

Pret's Allergen Guide

The title 'Pret's Allergen Guide' is centered. 'Pret's' is in a dark blue serif font. 'Allergen' is in a large, bold, orange sans-serif font. 'Guide' is in a dark blue serif font. To the left of 'Allergen' are four stars of varying sizes in dark blue and orange. To the right is a magnifying glass icon with an orange handle and frame, and a dark blue star inside the lens.

Ireland Allergen Guide 20th September 2023 Launch V1

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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 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.



<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			Baguettes, Rolls & Sandwiches																												
			We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.																												
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
Baguettes																															
Avo, Olives & Toms	Y	Y										✓						✓													
Brie, Tomato & Basil Baguette	Y																	✓				✓									
Chicken Caesar & Bacon												✓						✓			✓	✓	✓								
Italian Prosciutto												✓						✓			✓		✓								
Posh Cheddar & Pickle	Y											✓						✓			✓		✓						✓		
Tuna Mayo & Cucumber																		✓			✓	✓									
Ham & Emmental																		✓			✓		✓						✓		
Sandwiches																															
Beef & Horseradish Granary													✓					✓			✓		✓						✓		✓
Chicken, Avocado & Basil													✓					✓			✓		✓								
Classic Super Club													✓					✓			✓										
Crayfish & Rocket Bloomer															✓	✓		✓	✓		✓										
Free-Range Egg Mayo	Y												✓					✓			✓								✓		
Ham & Cheese													✓					✓					✓								
Ham & Eggs Bloomer															✓	✓		✓			✓								✓		
Mature Cheddar & Pickle	Y												✓					✓			✓		✓								
Smashed Avo Open Sandwich	Y	Y													✓																
Smoked Salmon													✓					✓				✓	✓								
Smoked Salmon & Soft Cheese Open Sandwich															✓							✓	✓								
Super Greens & Reds	Y	Y											✓					✓													
Tuna Mayo & Cucumber													✓					✓			✓	✓									
Veggie New Yorker Bloomer	Y												✓		✓	✓		✓			✓		✓						✓		
We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.																															

<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			<div>Rolls & Wraps</div> <div>We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.</div>																												
			Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	
Almond	Brazil Nuts	Cashews		Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Barley	Kamult (Wheat)	Oats		Rye	Spelt (Wheat)	Wheat	Cow	Goat	Sheep													
Product	Vegetarians	Vegan Friendly																													
Rolls																															
Avo Brunch Rye Roll	Y											✓			✓		✓			✓								✓			
Jambon Beurre															✓							✓									
Spicy Chicken Rye Roll												✓			✓		✓			✓											
Scandi Salmon Rye Roll												✓			✓		✓			✓	✓							✓			
Wraps & Flatbreads																															
Avo & Herb Salad Wrap	Y														✓		✓			✓		✓									
Chicken & Caesar Wrap															✓		✓		✓	✓	✓										
Hoisin Duck Salad Wrap															✓		✓			✓									✓		
Humous & Chipotle Wrap	Y	Y										✓	✓			✓		✓													
We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of																															

<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			Breakfast																											
			We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.																											
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep					
Almond Croissant	Y			✓											✓				✓			✓								
Acai & Almond Butter Bowl	Y	Y		✓										✓								✓								
Bacon & Egg Roll															✓			✓			✓		✓							
Banana, Honey & Granola Pot	Y													✓								✓								
Bircher Muesli	Y									✓				✓								✓								
Breakfast Free-Range Egg Mayo & Avocado	Y																✓			✓										
Breakfast Free-Range Egg Mayo & Bacon																	✓			✓										
Breakfast Free-Range Egg Mayo & Tomato	Y																✓			✓										
Breakfast Salmon & Egg Mayo																	✓			✓	✓							✓		
Cheese Twist	Y																✓			✓			✓							
Chocolate Croissant	Y																✓			✓			✓							✓
Cinnamon Danish	Y																✓			✓			✓							
Five Berry Bowl	Y													✓									✓							
Butter Croissant	Y																✓			✓			✓							
Ham, Cheese, Tomato & Bacon Croissant																	✓			✓			✓							
Mango & Banana Sunshine bowl	Y	Y												✓																
Mozzarella & Tomato Croissant	Y																✓			✓			✓							
Pain aux Raisin	Y																✓			✓			✓							
Pastel de Nata	Y																✓			✓			✓							
Pret's Bacon Roll																✓		✓					✓							
Pret's Veggie Roll	Y															✓		✓		✓			✓							
Sausage & Egg Breakfast Roll																✓		✓		✓			✓							
Very Berry Croissant	Y	Y															✓													
We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.																														

Contents Key: ✓ (Product Contains) Y (Suitable For)			Cold Drinks																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																									
			We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																									
			Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																														
Almond	Brazil Nuts	Cashews		Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Barley	Kamult (Wheat)	Oats		Rye	Spelt (Wheat)	Wheat	Cow	Goat	Sheep																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																										
Product	Vegetarians	Vegan Friendly																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																										</

<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			Fruit																											
			We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.																											
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep					
Apple	Y	Y																												
Banana	Y	Y																												
Classic Fruit Salad	Y	Y																												
Mango & Lime	Y																													
We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.																														

