted Baguette	545	30	58	4.5	7	21	3
Spicy Chicken Toasted Baguette	508	32	58	5.3	7	15	2.5
Chipotle Chicken Toasted Tortilla	496	34	47	3.1	6	18	2.2
Spicy Chicken Hot Wrap	496	32	48	4.3	10	18	2.5
Falafel, Halloumi & Pickles Brioche	482	16	57	4.1	15	23	2.8
Artichoke & Mozzarella Toasted Baguette	463	18	56	9.3	3	18	2.1
Prosciutto & Mozzarella Toasted Baguette	454	25	54	5.4	3	14	3.7
Avocado & Beans Toasted Tortilla	441	10	46	8.5	6	22	1.4
Chipotle Mozzarella Hot Baguette	422	18	59	5.8	8	11	2.2
Vegan Ragu & Red Pepper Hot Wrap	420	15	62	10.5	13	11	2.7
Mexican Egg & Beans Toasted Tortilla	403	17	45	7	4	16	2
Pulled Chicken, Avo & Green Salsa Toasted Tortilla	401	22	38	4.8	3	17	1.8

SOUP

Lightly Spiced Carrot & Coriander Soup	243	7	17	7	13	15	3
Red Thai Chicken & Veg Soup	243	14	13	7.6	4	13	2.3
Smoky Chorizo Chicken Soup	223	15	18	12.2	13	7	2.2
Veggie Chilli Soup	216	9	31	13.2	10	3	2.3
Souper Tomato	199	5	16	3.3	14	12	1.1
Vegetable Tagine Soup	188	7	23	5.9	9	6	1.8
"No Cream" Cream of Chicken Soup	147	10	8	3.3	6	7	3.1
Chicken, Broccoli & Brown Rice Soup	137	7	17	4	2	4	1.9
Veggie Miso	44	4	5	1.2	2	1	2.3
Miso Soup	32	2	4	0	3	1	1.9

SALAD

Chicken, Prosciutto & Avocado	698	35	12	9.1	6	54	3.8
Chef's Italian Chicken Salad	636	25	11	5	9	53	2.1
Buffalo Mozzarella & Pesto	623	13	9	6.4	7	58	0.6
Chicken, Pesto & Buffalo Mozzarella	529	26	9	2.8	7	42	2.5
Tuna Nicoise Salad	469	27	7	3.2	6	36	1.6
Roast Beets, Squash & Feta Veggie Box	419	12	28	3.9	9	28	2.3

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Sweet Potato Falafel & Smashed Beets Veggie Box	407	10	36	8.2	9	24	1.7
Crayfish & Avocado No Bread	379	15	4	4.5	3	32	1.2
Pret's Protein Box	376	38	7	4.7	4	21	1.8
Sesame Salmon & Black Rice	369	23	24	4.1	9	19	1.6
Falafel Mezze	358	10	27	4.3	10	23	2.5
Dijon Dressing - Large	265	0	3	0.2	3	28	0.3
Egg & Avocado Protein Pot	224	10	3	4.1	1	5	0.4
Avo & Super-Greens Veggie Pot	222	8	8	5.2	3	16	0.3
Smashed Beets & Feta Veggie Pot	177	6	8	2.2	3	13	1.3
Tuna Nicoise Salad (No Dressing)	176	27	4	3	3	5	1.3
Dijon Dressing - Small	165	0	2	0.1	2	17	0.2
Smoked Salmon & Egg Protein Pot	134	13	2	0.6	0	8	1.4
Egg & Spinach Protein Pot	104	12	2	0.7	0	5	0.6
2oz Green Dressing	85	1	3	0.4	2	8	0.4
10z Ancho Chilli Dressing	46	2	2	0.2	1	4	0.3

FRUIT

Pret's Fruit Salad	113	1	23	4.3	23	1	0.1
Superfruit Salad	106	2	22	4	22	1	0
Mango & Lime	92	1	20	2.9	18	0	0
Apple	85	1	19	0	19	0	0
Banana	62	1	14	0	12	0	0
Watermelon & Lime	48	1	10	2	10	1	0

SNACKS

Naked Nuts	254	8	4	2.8	2	22	0
Cranberries in Coats	234	1	35	0.9	32	10	0.2
Apple & Almond Butter Bowl	230	5	15	1.5	10	18	0.3
Chocolatey Dairy-Free Coconut Bite	208	2	8	4.7	6	18	0
Sea Salt Crisps	203	2	21	2.2	0	12	0.4
Smoked Chipotle Crisps	203	2	21	2.1	1	12	0.5
Vegetable Crisps	202	2	16	3.4	9	14	0.6



