

INTRODUCTION

Here you'll find a list of all of the products sold in our shops, with allergens listed along the top of the page for easy reference. If a product contains one of these ingredients, then you will find a tick in the corresponding box.

Where a product contains 'Cereals Containing Gluten' and 'Nuts: you will find specific ingredients listed (e.g., wheat, rye, oats).

Please remember to check our guide and the ingredient label regularly as recipes do change from time to time - the last thing we want is for anyone being caught out by a new take on an old favourite.

We're proud to freshly prepare our food in our shop kitchens every day but as we use many ingredients and shared equipment, cross contact is managed but not to an allergen-free level. Therefore we can't guarantee any of our food is suitable for those with allergies due to the risk of cross contact. Our vegan products are made to a vegan recipe but are not suitable for those with dairy and egg allergies.

In line with the Vegan Society recommendations we at Pret are using the term 'vegan-friendly' to label products that may not be made in dedicated vegan sites.

The Food Safety Authority of Ireland regards the following ingredients and their derivatives as allergens:

Peanuts Tree Nuts

Sesame Cereals containing Gluten

Crustaceans Celery & Celeriac

Egg Fish
Lupin Milk
Mustard Mollusc
Soya Sulphites

If you are interested in an ingredient outside the 14 listed above please look at the ingredient list on the website or the label on the individual product.

If you have any trouble finding what you're looking for, just ask the Manager - they'll be more than happy to help.

We understand that no matter how detailed our guide is, there may be times when it can't answer the questions you may have. If you need to know more, please do visit our website at **www.pret.ie**

This Allergen Guide only covers food and drink sold in our Irish shops.



Rolls & Wraps

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		Ve					Tre	ee Nuts							Cereals cont	aining glute	n							Milk						
Product	egetarians	gan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites
Rolls	•	•												•																
Avo Brunch Rye Roll	Υ												~			>		~			>							>		
Jambon Beurre																		~					>							
Spicy Chicken Rye Roll													~			>		>			>									
Scandi Salmon Rye Roll													~			~		~			~	~						~		
Wraps & Flatbreads															-			-		•				•	•					
Avo & Herb Salad Wrap	Υ															~		~			~		~							
Chicken & Caesar Wrap																>		~			>	~	>							
Hoisin Duck Salad Wrap																>		>			>								>	
Humous & Chipotle Wrap	Υ	Υ	·	,				·		_	,	~	~			>		>									·			

Baguettes, Rolls & Sandwiches

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							Tre	ee Nuts						(Cereals conta	aining glute	n							Milk						
	Vege	Vegan														00				Celery and								1		
Product	tarians	Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	(Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites
Baguettes																														
Avo, Olives & Toms	Υ	Υ										~						~												
Brie, Tomato & Basil Baguette	Υ																	>					>							
Chicken Caesar & Bacon												Y						~			Y	>	>							
Chicken and Stuffing Baguette																		~			~									~
Italian Prosciutto												Y						~			Y		>							
Posh Cheddar & Pickle	Υ											Y						~			~		>					~		
Tuna Mayo & Cucumber																		~			~	>								
Ham & Emmental																		~			~		>					~		
Sandwiches																														
Beef & Horseradish													~					~			Y		>					>		~
Chicken, Avocado & Basil													>					>			~		>							
Classic Super Club													~					~			~									
Crayfish & Rocket Bloomer															>	>		>	•		~									
Free-Range Egg Mayo	Υ												>					>			~							>		
Ham & Cheese													<					~					>							
Ham & Eggs Bloomer															<	>		>			>							>		
Humous and Veg	Υ	Υ										~	>					>												
Mature Cheddar & Pickle	Υ												~					~			~		>							
Pulled Ham and Pickle													~					~			~									
Smashed Avo Open Sandwich	Υ	Υ													>													igsquare		
Smoked Salmon													~					~				~	>							
Smoked Salmon & Soft Cheese Open Sandwich															>							~	>					igsquare		
Super Greens & Reds	Υ	Υ											~					~												
Tuna Mayo & Cucumber													~					~			~	~								
Veggie New Yorker Bloomer	Υ												>		>	>		~			~		>					~		

