Baguettes	Suital	ble for													06 Novembe	er 2022 version 3
Product	Vegetari	Vegans						С	ontains the	ese allerge	ns					
	ans	1S	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Brie, Tornato & Basil Baguette	•		<b>&gt;</b>	~			WHEAT									
Chicken Caesar Baguette			>	<b>&gt;</b>	~		WHEAT, RYE, OAT, BARLEY		~		~	~			~	
Chipotle Mozzarella Hot Baguette	•		>	>			WHEAT, RYE, OAT, BARLEY					<b>~</b>				
Egg Mayo & Roasted Tomato	•		>		<b>~</b>		WHEAT		<b>~</b>							
Ham & Greve Baguette			>	>	~		WHEAT		<b>~</b>			<b>~</b>				
Hot Chilli Chicken Baguette			ζ.		~		WHEAT		<b>&gt;</b>		~	<b>&gt;</b>				
Prosciutto Baguette			>	>	~		WHEAT, RYE, OAT, BARLEY		<b>~</b>			~				
Posh Prosciutto Baguette			>	>			WHEAT, RYE, OAT, BARLEY									
Posh Cheddar Baguette	•		>	>	<b>~</b>		WHEAT, RYE, BARLEY		<b>~</b>		<b>~</b>	<b>~</b>				
Smoked Salmon, Soft Cheese & Dill Baguette			>	<b>&gt;</b>			WHEAT, RYE, BARLEY				~	<b>~</b>			<b>~</b>	
Smoked Salmon & Egg Mayo			>		<b>*</b>		WHEAT		<b>~</b>						*	
Christmas Chicken Feast				<b>V</b>	~		WHEAT		<b>~</b>			<b>~</b>				

Breakfast	Suital	ble for													06 Nover	nber 2022 version 3
Product	Vegetarians	Vegans						(	Contains th	ese allerge	ns					
	18		Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Bacon & Egg Brioche				>	>		WHEAT									
Banana & Honey Muesli	•			>												
Cranberry Yoghurt Bowl	<b>&gt;</b>			>												
Bircher Muesli	>			>												PISTACHIO
Croissant Almond	>			>	>		WHEAT									ALMOND
Croissant Chocolate	V			>	>		WHEAT		~							HAZELNUT
Bacon & Egg Brioche				>	>		WHEAT				<b>y</b>	>				
Sausage & Egg Brioche				>	>		WHEAT				<b>&gt;</b>	>				
Five Berry Bowl	<b>y</b>			>												
Five Berry Pret Pot	<b>y</b>			>												
Mozzarella & Tornato Croissant	V			>	>		WHEAT				~					
Portobello Croissant	<b>y</b>			>	>		WHEAT									
Chicken Croissant				>	>		WHEAT									
Pain au Raisin	•			>	>		WHEAT		<b>~</b>							
Plain Croissant	<b>y</b>			>	>		WHEAT									
Feta, Spinach & Roasted Tomato Brioche	¥			>	>		WHEAT									

Cold Drinks	Suita	ble for													06 November	er 2022 version 3
Product	Vegetar	Vegar						С	ontains the	ese allergei	ns					
	ians	ns	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
ABC - Apple Beetroot Carrot	>	<														
Water - Aqua Panna 500ml Still	~	<														
Coke (All types)	~	<														
Juice - Fresh Lemon & Mint	~	<														
Heineken Beer	~	<					BARLEY									
Juice - Orange	~	<b>×</b>														
Juice - Pink Grapefruit	~	<														
Radiance	<b>&gt;</b>	<									>					
Restorative	~	<														
Water - San Pellegrino 500ml Sparkling	~	<														
Tiger Beer	~	<					BARLEY									
Ultra Boost	~	<														
Water - Vittel 500ml Still	~	<											·			
Juice - Watermelon	<b>V</b>	<b>V</b>														

Fruit	Suita	ble for													06 Novemb	er 2022 version 3
Product	Vegetar	Vegar						C	Contains the	ese allerge	ns					
	ans	S	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Apple	>	>														
Banana	<b>&gt;</b>	~														
Dragon Fruit Salad	<b>&gt;</b>	<b>&gt;</b>														
Melon Trio	~	~														
Papaya & Lime	V	<b>V</b>														
Pineapple & Lime	~	~														

