



Luke Randall Fitness

NUTRITION SURVIVAL GUIDE TO

PRET

CALORIES AND MACRONUTRIENTS

WWW.FACEBOOK.COM/LUKERANDALLFITNESS

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

SANDWICHES

	Calories (kcal)	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
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

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
-----------------	-------------	-------------------------	-------------------	------------	---------------	----------

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
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

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

SOUP

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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
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

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

SNACKS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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
Mature Cheddar & Red Onion Crisps	200	3	21	1.9	1	11	0.4
Sea Salt & Cider 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

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

BREAKFAST

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Sausage & Egg Brioche	546	21	38	1.6	6	36	2.7
Bacon & Egg Brioche	490	25	37	1.6	6	28	4.3
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