

# Pret's Allergen Guide

## Classic UK Pret Shops

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 or egg allergies.

# Introduction

Here you'll find a list of all Pret products sold in our shops (for branded products please review the individual product), 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.

While the products in this guide may not contain a specific allergen, we can't guarantee that any of our food is completely free from any allergen.

**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, recipes can differ shop to shop.

Where a product contains **"Cereals containing Gluten"** or **"Nuts"**, you will find a specific ingredient listed, for example **"Wheat"** or **"Cashews"**.

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In line with recommendations from The Vegan Society, we are using the term **"Vegan-friendly"** to label products that are made to a vegan recipe, but may not be made in dedicated vegan sites. In these sites we have as many steps as possible to reduce the risk of cross-contamination.

## For delivery orders:

We cannot guarantee your meal will not come into contact with other allergens during delivery. Couriers may transport other Pret orders or orders from other businesses along with your Pret order.

**The Food Standards Agency 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

In addition we also declare Pine Nuts as an allergen.

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 are looking for **please ask the Manager**, they will 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.co.uk](http://www.pret.co.uk) or contact our Customer Service Team on **0207 827 8801**.

**This allergen guide only covers food and drink sold in our Classic UK Pret Shops.**

Contents Key: ✓ (Product Contains) Y (Suitable For)			Baguettes & Sandwiches																														
			We prepare our freshly made 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 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 not suitable for those with milk and egg allergies.																														
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts		
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep								
Baguettes																																	
Avo, Olives & Toms	Y	Y										✓						✓															✓
Beef & Horseradish												✓									✓												
Brie, Tomato & Basil	Y																						✓										
Chicken Caesar & Bacon												✓									✓	✓	✓										
Chicken Salad																					✓		✓										
Free Range Egg Mayo & Smoked Salmon																				✓	✓									✓			
Italian Prosciutto												✓									✓		✓										
Mozzarella, Roasted Pepper & Pesto	Y											✓								✓		✓											✓
Posh Cheddar & Pickle	Y											✓								✓		✓											
Pret's Chicken Satay																				✓			✓								✓		
Pret's Naturally Limited Edition Asparagus & Prosciutto												✓								✓		✓											
Romesco Style Red Pepper	Y	Y										✓								✓											✓		
Smoked Salmon, Egg Mayo & Avo												✓								✓	✓												
Smoked Salmon, Soft Cheese & Dill												✓									✓	✓											
Sticky Mushroom Banh Mi	Y	Y																		✓											✓		
Tuna Mayo & Cucumber																				✓	✓												
Wiltshire-Cured Ham & Greve																				✓		✓									✓		
Sandwiches																																	
BLT													✓						✓			✓											
Chicken & Pork Stuffing													✓								✓										✓		
Chicken Salad													✓								✓		✓										
Chicken, Avocado & Basil													✓								✓		✓										
Classic Super Club													✓								✓												
Crayfish & Rocket													✓					✓			✓												
Free-Range Egg Mayo	Y												✓								✓												
Ham & Cheese													✓											✓									
Humous & Veg	Y	Y										✓	✓											✓									
Kids' Cheese & Tomato Triangles	Y												✓										✓										
Kids' Chicken & Cucumber Triangles													✓							✓													
Kids' Ham Triangles													✓										✓										
Mature Cheddar & Pickle	Y												✓							✓		✓											
Scottish Smoked Salmon													✓									✓	✓										
Super Greens & Reds	Y	Y											✓																				
The VLT	Y	Y											✓																				
Tuna Mayo & Cucumber													✓								✓	✓											
We prepare our freshly made 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 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 not suitable for those with milk and egg allergies.																																	