Breakfast

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		Ve					Tre	ee Nuts						C	ereals conta	aining glute	n							Milk						
Product	Vegetarians	gan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites
Almond Croissant	Υ			>														<			<		<							
Acai & Almond Butter Bowl	Υ	Υ		>											Y															
Bacon & Egg Roll																~		•			•		~							
Banana, Honey & Granola Pot	Υ														•								<							
Bircher Muesli	Υ									>					~								>							
Breakfast Free-Range Egg Mayo & Avocado	Υ																	•			•								<u> </u>	
Breakfast Free-Range Egg Mayo & Bacon																		~			•									
Breakfast Free-Range Egg Mayo & Tomato	Υ																	>			>									
Breakfast Salmon & Egg Mayo																		>			<	>						>		
Cheese Twist	Υ																	>			<		<							
Chocolate Croissant	Υ																	>			<		<						>	
Cinnamon Danish	Υ																	>			~		~							
Five Berry Bowl	Υ														~								•							
Butter Croissant	Υ																	>			>		>							
Ham, Cheese, Tomato & Bacon Croissant																		>			•		~							
Mango & Banana Sunshine bowl	Υ	Υ													~															
Mozzarella & Tomato Croissant	Υ																	>			>		>							
Pain aux Raisin	Υ																	>			<		<							
Pastel de Nata	Υ																	>			<		<							
Pret's Bacon Roll																~		>					>							
Pret's Veggie Roll	Υ															>		>			<		<							
Sausage & Egg Breakfast Roll																~		>			<		<							
Very Berry Croissant	Υ	Υ																>												

Cold Drinks

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																						-								
		<					Tre	e Nuts							Cereals cont	taining gluten								Milk						
Product	Vegetarians	gan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites
Apple Juice	Υ	Υ																												
Coke (all types)	Υ	Υ																												
Cranberry, Raspberry & Pomegranate Pret Still	Υ	Υ																												
Easy Greens	Υ	Υ																												
Ginger Shot	Υ	Υ																												
Green Tea & Peach Pret Still	Υ	Υ																												
Hot Shot	Υ																													
Lemon & Ginger Pret Still	Υ	Υ																												
Mango, Passion Fruit & Lime Pret Still	Υ	Υ																												
Orange Juice	Υ	Υ																												
Orchard Blend	Υ	Υ																										<u> </u>		
Pret Apple Fizz	Υ	Υ																												
Pret Cumcumber & Mint Seltzer	Υ	Υ																										<u> </u>		
Pret Ginger Beer	Y	Υ																												
Pret Grape & Elderflower	Υ	Υ																												
Pret Lime & Raspberry Seltzer	Υ	Υ																												
Pret Rhubarb Lemonade	Υ	Υ																												
Roots & Fruits Juice	Y	Υ																												
Sparkling Spring Water	Υ	Υ																												
Still Water 500ml	Y	Υ																												
Still Water 750ml	Υ	Υ																												
Tropical Zest	Y	Υ																												

Fruit

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		<					Tre	e Nuts					(Cereals cont	aining glute	n							Milk						
Product	Vegetarians	egan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites
Apple	Υ	Υ																											
Banana	Υ	Υ																											
Classic Fruit Salad	Υ	Υ																											
Mango & Lime	Υ																												

Pret At Home

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		<					Tre	e Nuts						C	ereals cont	nining gluter	n							Milk						
Product	Vegetarians	egan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites
Coffee - Classic Blend Ground	Υ	Υ																												
Coffee - Espresso Beans	Υ	Υ																	•											
Coffee - Single Origin Ground	Υ	Υ																												