<div>Contents Key:</div> <div>✔ (Product Contains)</div> <div>Y (Suitable For)</div>			<div>Pret's Hot</div> <div>We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.</div>																												
			Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts							Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya
Almond	Brazil Nuts	Cashews					Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Barley	Kamult (Wheat)		Oats	Rye	Spelt (Wheat)	Wheat	Cow	Goat					Sheep						
Chipolte Mozzarella Hot Baguette	Y										✔					✔						✔									
Falafel & Halloumi Hot Wrap	Y													✔		✔						✔	✔	✔							
Meatball Hot Wrap														✔		✔						✔									
Spicy Chicken Hot Wrap														✔		✔						✔									
Prosciutto & Mozzarella Hot Baguette											✔					✔						✔									
Toasties																															
All day Breakfast Toastie	Y												✔		✔	✔		✔			✔										
Brie, Avocado & Tomato Toastie													✔		✔	✔		✔				✔									
Halloumi, Red Pepper & Basil Toastie	Y												✔		✔	✔		✔				✔	✔	✔							
Ham, Cheese & Mustard Toastie													✔		✔	✔		✔		✔		✔						✔			
Reuben Toastio	Y												✔		✔	✔		✔			✔							✔			
Tuna Melt Toastie													✔		✔	✔		✔		✔	✔	✔									
Soup																															
Red Thai Veg Soup	Y	Y																												✔	
Barley & Rye Roll Soup Bread	Y	Y											✔			✔															
Lentil & Bacon Soup	Y																		✔			✔						✔			
Souper Tomato	Y	Y																													
Soup Bread																	✔														
Stone Baked Losange	Y	Y															✔														
Sunshine Dhal Soup	Y	Y																													
Thai Chicken Curry Soup																			✔		✔										
Hot Food																															
Kale Mac & Cheese	Y																✔		✔			✔									
Proscuitto Mac & Cheese																	✔		✔			✔									
Italian Style Chicken Hot Wrap														✔		✔						✔									
Mexican Chicken & Feta Hot Roll														✔		✔				✔		✔									
Meatless Meatball Marinara Hot Roll	Y													✔		✔				✔		✔									
We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.																															

<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			<div>Pret At Home</div> <div>We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to <i>guarantee</i> that our food is allergen free 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.</div>																										
			Peanut	Tree Nuts							Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites
Almond	Brazil Nuts	Cashews		Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Barley	Kamult (Wheat)		Oats	Rye	Spelt (Wheat)	Wheat	Cow	Goat					Sheep							
Product	Vegetarians	Vegan Friendly																											
Coffee - Classic Blend Ground	Y	Y																											
Coffee - Espresso Beans	Y	Y																											
Coffee - Single Origin Ground	Y	Y																											
<div>We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.</div>																													

<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			Salad & Platters																															
			We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.																															
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites				
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep									
Chef's Italian Chicken Salad											✓										✓	✓		✓										
Chicken & Avocado Protein Salad																					✓										✓			
Egg & Spinach Protein Pot	Y																				✓													
Greek Salad	Y																									✓		✓						
Humous & Falafel Salad	Y	Y										✓	✓			✓		✓																
Smoked Salmon Protein Box																					✓	✓										✓		
Smoked Salmon & Egg Protein Pot																					✓	✓												
Smoked Salmon, Egg & Avocado Salad																					✓	✓												
Tuna Nicoise Salad																					✓	✓												
Tricolore Salad	Y																								✓									
Dressing																																		
French Dressing	Y	Y										Y																						
We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.																																		

Contents Key: ✓ (Product Contains) Y (Suitable For)			Snacks																											
			We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.																											
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep					
Almond Butter Protein Ball	Y	Y		✓																									✓	
Chilli, Bean & Seed Tortilla Chips	Y	Y																												
Cranberries in Coats	Y																						✓							
Dark Chocolate Salted Almonds	Y	Y		✓																									✓	
Mature Cheddar & Red Onion Crisps	Y																							✓						
Fruit, Nuts & Chocolate	Y			✓																				✓					✓	
Pret A Mango	Y	Y																												
Sea Salt Popcorn	Y	Y																												
Sea Salt & Cider Vinegar Crisps	Y	Y																												
Sea Salt Crisps	Y	Y																												
Smoked Chipotle Crisps	Y	Y																												
Sweet & Salt Popcorn	Y	Y																												
We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.																														