Contents Key: ✓ (Product Contains) Y (Suitable For)			Rolls & Wraps																																	
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Almond	Brazil Nuts	Cashews					Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Barley	Kamut (Wheat)		Oats	Rye	Spelt (Wheat)	Wheat	Cow	Goat					Sheep											
Rolls																																				
Jambon Buerre																✓									✓											
New Yorker Rye Roll													✓				✓								✓								✓			
Pho's Naturally Limited Edition Asparagus & Chicken Caesar Rye Roll													✓				✓							✓	✓	✓								✓		
Smoked Style Salmon Rye Roll													✓				✓							✓	✓									✓		
Veggie Deli Rye Roll	Y												✓				✓							✓		✓								✓		
Wraps																																				
Avo & Herb Wrap	Y																✓						✓		✓											✓
Chicken Pesto Wrap																	✓						✓		✓											✓
Chicken Salsay Wrap																	✓						✓													✓
Falafel, Avocado & Chipotle Salad Wrap	Y	Y															✓						✓													✓
Hotot Duck Salad Wrap																	✓						✓													✓
Humous & Chipotle Wrap	Y	Y										✓					✓																			
Flatbreads																																				
Falafel, Avo & Chipotle Flatbread	Y	Y																																	✓	
Mediterranean Style Tuna Flatbread																								✓	✓											
Bhujia Style Spiced Chicken Flatbread												✓																								
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Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
Fruit																															
Apple	Y	Y																													
Banana	Y	Y																													
Fruit Salad	Y	Y																													
Mango & Lime	Y	Y																													
Melon & Blueberry	Y	Y																													
Superfruit Salad	Y	Y																													
Watermelon & Lime	Y	Y																													
Pots																															
Acai & Almond Butter Bowl	Y	Y		✓										✓																	
Banana, Honey & Yogurt Pot	Y																						✓								
Bircher Muesli	Y									✓				✓									✓								
Blueberry Balance Bowl	Y													✓									✓								
Five Berry Bowl	Y													✓									✓								
Kids' Mango & Banana Yogurt Pot	Y																						✓								
Mango & Banana Sunshine Bowl	Y	Y												✓																	
Mindful Matcha Bowl	Y													✓									✓								
Yogurt & Five Berry Pot	Y																						✓								
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# Breakfast

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Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts	
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep							
Almond Croissant	Y			✓												✓			✓		✓											
Breakfast Baguette Free-Range Egg Mayo & Avocado	Y															✓			✓													
Breakfast Baguette Free-Range Egg Mayo & Bacon																✓			✓													
Breakfast Baguette Roasted Tomatoes & Egg Mayo	Y															✓			✓													
Breakfast Baguette Salmon & Egg Mayo																✓			✓	✓												
British Sausages, Beans & Egg Protein Pot																			✓													
Butter Croissant	Y															✓			✓		✓											
Chocolate Croissant	Y															✓			✓		✓									✓		
Cinnamon Danish	Y															✓			✓		✓											
Coconut & Quinoa Porridge	Y	Y													✓																	
Ham, Cheese, Tomato & Bacon Croissant																✓			✓		✓											
Mozzarella & Tomato Croissant	Y															✓			✓		✓											
Pain aux Raisin	Y															✓			✓		✓											
Pastel de Nata	Y															✓			✓		✓											
Porridge Topper - Cranberry & Seeds	Y	Y																														
Porridge Topping - Five Berry Compote	Y	Y																														
Porridge Topping - Honey	Y																															
Pret's Proper Porridge	Y														✓								✓									
Pret's Veggie Breakfast Ciabatta	Y																	✓		✓		✓		✓								
Roasted Mushrooms, Beans & Egg Protein Pot	Y																		✓													
Triple Bacon Ciabatta																		✓					✓									
Triple Sausage Ciabatta																		✓					✓									
Ultimate Breakfast Ciabatta																✓		✓		✓		✓										
Very Berry Croissant	Y	Y														✓																