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Mature Cheddar & Red Onion Crisps	200	3	21	1.9	1	11	0.4
Sea Sealt & Cide Vinegar Crisps	196	2	22	1.8	1	11	0.7

SWEET TREATS

Pecan Slice	467	7	46	5.3	30	27	0
Pret's Bakewell Slice	467	7	46	5.3	30	27	0
Victoria Sponge	464	6	58	1	51	23	0.4
Double Berry Muffin	441	7	53	3.5	31	22	0.7
Pret's Shortbread	419	5	40	1.1	15	26	0.1
Dark Chocolate & Almond Butter Cookie	372	6	54	2.9	34	16	0.6
Chocolate Chunkie Cookie	370	5	54	2.9	32	14	0.4
Choc Bar	366	4	37	2.1	26	23	0.4
Lemon Cheesecake	352	2	28	1.3	23	26	0.3
Fruit, Oat & Spelt Cookie	347	6	49	2.9	28	14	0.3
Dairy-Free Dark Chocolate & Coconut Pot	339	3	27	0	26	23	0
Love Bar	328	4	38	2.6	22	18	0.4
Carrot Cake	321	4	37	1.6	25	17	0.6
Chocolate Praline Cookie	311	4	43	1.9	23	13	0.3
Chocolate Moose	306	3	18	1	17	31	0.1
Chocolate Brownie Bar	299	4	30	2	28	18	0.1
Pret Bar	278	4	35	2.9	23	13	0.1
Dark Chocolate Corn Cakes	239	3	32	2.7	15	10	0.1
Banana Cake	224	3	32	1.5	23	9	0.5
Godfrey (Gingerbread Man)	196	2	33	0.7	17	6	0.3
Popcorn Bar	167	2	22	0.4	14	8	0.2
Dairy-Free Chocolate Chia Pot	161	4	9	3.8	8	12	0
Mango Chia Pot	141	3	9	0.5	6	11	0
Dark Chocolate With Sea Salt	136	2	12	1.6	10	9	0.1

BREAKFAST

Sausage & Egg Brioche	546	21	38	1.6	6	36	2.7
Bacon & Egg Brioche	490	25	37	1.6	6	28	4.3

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Cinnamon Danish	489	7	52	2.3	23	28	1.1
Breakfast Muffin	430	9	38	8.2	20	25	0.7
Pret's Bacon Brioche	420	19	36	1.6	5	23	3.7
Ham & Egg Brioche	412	23	39	2	6	19	2.4
Pain Aux Raisins	394	8	50	3.5	20	17	1
Chocolate & Hazelnut Croissant	379	7	40	2.6	12	21	0.5
Almond Croissant	374	8	40	0.7	11	20	0.6
Acai & Almond Butter Bowl	371	10	35	7.1	24	17	0.1
Breakfast Egg & Avocado	366	13	41	4.4	2	16	1.7
Five Berry Bowl	347	14	48	1.1	33	11	0.4
Pret's Veggie Brioche	346	17	39	2.1	7	15	2.1
Breakfast Salmon & Egg	339	17	40	1.7	2	12	2.2
Poached Egg, Sausage & Beans Power Pot	326	16	21	8.4	7	18	2.4
Breakfast Egg & Bacon	326	16	40	2.7	2	11	1.9
Mozzarella & Tomato Croissant	322	11	21	2.3	3	21	1.2
Breakfast Egg & Tomatoes	309	13	42	3.1	3	13	1.9
Bircher Muesli	299	13	41	1.4	34	9	0.4
Ham, Cheese, Tomato & Bacon Croissant	292	12	23	1.8	3	17	1.1
French Butter Croissant	291	6	28	1.6	5	17	0.7
Honey Granola Pot	272	10	41	0	32	8	0.3
TR Vitamin Well Antioxidant	85	0	21	0	21	0	0
TR Vitamin Well Defence	85	0	21	0	21	0	0
TR Vitamin Well Reload	85	0	21	0	21	0	0
TR Vitamin Well Upgrade	85	0	21	0	21	0	0
Coconut Water	66	0	15	0	15	0	0.1
Ginger Shot	55	1	11	2	10	0	0
Hot Shot	47	0	5	1.4	4	0	0
Charcoal Shot	43	1	10	1	9	1	0
Ginger Beets	28	1	4	1	1	1	0.2