<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			<div>Sweet Treats</div> <div>We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.</div>																												
			Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	
Almond	Brazil Nuts	Cashews		Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Barley	Kamult (Wheat)	Oats		Rye	Spelt (Wheat)	Wheat	Cow	Goat	Sheep													
Product	Vegetarians	Vegan Friendly																													
Black Forest Dessert pot	Y																✓						✓						✓		
Caramel Waffle	Y																✓						✓						✓		
Caramel Shortbread	Y																✓						✓						✓		
Choc Bar	Y																✓						✓						✓		
Chocolate Brownie Bar	Y																✓			✓			✓						✓		
Chocolate Espresso Mini Loaf Cake	Y																✓			✓			✓						✓		
Chocolate Moose	Y																						✓						✓		
Chocolate Orange Mini Loaf Cake	Y																✓			✓			✓						✓		
Dark Chocolate & Almond Butter Cookie	Y	Y		✓													✓														
Dark Chocolate Corn Cakes	Y																												✓		
Lemon Cheesecake	Y																✓			✓			✓								
Lemon Meringue Cookie	Y																✓			✓			✓						✓		
Lemon Raspberry Slice	Y																✓						✓						✓		
Love Bar	Y			✓							✓				✓								✓						✓		
Nutty Salted Caramel Brownie	Y			✓								✓					✓			✓			✓						✓		
Popcorn bar	Y																						✓						✓		
Pret Bar	Y														✓		✓						✓								
Raspberry cheesecake Brownie	Y																✓			✓			✓						✓		
Raspberry & Almond Bakewell Tart	Y			✓													✓			✓			✓								
Salted Caramel Dessert Pot	Y																✓						✓								
We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.																															

<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			<div>Barista Prepared Drinks</div> <div>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.</div>																												
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						
Coffee																															
Americano Black	Y	Y																													
Americano Low Fat milk	Y																					✓									
Americano Soya (instead of milk)	Y	Y																											✓		
Americano Rice Coconut (instead of milk)	Y	Y																													
Americano Oat (instead of milk)	Y	Y											✓																		
Cappuccino Low Fat milk	Y																					✓									
Cappuccino Soya (instead of milk)	Y	Y																											✓		
Cappuccino Rice Coconut (instead of milk)	Y	Y																													
Cappuccino Oat (instead of milk)	Y	Y											✓																		
Espresso	Y	Y																													
Filter - Black Coffee (add milk or milk alternative if White Americano)	Y	Y																													
Flat White Low Fat milk	Y																					✓									
Flat White Soya (instead of milk)	Y	Y																											✓		
Flat White Rice Coconut (instead of milk)	Y	Y																													
Flat White Oat (instead of milk)	Y	Y											✓																		
Latte Low Fat milk	Y																					✓									
Latte Soya (instead of milk)	Y	Y																											✓		
Latte Oat (instead of milk)	Y	Y											✓																		
Latte Rice Coconut (instead of milk)	Y	Y																													
Macchiato Low Fat milk	Y																					✓									
Macchiato Soya (instead of milk)	Y	Y																											✓		
Macchiato Oat (instead of milk)	Y	Y											✓																		
Macchiato Rice Coconut (instead of milk)	Y	Y																													
Mocha Low Fat milk	Y																					✓									
Mocha Soya (instead of milk)	Y	Y																											✓		
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.																															

Contents Key: ✔ (Product Contains) Y (Suitable For)			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.																												
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						
Mocha Rice Coconut (instead of milk)	Y	Y																													
Mocha Oat (instead of milk)	Y	Y												✔																	
Other Hot Drinks																															
Chai Latte Low Fat Milk	Y																						✔								
Chai Latte Rice Coconut (instead of Milk)	Y	Y																													
Chai Latte Rice Soya (instead of Milk)	Y	Y																											✔		
Chai Latte Oat (instead of Milk)	Y	Y												✔																	
Dirty Chai Latte Low Fat Milk	Y																						✔								
Dirty Chai Latte Rice Coconut (instead of Milk)	Y	Y																													
Dirty Chai Latte Soya (instead of Milk)	Y	Y																												✔	
Dirty Chai Latte Oat (instead of Milk)	Y	Y												✔																	
Matcha Latte Low Fat Milk	Y																						✔								
Matcha Latte Rice Coconut (instead of Milk)	Y	Y																													
Matcha Latte Soya (instead of Milk)	Y	Y																												✔	
Matcha Latte Oat (instead of Milk)	Y	Y												✔																	
Iced Drinks																															
Iced Latte Low Fat Milk	Y																						✔								
Iced Latte Soya (instead of milk)	Y	Y																												✔	
Iced Latte Rice Coconut (instead of milk)	Y	Y																													
Iced Latte Oat (instead of milk)	Y	Y												✔																	
Iced Chai Latte Low Fat Milk	Y																						✔								
Iced Chai Latte Rice Coconut (instead of Milk)	Y	Y																													
Iced Chai Latte Soya (instead of Milk)	Y	Y																												✔	
Iced Chai Latte Oat (instead of Milk)	Y	Y												✔																	
Iced Dirty Chai Latte Low Fat Milk	Y																						✔								
Seasonal Drinks																															
Pumpkin Spiced Latte	Y																						✔								
Pumpkin Spiced Latte Low fat Milk	Y																						✔								
Pumpkin Spiced Latte Rice Coconut (instead of Milk)	Y	Y																													
Pumpkin Spiced Latte Soya (instead of Milk)	Y	Y																												✔	

[illegible]

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.

[illegible]

[illegible]

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.

[illegible][illegible][illegible][illegible][illegible]

Babyccino	Y																					✓							
<p>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.</p>																													