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Contents Key: ✓ (Product Contains) Y (Suitable For)			Cold Drinks																														
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			Product	Vegetarians	Vegan friendly	Peanut	Tree Nuts							Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Almond	Brazil Nuts	Cashews					Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Barley	Kamut (Wheat)		Oats	Rye	Spelt (Wheat)	Wheat	Cow	Goat					Sheep								
Apple Juice	Y	Y																															
Coconut Shot	Y	Y																															
Coke (all types)	Y	Y																															
Cranberry, Raspberry & Pomegranate Pret Still	Y	Y																															
Easy Greens	Y	Y																															
Ginger Shot	Y	Y																															
Green Tea & Peach Pret Still	Y	Y																															
Hot Shot	Y	Y																															
Lemon & Ginger Pret Still	Y	Y																															
Mango Smoothie	Y																																
Mango, Passion Fruit & Lime Pret Still	Y	Y																															
Orange Juice	Y																																
Pret Apple Fizz	Y	Y																															
Pret Cucumber & Mint Seltzer	Y	Y																															
Pret Ginger Beer	Y	Y																															
Pret Ginger Kombucha	Y	Y																															
Pret Grape & Elderflower	Y	Y																															
Pret Lime & Raspberry Seltzer	Y	Y																															
Pret Rhubarb Lemonade	Y	Y																															
Reusable Aluminium Water Bottle	Y	Y																															
Sparkling Spring Water	Y	Y																															
Still Water 500ml	Y	Y																															
Still Water 750ml	Y	Y																															
Vitamin Volcano	Y	Y																															
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# Pret's Hot

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**Y (Suitable For)**

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
Chicken & Pork Stuffing Hot Baguette												✓						✓			✓		✓							✓	
Chicken Arrabbiata Pasta Bake																		✓					✓								
Chipotle Chicken Mozzarella & Feta Hot Baguette												✓						✓						✓	✓						
Crispy Potato Bites	Y	Y																													
Falafel & Halloumi Hot Wrap	Y															✓		✓					✓	✓	✓						
Italian Style Chicken & Basil Hot Wrap																✓		✓					✓								
Kale Macaroni Cheese	Y																	✓					✓								
Macaroni Cheese Prosciutto																		✓					✓								
Pret's Sausage Roll																		✓			✓		✓								
Prosciutto & Mozzarella Hot Baguette												✓						✓					✓								
Shawarma Spiced Vegetable Hot Wrap	Y	Y										✓				✓		✓													
Swedish Meatball Hot Wrap																✓		✓					✓								
Tomato, Red Pepper & Mozzarella Hot Baguette	Y											✓						✓					✓								
Tuna Melt Hot Baguette												✓						✓		✓	✓	✓	✓								
Toasties																															
Chipotle Chicken & Feta Toastie													✓		✓	✓		✓						✓	✓						
Classic Cheese Toastie													✓		✓	✓		✓		✓			✓					✓			
Creamy Mushroom Toastie													✓		✓	✓		✓					✓								
Ham & Cheese Toastie													✓		✓	✓		✓		✓			✓					✓			
Kids' Pizza Toastie													✓					✓					✓								
Tuna Melt Toastie													✓		✓	✓		✓		✓	✓	✓	✓								

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Contents Key:  
✓ (Product Contains)  
Y (Suitable For)

Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	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					Cow	Goat	Sheep						
Soup																															
Butternut & Sage Soup	Y	Y																													
Butternut Masala Soup	Y	Y																													
Chicken Laksa																												✓	✓		
Chilli Chicken Broth																					✓								✓		
Lasagne Soup																	✓														
Pret's Mushroom Risotto Soup	Y	Y																											✓		
Soup Baguette with Butter	Y																	✓						✓							
Soup Roll with Butter	Y												✓			✓								✓							
Souper Greens	Y	Y																													
Souper Tomato	Y	Y																													

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# Salads

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio		Walnut	Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)					Wheat	Cow	Goat						
Chef's Italian Chicken Salad									✓										✓	✓	✓									
Chicken & Greens Protein Bowl																			✓									✓		
Chicken Satay Salad																													✓	
Egg & Spinach Protein Pot	Y																		✓											
Golden Roasted Salmon & Mango Salad																					✓							✓	✓	
Humous & Falafel Mezze	Y	Y								✓																				
Kids' Humous & Cucumber Bowl	Y	Y								✓																				
Pesto, Pasta & Mozzarella	Y														✓							✓							✓	✓
Petite Crayfish & Avo Salad																✓														
Pret's Naturally Limited Edition Asparagus, Prosciutto & Egg Salad																			✓											
Romesco Style Butter Bean & Feta Salad	Y																						✓	✓				✓		
Smoked Salmon & Egg Protein Pot																			✓	✓										
Smoked Salmon Protein Bowl																			✓	✓								✓		
Tuna Nicoise Salad																			✓	✓										
Dressing																														
Balsamic Dressing	Y	Y																												✓
Chilli & Lime Dressing	Y	Y																												
French Dressing	Y	Y																												
Green Dressing	Y	Y																											✓	