Pret's Hot	Suita	ible for													06 Novembe	er 2022 version 3
Product	Vegetarians	Vegans						C	ontains the	ese allerge	ns					
	ians	ns	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
All Day Breakfast Hot Wrap				~	~		WHEAT, RYE		>		~	~				
Avocado, Cheddar & Chipotle Toasted Tortilla	•			~			WHEAT, RYE				~	~				
Brie, Avocado & Tomato Toastie	v			~			WHEAT, OAT, RYE, BARLEY				<b>&gt;</b>	<b>Y</b>				
Chicken Caesar & Avocado Toasted Tortilla				~	>		WHEAT, RYE		>		<b>&gt;</b>	<b>&gt;</b>			>	
Chicken, Avocado & Basil Toastie				~	>		WHEAT, OAT, RYE, BARLEY		>		<b>&gt;</b>	<b>&gt;</b>				
Chicken Chipotle Hot Wrap				~			WHEAT, RYE		>		<b>&gt;</b>	>				
Chipotle Chicken Toasted Tortilla				~			WHEAT, RYE				<b>&gt;</b>	<b>&gt;</b>				
Eggs Florentine Toasted Tortilla	>			~	<b>&gt;</b>		WHEAT, RYE		>		<b>&gt;</b>	<b>&gt;</b>				
Mozzarella & Pesto Toastie	v			<b>~</b>			WHEAT, OAT, RYE, BARLEY									
Ham, Cheese & Mustard Toastie				~	<b>~</b>		WHEAT, OAT, RYE, BARLEY		>		<b>~</b>	¥				

Salads	Suital	ble for													06 No	vember 2022 version 3
Product	Vegetar	Vega							Contains t	hese allerg	gens					
	ians	ans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Chef's Chicken Salad				ζ.	<				<		<b>&gt;</b>	>			>	PISTACHIO
Egg & Spinach Protein Pot	•				<b>&gt;</b>											
Greek Salad	•			>			WHEAT, RYE					>				PINENUTS
Smoked Salmon & Spinach Protein Pot					>						>	>			>	
Wild Crayfish & Avocado											<b>~</b>	>		>		

Sandwiches	Suita	ble for													06 Novembe	er 2022 version 3
Product	Vegetaria	Vegans						С	ontains the	ese allerge	ns					
	ns		Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Chicken Avocado Granary				~	<b>&gt;</b>		WHEAT, BARLEY		>		>	~				
Classic Super Club Granary					>		WHEAT, BARLEY		*		>	¥				
Wild Crayfish & Rocket Granary					*		WHEAT, BARLEY		<		<b>\</b>	¥		>		
Cracking Egg Salad Granary	>				<b>&gt;</b>		WHEAT, BARLEY		<		>	¥				
Ham & Cheese Granary				<b>&gt;</b>			WHEAT, BARLEY				>	<b>~</b>				
Mature Cheddar Granary	>			<b>~</b>	*		WHEAT, BARLEY		<		χ.	<b>~</b>				
Smoked Salmon				~			WHEAT, BARLEY				>	¥			~	
Brie & Cranberry	~			~			WHEAT, BARLEY									
Christmas Lunch Chicken Sandwich				~	<b>&gt;</b>		WHEAT, BARLEY		>			<b>~</b>				

Pret Snacks	Suital	ole for													06 Nove	mber 2022 version 3
Product	Vegeta	Vegans							Contains the	ese allergens						
	rians	ns	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Cranberries in Coats	~			<b>~</b>												
Pret A Mango	>	<														
Tyrrells Lightly Sea Salted Crisps	~															
Tyrrells Mature Cheddar & Chives Crisps	>			<b>&gt;</b>												
Tyrrells Sea Salt & Cider Vinegar Crisps	>	>					BARLEY									
Tyrrells Sea Salt & Cracked Black Pepper Crisps	>															

Sweet Treats	Suital	ble for													06 Noven	nber 2022 version 3
Product	Vegetaria	Vegans						(	Contains th	ese allerge	ens					
	ıns		Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Brownie Bar	<b>&gt;</b>			>	>		WHEAT		*							
Choc Bar	~			>			WHEAT		<b>&gt;</b>							
Chocolate Chunk Cookie	~			>			WHEAT									
Fruit, Oat & Spelt Cookie	~			>			WHEAT, OAT, SPELT									
Love Bar	>			>			OATS		<							PISTACHIO, ALMONDS
Muffin Double Berry	>			>	>		WHEAT									
Popcorn bar	~			>					*							
Shortbread	V			>			WHEAT									

Wraps	Suital	ble for													06 Novem	ber 2022 version 3
Product	Vegetariar	Vegans						(	Contains th	ese allerge	ens					
	18		Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Avocado & Herb Salad Wrap	<b>&gt;</b>			ζ.	>		WHEAT, RYE		>		~	<b>&gt;</b>				PINENUTS
Crayfish & Chipotle Salad Wrap							WHEAT, RYE					<b>&gt;</b>		<b>~</b>		
Chicken & Rocket Salad Wrap				>	~		WHEAT, RYE		>		~	<b>~</b>				