Pret's Hot

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																											_			
	<	Veg					Tr	ee Nuts						(Cereals conta	ining gluter	n							Milk	•					
Product	egetarians	şan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites
Chipolte Mozzarella Hot Baguette	Υ											~						~					~							
Falafel & Halloumi Hot Wrap	Υ															¥		~					>	>	~					
Meatball Hot Wrap																~		~					>							
Meatless Meatball Hot Wrap	Υ	Υ														~		~												
Spicy Chicken Hot Wrap																~		~					~							
Prosciutto & Mozzarella Hot Baguette												~						~					>							
Toasties																														
All Day Breakfast Toastie	Υ												>		>	~		~			>		>							
Brie, Avocado & Tomato Toastie													~		y	✓		V					~							
Halloumi, Red Pepper & Basil Toastie	Υ												>		<	>		>					>	>	>				·	
Ham, Cheese & Mustard Toastie													>		~	~		~			>		>					\		
Reuben Toastio	Υ												>		<	~		>			>		>					\	·	
Tuna Melt Toastie													>		~	~		~			>	~	>							
Soup																														
Red Thai Veg Soup	Υ	Υ																											>	
Barley & Rye Roll Soup Bread	Υ	Υ											>			>		>											·	
Lentil & Bacon Soup	Υ																			>			>					~		
Butternut Masala Soup	Υ	Υ																												
Souper Tomato	Υ	Υ																												
Soup Bread																		~												
Stone Baked Losange	Υ	Υ																~												
Sunshine Dhal Soup	Υ	Υ																												
Thai Chicken Curry Soup																				>		~								
Hot Food																														
Italian Style Chicken Hot Wrap																V		~					~							
Mexican Chicken & Feta Hot Roll																~		~			>		>							
Meatless Meatball Marinara Hot Roll	Υ															~		~			>		>							

Salad & Platters

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		<					Tr	ree Nuts							Cereals cont	aining glute	n							Milk						
Product	Vegetarians	egan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites
Chef's Italian Chicken Salad										~											~	~	>							
Chicken & Avocado Protein Salad																					>								~	
Egg & Spinach Protein Pot	Υ																				>									
Greek Salad	Υ																							>	>					
Humous & Falafel Salad	Υ	Υ										~	~			>		>												
Smoked Salmon Protein Box																					>	>							~	
Smoked Salmon & Egg Protein Pot																					>	>								
Smoked Salmon, Egg & Avocado Salad																					>	>								
Tuna Nicoise Salad																					>	>								
Tricolore Salad	Υ																						Y							
Dressing																														
French Dressing	Υ	Υ																												

Snacks

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	Veg	F /					Tr	ee Nuts						(Cereals conta	aining glute	en							Milk						
Product	etarians	Vegan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites
Almond Butter Protein Ball	Υ	Υ		~																									>	
Chilli, Bean & Seed Tortilla Chips	Υ	Υ																												
Cranberries in Coats	Υ																						>							
Dark Chocolate Salted Almonds	Υ	Υ		>																									>	
Mature Cheddar & Red Onion Crisps	Υ																						~							
Fruit, Nuts & Chocolate	Υ			>																			>						>	
Pret A Mango	Υ	Υ																												
Sea Salt Popcorn	Υ	Υ																												
Sea Salt & Cider Vinegar Crisps	Υ	Υ																												
Sea Salt Crisps	Υ	Υ																												
Smoked Chipotle Crisps	Υ	Υ																												
Sweet & Salt Popcom	Υ	Υ																												

Sweet Treats

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	Veg	Fr					Tr	ee Nuts						C	Cereals conta	ining gluter	1			Celery				Milk						
Product	etarians	Vegan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites
Black Forest Dessert pot	Υ																	~					~						~	
Berry Muffin	Υ																	~			>		~							
Caramel Waffle	Υ																	~					~						~	
Caramel Shortbread	Υ																	~					~						~	
Choc Bar	Υ																	~					~						~	
Chocolate Brownie Bar	Υ																	~			>		~						~	
Chocolate Chunk Cookie	Υ																	~					~							
Chocolate Espresso Mini Loaf Cake	Υ																	~			>		~						~	
Chocolate Moose	Υ																						~						~	
Chocolate Orange Mini Loaf Cake	Υ																	~			>		~						~	
Dark Chocolate & Almond Butter Cookie	Υ	Υ		>														~												
Dark Chocolate Corn Cakes	Υ																												~	
Festive Florentine Slice	Υ			>														~			>		~							
Fruit, Oat & Spelt Cookie	Υ														~		~	~			>									
Lemon Cheesecake	Υ																	~			>		~							
Lemon Meringue Cookie	Υ																	~			>		~						~	
Lemon Raspberry Slice	Υ																	~					~						~	
Love Bar	Υ			>						~					\								~						~	
Nutty Salted Caramel Brownie	Υ			>							>							~			>		~						~	
Popcorn bar	Υ																						~						~	
Pret Bar	Υ														~			~					~							
Raspberry Cheesecake Brownie	Υ																	~			>		~						~	
Raspberry & Almond Bakewell Tart	Υ			>														~			>		~							
Salted Caramel Dessert Pot	Υ																	~					~							

Barista Prepared Drinks

We prepare our fresh food and Barista-made drinks in our shops every day. We use many ingredients and shared equipment, and whilst we do our best to manage allergens we cannot guarantee that any of our food or Barista-made drinks are allergen-free or suitable for those with allergies due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk and egg allergies.