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# Snacks

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio		Walnut	Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)					Wheat	Cow	Goat							Sheep
Chilli, Bean & Seed Tortilla Chips	Y	Y																													
Cranberries in Coats	Y																					✓									
Dark Chocolate Salted Almonds	Y	Y		✓																									✓		
Fruit & Seed Bite	Y	Y																													
Fruit, Nuts & Chocolate	Y			✓																			✓						✓		
Mature Cheddar & Red Onion Crisps	Y																						✓								
Milk Chocolate Bar	Y																						✓						✓		
Pret A Mango	Y	Y																													
Salted Caramel Dessert Pot	Y															✓							✓								
Salted Crunchy Corn	Y	Y																													
Sea Salt & Cider Vinegar Crisps	Y	Y																													
Sea Salt Crisps	Y	Y																													
Sea Salt Popcorn	Y	Y																													
Smoked Chipotle Crisps	Y	Y																													
Smoky Sweet Crunch Mix	Y				✓																									✓	
Sweet & Salt Popcorn	Y	Y																													

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Contents Key: ✔ (Product Contains) Y (Suitable For)			Sweet Treats																													
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Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nut	
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep							
Almond Butter Bite	Y			✔																										✔		
Banana Fridge cake	Y																	✔				✔			✔							
Blackforest Dessert Pot	Y																													✔		
Caramel Waffle	Y																													✔		
Carrot Cake	Y											✔																		✔		
Choc Bar	Y																														✔	
Chocolate Brownie Bar	Y																														✔	
Chocolate Chunk Cookie	Y																															
Chocolate Moose Dessert Pot	Y																															✔
Coconut Bite	Y	Y																														✔
Dark Chocolate & Almond Butter Cookie	Y	Y		✔																												
Dark Chocolate Corn Cakes	Y																															✔
Dark Chocolate with Sea Salt	Y																															✔
Double Berry Muffin	Y																															
Fruit, Oat & Spelt Cookie	Y																															
Hazelnut Truffles	Y	Y						✔																								
Lemon Cake	Y				✔																											✔
Lemon Cheesecake	Y																															
Love Bar	Y				✔																											✔
Nut Bar	Y	Y			✔																											✔
Peach & Almond Bakewell	Y				✔																											
Popcorn Bar	Y																															✔
Pret Bar	Y																															
Pret's Caramel Shortbread	Y																															
Pret's Chocolate Brownie Swirl	Y																															
Pret's Cinnamon Crown	Y																															
Pret's Gingerbread Biscuit (Annie & Godfrey)	Y																															
Raspberry & White Chocolate Cookie	Y																															✔
Spiced Apple & Pecan Muffin	Y											✔																				
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# Platters