Barista Prepared Drinks	Suita	ble for													06 Noven	nber 2022 version 3
Product	Vegeta	Vegans						C	Contains th	ese allerge	ens					
	rans	ns	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Coffee																
Americano Black	<b>V</b>	<b>×</b>														i
Americano White Milk	<b>V</b>			<b>V</b>												
Americano White Rice Coconut	~	<														
Americano White Soya	~	<							~							
Americano White Oat	~	~					OAT									
Cappuccino Milk	V			~												
Cappuccino Rice Coconut	~	~														
Cappuccino Soya	V	<b>×</b>							<b>V</b>							
Cappuccino Oat	V	<b>&gt;</b>					OAT									
Decaf Latte Milk	V			<b>V</b>												
Decaf Latte Rice Coconut	~	~														
Decaf Latte Soya	V	>							V							
Decaf Latte Oat	V	~					OAT									
Espresso	V	<b>&gt;</b>														
Filter - Black Coffee	V	~														
Filter - White Coffee Milk	V			V												
Filter - White Coffee Rice Coconut	~	<b>×</b>														
Filter - White Coffee Soya	V	•							V							
Filter - White Coffee Oat	V	~					OAT									
Flat White Milk	V			V												
Flat White Rice Coconut	~	~														
Flat White Soya	V	~							V							
Flat White Oat	~	~					OAT									
Latte Milk	V			V												
Latte Rice Coconut	V	~														
Latte Soya	V	~							<b>V</b>							
Latte Oat	V	~					OAT									
Macchiato Milk	V			<b>V</b>												
Macchiato Rice Coconut	V	~														
Macchiato Soya	V	~							<b>V</b>							
Macchiato Oat	V	~					OAT									
Mocha Milk	V			<b>V</b>												
Mocha Rice Coconut	V	<b>\</b>														
Mocha Soya	V	•							<b>V</b>							
Mocha Oat	_	~					OAT									
	<u> </u>	<u> </u>														

Product	Vegeta	Vegans						(	Contains th	nese allerg	ens					
Troduct	rians	ins	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Over ke & Frappes							J									
Chocolate Frappe	~			~												
Classic Frappe	<b>V</b>			✓												
Iced Americano Black	<b>V</b>	~														
Iced Americano White Milk	<b>V</b>			<b>V</b>												
Iced Americano White Rice Coconut	•	>														
Iced Americano White Soya	<b>V</b>	>							>							
Iced Americano White Oat	<b>V</b>	>					OAT									
Iced Americano White Almond	~	~														ALMOND
Iced Cappuccino Milk	<b>~</b>			~												
Iced Cappuccino Rice Coconut	~	~														
Iced Cappuccino Soya	~	~							¥							
Iced Cappuccino Oat	~	~					OAT									
Iced Cappucino Almond	<b>~</b>	~														ALMOND
Iced Caramel Latte	<b>V</b>			~												
Iced Caramel Latte Rice Coconut		~														
Iced Caramel Latte Soya		V							V							
Iced Caramel Latte Oat		<b>V</b>					OAT									
Iced Caramel Latte Almond		<u> </u>														ALMOND
Iced Chocolate Milk	~			~												
Iced Chocolate Rice Coconut		<u> </u>														
Iced Chocolate Soya		V							V							
Iced Chocolate Oat		V					OAT									
Iced Chocolate Almond		V														ALMOND
Iced Filter Coffee Black		V														
Iced Filter Coffee White Milk	<u> </u>			~												
Iced Filter Coffee White Rice Coconut		V														
Iced Filter Coffee White Soya	V	V							~							
Iced Filter Coffee White Oat	·	V					OAT		,							
Iced Filter Coffee White Almond	J	Ü														ALMOND
Iced Hazelnut Latte Milk	V			~												HAZELNUT
loed Hazelnut Latte Rice Coconut	J	V														HAZELNUT
Iced Hazelnut Latte Soya	-	Ü							~							HAZELNUT
Iced Hazelnut Latte Oat	J	V					OAT		•							HAZELNUT
Iced Hazelnut Latte Almond	~	•					2711									HAZELNUT ALMOND
Iced Latte Milk	_			~												ALMOND
Iced Latte Rice Coconut	V	v														
Iced Latte Soya	J	Ü							~							
Iced Latte Oat	V	V					OAT									
Iced Latte Almond	-	Ü					0711									ALMOND
Iced Mocha Milk	-	Ť		~												ALMORD
Iced Mocha Rice Coconut		1.4														
ICEG INIOCHIA PRICE COCONUT	<b>V</b>	<b>V</b>														