		V _e					Tr	ee Nuts								taining glute		ı illik	and egg	ancig	103.			Milk							
Product	/egetarians	gan Friendly	Peanut	Almond	Brazil Nuts	Cashews			Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Coffee				•																											
Americano Black	Υ	Υ																													
Americano Low Fat milk	Υ																						<								
Americano Soya (instead of milk)	Υ	Υ																											V		
Americano Coconut (instead of milk)	Υ	Υ																													
Americano Oat (instead of milk)	Υ	Υ													~																
Cappuccino Low Fat milk	Υ																						<								
Cappuccino Soya (instead of milk)	Υ	Υ																											>		
Cappuccino Coconut (instead of milk)	Υ	Υ																													
Cappuccino Oat (instead of milk)	Υ	Υ													>																
Espresso	Υ	Υ																													
Filter - Black Coffee (add milk or milk alernative if White Americano)	Υ	Υ																													
Flat White Low Fat milk	Υ																						~								
Flat White Soya (instead of milk)	Υ	Υ																											~		
Flat White Coconut (instead of milk)	Υ	Υ																													
Flat White Oat (instead of milk)	Υ	Y													~																
Latte Low Fat milk	Υ																						~								
Latte Soya (instead of milk)	Υ	Υ																											>		
Latte Oat (instead of milk)	Υ	Y													~																
Latte Coconut (instead of milk)	Υ	Υ																													
Macchiato Low Fat milk	Υ																						>								
Macchiato Soya (instead of milk)	Υ	Υ																											>		
Macchiato Oat (instead of milk)	Υ	Y													~																
Macchiato Coconut (instead of milk)	Υ	Υ																													
Mocha Low Fat milk	Υ																						~								
Mocha Soya (instead of milk)	Υ	Υ																											>		
Mocha Coconut (instead of milk)	Υ	Υ																													

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															tubic i	.01 0110	50 11101		and egg												
	V _e	Vega					Tr	ee Nuts						С	ereals con	taining glut	en			Celery				Milk							
Product	getarians	an Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Mocha Oat (instead of milk)	Υ	Υ													>																
Other Hot Drinks																															
Chai Latte Low Fat Milk	Υ																						>								
Chai Latte Coconut (instead of Milk)	Υ	Υ																													
Chai Latte Soya (instead of Milk)	Υ	Υ																											>		
Chai Latte Oat (instead of Milk)	Υ	Υ													>																
Dirty Chai Latte Low Fat Milk	Υ																						~								
Dirty Chai Latte Coconut (instead of Milk)	Υ	Υ																													
Dirty Chai Latte Soya (instead of Milk)	Υ	Υ																											>		
Dirty Chai Latte Oat (instead of Milk)	Υ	Υ													~																
Matcha Latte Low Fat Milk	Υ																						~								
Matcha Latte Coconut (instead of Milk)	Υ	Υ																													
Matcha Latte Soya (instead of Milk)	Υ	Υ																											>		
Matcha Latte Oat (instead of Milk)	Υ	Υ													>																
Iced Drinks																															
Iced Latte Low Fat Milk	Υ																						V								
Iced Latte Soya (instead of milk)	Υ	Υ																											>		
Iced Latte Coconut (instead of milk)	Υ	Υ																													
Iced Latte Oat (instead of milk)	Υ	Υ													~																
Iced Chai Latte Low Fat Milk	Υ																						~								
Iced Chai Latte Coconut (instead of Milk)	Υ	Υ																													
Iced Chai Latte Soya (instead of Milk)	Υ	Υ																											>		
Iced Chai Latte Oat (instead of Milk)	Υ	Υ													~																
Iced Dirty Chai Latte Low Fat Milk	Υ																						~								
Iced Dirty Chai Latte Coconut (instead of Milk)	Υ	Υ																													
Iced Dirty Chai Latte Soya (instead of Milk)	Υ	Υ																											>		