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**Y (Suitable For)**

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Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts		
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep								
Breakfast Platters																																	
Breakfast Baguette Selection Platter																		✓				✓	✓										
Five Berry & Birchler Bowl Platter	Y										✓				✓								✓			✓							
Pret's Mixed Breakfast Ciabatta Platter															✓			✓				✓		✓	✓	✓							
Pret's Premium Pastries Platter	Y												✓					✓				✓		✓		✓							
Pret's Ultimate Breakfast Ciabatta Platter																	✓		✓			✓		✓									
Pret's Veggie Breakfast Ciabatta Platter	Y																✓		✓			✓		✓									
Spring Breakfast Bowl Platter	Y			✓											✓								✓										
Sweet Pastry Selection Box	Y			✓															✓			✓		✓								✓	
Triple Bacon Ciabatta Platter																		✓					✓										
Triple Sausage Ciabatta Platter																		✓					✓										
Lunch Platters																																	
All Time Classic Platter													✓						✓			✓	✓	✓									
Asparagus, Prosciutto & Egg Salad Platter																						✓											
Baguette Selection Platter												✓										✓	✓	✓						✓			
Best Of Pret Platter													✓						✓			✓	✓	✓									
Charcuterie Platter													✓											✓								✓	
Chef's Italian Chicken Salad Platter											✓											✓	✓	✓									
Flatbread Platter												✓							✓														✓
Salmon & Mango Salad Platter																							✓								✓	✓	
Humous & Falafel Mezze Salad Platter	Y	Y										✓																					
Kids' Cheese & Tomato Triangles Platter	Y												✓						✓				✓										
Kids' Ham Triangles Platters													✓						✓				✓										
Kids' Mixed Triangles Platter													✓						✓			✓		✓									
Pret's Chicken Satay Salad Platter																																✓	
Pret's Classic Salad Wrap Platter																	✓		✓			✓									✓		
Pret's Ploughmans Platter	Y											✓							✓					✓								✓	
Pret's Veggie Salad Wrap Platter	Y	Y										✓						✓														✓	
Romesco Style Butter Bean & Feta Salad Platter	Y																								✓	✓					✓		
Rye Roll Selection Platter													✓				✓		✓			✓	✓	✓						✓		✓	
Seasonal Baguette Platter												✓							✓			✓		✓							✓		
Seasonal Vegan Friendly Mix Platter	Y	Y										✓	✓						✓												✓		
Seasonal Veggie Baguette Platter	Y											✓							✓			✓		✓							✓		
Tuna Nicoise Salad Platter																					✓	✓											✓
Vegetarian Selection Platter	Y												✓						✓			✓		✓									
Snacking Platters																																	
Brownie Bar Bag	Y																		✓			✓		✓								✓	
Chocolate Chunk Cookie Bag	Y																		✓				✓										

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Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	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					Cow	Goat	Sheep							
Cookie Platter	Y			✓										✓		✓					✓											
Love Bar Bag	Y			✓							✓				✓							✓								✓		
Pastel De Nata Platter	Y																✓				✓											
Pret Bar Platter	Y			✓							✓				✓						✓									✓		
Pret's Crisp Platter	Y																				✓											
Pret's Popcorn Platter	Y	Y																														
Pret's Snack Platter				✓																		✓								✓		
Raspberry & White Chocolate Cookie Bag	Y																✓					✓								✓		