Iced Mocha Soya	>	>							>					
Iced Mocha Oat	~	<b>V</b>					OAT							
Iced Mocha Almond	~	<b>×</b>												ALMOND
Smoothie - Berries and Cherries	~	<b>~</b>												
Smoothie - Tropical Peach	~	×												
Smoothie - Sweet Green	V	~												

Barista Prepared Drinks	Suital	ble for	06 November 2022 version 3													
Product	Vegetarians	Vegar	Contains these allergens													
		ns	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Flavoured Latte/Tea																
Chai Latte Milk	V			✓												
Chai Latte Rice Coconut	V	<b>V</b>														
Chai Latte Soya	~	<							<b>V</b>							
Chai Latte Oat	~	<b>&gt;</b>					OAT									
Chai Latte Almond	V	<b>×</b>														ALMOND
Caramel Latte Milk	~			~												
Caramel Latte Rice Coconut	V	>														
Caramel Latte Soya	V	<b>\</b>							~							
Caramel Latte Oat	~	<b>V</b>					OAT									
Caramel Latte Almond	V	>														ALMOND
Hazelnut Latte Milk	V			¥												HAZELNUT
Hazelnut Latte Rice Coconut	V	<b>V</b>														HAZELNUT
Hazelnut Latte Soya	V	<b>\</b>							~							HAZELNUT
Hazelnut Latte Oat	V	V					OAT									HAZELNUT
Hazelnut Latte Almond	~	>														HAZELNUT ALMOND
Matcha Latte Milk	V			<b>V</b>												
Matcha Latte Rice Coconut	~	~														
Matcha Latte Soya	~	<b>\</b>							V							
Matcha Latte Oat	V	<b>×</b>					OAT									
Matcha Latte Almond	<b>V</b>	<b>V</b>														ALMOND
Vanilla Latte Milk	V			<b>V</b>												
Vanilla Latte Rice Coconut	V	<b>\</b>														
Vanilla Latte Soya	V	~							V							
Vanilla Latte Oat	V	<b>V</b>					OAT									
Vanilla Latte Almond	~	<b>&gt;</b>														ALMOND
Holiday Joy Latte Milk	V			~												
Holiday Joy Latte Rice Coconut	~			~												
Holiday Joy Latte Soya	~			~					~							
Holiday Joy Latte Oat	V			¥			OAT									
Holiday Joy Latte Almond	V			¥												ALMOND
Hot Chocolate																
Hot Chocolate Milk	~			¥												
Hot Chocolate with Rice-Coconut	V	>														
Hot Chocolate Soya	~	>							¥							
Hot Chocolate Oat	V	>					OAT									
Hot Chocolate Almond	~	<b>V</b>														ALMOND

Barista Prepared Drinks	Suital	ble for	]												06 Nover	mber 2022 version 3
Product	Veg	V0	Contains these allergens													
	etarian s	gans			-		Cereals containing				Celery and		0.115			
			Sesame	Milk	Egg	Lupin	gluten	Molluscs	Soya	Peanut	celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Milk Cup	,												ı			
Babyccino	<b>&gt;</b>			~												
Milk Whole	~			<b>V</b>												
Milk Semi-Skimmed	>			>												
Rice Coconut	>	>														
Soya	<b>V</b>	•							>							
Oat	~	>					OAT									
Almond	V	V														ALMOND
Syrups .																
Syrup Shot - Caramel	-	>														
Syrup Shot - Hazelnut	V	V														HAZELNUT
Syrup Shot - Vanilla	~	V														
Tea																
English Breakfast Tea Milk	V			<b>V</b>												
English Breakfast Tea Rice-Coconut	V	V														
English Breakfast Tea Soya	V	V						>								
English Breakfast Tea Oat	V	V					OAT									
English Breakfast Tea Almond	~	V														ALMOND
Earl Grey Tea Milk	V			>												
Earl Grey Tea Rice-Coconut	V	~														
Earl Grey Tea Soya	~	V						<b>Y</b>								
Earl Grey Tea Oat	V	V					OAT									
Earl Grey Tea Almond	~	V														ALMOND
Green Tea	~	V														
Peppermint Tea	~	~														
We're pround to freshly prepare our food in our	shon	kite	hens every	day, but as	we use ma	ny ingredi	ents and sh	ared equi	ment, we	are unable	to guarant	ee that our	food is all	ergen free	due to the	risk of cross-