Barista Prepared Drinks

We prepare our fresh food and Barista-made drinks in our shops every day. We use many ingredients and shared equipment, and whilst we do our best to manage allergens we cannot guarantee that any of our food or Barista-made drinks are allergen-free or suitable for those with allergies due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk and egg allergies.

		not suitable for those with milk and egg allergies.																													
Product	Vegetarians	Vega			Tree Nuts Cereals containing gluten										Celery				Milk												
		an Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio		Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Iced Dirty Chai Latte Oat (instead of Milk)	Υ	Υ													Y																
Iced Matcha Latte Low Fat Milk	Υ																						>								
Iced Matcha Latte Coconut (instead of Milk)	Υ	Υ																													
Iced Matcha Latte Soya (instead of Milk)	Υ	Υ																											•		
Iced Matcha Latte Oat (instead of Milk)	Υ	Υ													•																
Iced Mocha Low Fat Milk	Υ																						>								
Iced Mocha Soya (instead of milk)	Υ	Υ																											<		
Iced Mocha Coconut (instead of milk)	Υ	Υ																													
Iced Mocha Oat (instead of milk)	Υ	Υ													~																
Iced White Americano Low Fat Milk	Υ																						~								
Iced White Americano Oat (instead of milk)	Υ	Υ													~																
Iced White Americano Soya (instead of milk)	Υ	Υ																											>		
Iced White Americano Coconut (instead of milk)	Υ	Υ																													
Pret Coolers																															
Applejito	Υ	Υ																													
Berry Bliss	Υ	Υ																													
Feelin' Peachy	Υ	Υ																													
Rhuberry Breeze	Υ	Υ																													
Hot Chocolate																															
Hot Chocolate Low Fat Milk	Υ																						>								
Hot Chocolate Soya (instead of milk)	Υ	Υ																											<		
Hot Chocolate Coconut (instead of milk)	Υ	Υ																													
Hot Chocolate Oat (instead of milk)	Υ	Υ													V						,								,		
Hot Chocolate Powder	Υ	Υ																													
Hot Chocolate Hazelnut	Υ																						~								
Hot Chocolate Hazelnut Soya (instead of milk)	Υ	Υ																											<		
Hot Chocolate Hazelnut Coconut (instead of milk)	Υ	Υ														-			-												

Barista Prepared Drinks

We prepare our fresh food and Barista-made drinks in our shops every day. We use many ingredients and shared equipment, and whilst we do our best to manage allergens we cannot guarantee that any of our food or Barista-made drinks are allergen-free or suitable for those with allergies due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk and egg allergies.

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Product	Vegetarians	egan Friendly	Peanut				Ti	ree Nuts				Sesame		С	ereals cont	aining glut	en		Crustacean	Celery	Egg	Fish		Milk		Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio Walnut	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat		celeriac	Lgg	11311	Cow	Goat	Sheep				ooya				
Hot Chocolate Hazelnut Oat (instead of milk)	Υ	Υ													\																
Syrups & Toppings																															
All Syrups	Υ	Υ																													
Whipped Cream	Υ																						✓							l	
Milk shot																															
Low Fat	Υ																						V								
Soya (instead of milk)	Υ	Υ																											<		
Coconut (instead of milk)	Υ	Υ																													
Oat (instead of milk)	Υ	Υ													~															1	
Tea																															
Ceylon Breakfast (add milk or milk alernative if White)	Υ	Υ																													
Earl Grey (add milk or milk alernative if White)	Υ	Υ																													
Peppermint (add milk or milk alernative if White)	Υ	Υ																													
Tropical Green (add milk or milk alernative if White)	Υ	Υ																													
Milk / instead of milk cup																															
Low Fat milk cup	Υ																						>								
Soya (instead of milk) cup	Υ	Υ																										_	<	1	
Coconut (instead of milk) cup	Υ	Υ																										_			
Oat (instead of milk) cup	Υ	Υ													>															l	
Babyccino	Υ																	_					>								