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio		Walnut	Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)					Wheat	Cow	Goat							Sheep
Coffee																															
Americano Black	Y	Y																													
Americano Semi Skimmed milk	Y																							✔							
Americano Skimmed milk	Y																							✔							
Americano Coconut (instead of milk)	Y	Y																													
Americano Oat (instead of milk)	Y	Y												✔																	
Americano Soya (instead of milk)	Y	Y																												✔	
Cappuccino Semi Skimmed milk	Y																							✔							
Cappuccino Skimmed milk	Y																							✔							
Cappuccino Coconut (instead of milk)	Y	Y																													
Cappuccino Oat (instead of milk)	Y	Y												✔																	
Cappuccino Soya (instead of milk)	Y	Y																												✔	
Espresso	Y	Y																													
Filter - Black Coffee (add milk or milk alternative if White Americano)	Y	Y																													
Flat White Semi Skimmed milk	Y																							✔							
Flat White Skimmed milk	Y																							✔							
Flat White Coconut (instead of milk)	Y	Y																													
Flat White Oat (instead of milk)	Y	Y												✔																	
Flat White Soya (instead of milk)	Y	Y																												✔	
Latte Semi Skimmed milk	Y																							✔							
Latte Skimmed milk	Y																							✔							
Latte Coconut (instead of milk)	Y	Y																													
Latte Oat (instead of milk)	Y	Y												✔																	
Latte Soya (instead of milk)	Y	Y																												✔	
Macchiato Semi Skimmed milk	Y																							✔							
Macchiato Skimmed milk	Y																							✔							
Macchiato Coconut (instead of milk)	Y	Y																													
Macchiato Oat (instead of milk)	Y	Y												✔																	
Macchiato Soya (instead of milk)	Y	Y																												✔	
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Almond	Brazil Nuts	Cashews					Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Barley	Kamut (Wheat)		Oats	Rye	Spelt (Wheat)	Wheat	Cow	Goat					Sheep																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																									
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Almond	Brazil Nuts	Cashews		Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Barley	Kamut (Wheat)	Oats		Rye	Spelt (Wheat)	Wheat	Cow	Goat	Sheep																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																										
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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep								
Pret Coolers																																	
Applejito	Y	Y																															
Feelin' Peachy	Y	Y																															
Mango Sunrise	Y	Y																															
Raspberry Lemonade	Y	Y																															
Hot Chocolate																																	
Hot Chocolate Semi Skimmed milk	Y																							✓									
Hot Chocolate Skimmed milk	Y																							✓									
Hot Chocolate Coconut (instead of milk)	Y	Y																															
Hot Chocolate Oat (instead of milk)	Y	Y													✓																		
Hot Chocolate Soya (instead of milk)	Y	Y																													✓		
Hot Chocolate Powder	Y	Y																															
Hot Chocolate Hazelnut Semi Skimmed milk	Y																							✓									
Hot Chocolate Hazelnut Skimmed milk	Y																							✓									
Hot Chocolate Hazelnut Coconut (instead of milk)	Y	Y																															
Hot Chocolate Hazelnut Oat (instead of milk)	Y	Y													✓																		
Hot Chocolate Hazelnut Soya (instead of milk)	Y	Y																													✓		
Syrups & Toppings																																	
All Syrups	Y	Y																															
Whipped Cream	Y																							✓									
milk shot																																	
Semi Skimmed milk	Y																							✓									
Skimmed milk	Y																							✓									
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Coconut (instead of milk)	Y	Y																														
Oat (instead of milk)	Y	Y													✓																	
Soya (instead of milk)	Y	Y																												✓		
Tea																																
Ceylon Breakfast (add milk or milk alternative if White)	Y	Y																														
Earl Grey (add milk or milk alternative if White)	Y	Y																														
Peppermint (add milk or milk alternative if White)	Y	Y																														
Tropical Green (add milk or milk alternative if White)	Y	Y																														
Milk / instead of milk cup																																
Semi Skimmed milk cup	Y																							✓								
Skimmed milk cup	Y																							✓								
Coconut (instead of milk) cup	Y	Y																														
Oat (instead of milk) cup	Y	Y													✓																	
Soya (instead of milk) cup	Y	Y																												✓		
Babyccino	Y																							✓								
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Smoothies & Frappes																															
Caramel Frappe - Skimmed milk	Y																						✓								
Caramel Frappe - Semi Skimmed milk	Y																						✓								
Chocolate Frappe - Semi Skimmed milk	Y																						✓								
Chocolate Frappe - Skimmed milk	Y																						✓								
Classic Frappe - Skimmed milk	Y																						✓								
Classic Frappe - Semi Skimmed milk	Y																						✓								
Mocha Frappe - Skimmed milk	Y																						✓								
Mocha Frappe - Semi Skimmed milk	Y																						✓								
Berries & Cherries Smoothie	Y	Y																													
Sweet Greens Smoothie	Y	Y																													
Tropical Peach Smoothie	Y	Y																													
Seasonal Drinks																															
Spirulina Macaron Iced Latte - Semi Skimmed milk	Y																						✓								
Spirulina Macaron Iced Latte - Skimmed milk	Y																						✓								
Spirulina Macaron Iced Latte - Coconut (instead of milk)	Y	Y																													
Spirulina Macaron Iced Latte - Oat (instead of milk)	Y	Y												✓																	
Spirulina Macaron Iced Latte - Soya (instead of milk)	Y	Y																												✓	
Ube Brulee Iced Latte - Semi Skimmed milk	Y																						✓								
Ube Brulee Iced Latte - Skimmed milk	Y																						✓								
Ube Brulee Iced Latte - Coconut (instead of milk)	Y	Y																													
Ube Brulee Iced Latte - Oat (instead of milk)	Y	Y												✓																	
Ube Brulee Iced Latte - Soya (instead of milk)	Y	Y																												✓	
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