

Baguettes		Suitable for		06 November 2022 version 3												
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Brie, Tomato & Basil Baguette	✔		✔	✔			WHEAT									
Chicken Caesar Baguette			✔	✔	✔		WHEAT, RYE, OAT, BARLEY		✔		✔	✔			✔	
Chipotle Mozzarella Hot Baguette	✔		✔	✔			WHEAT, RYE, OAT, BARLEY					✔				
Egg Mayo & Roasted Tomato	✔		✔		✔		WHEAT		✔							
Ham & Greve Baguette			✔	✔	✔		WHEAT		✔			✔				
Hot Chilli Chicken Baguette			✔		✔		WHEAT		✔		✔	✔				
Prosciutto Baguette			✔	✔	✔		WHEAT, RYE, OAT, BARLEY		✔			✔				
Posh Prosciutto Baguette			✔	✔			WHEAT, RYE, OAT, BARLEY									
Posh Cheddar Baguette	✔		✔	✔	✔		WHEAT, RYE, BARLEY		✔		✔	✔				
Smoked Salmon, Soft Cheese & Dill Baguette			✔	✔			WHEAT, RYE, BARLEY				✔	✔			✔	
Smoked Salmon & Egg Mayo			✔		✔		WHEAT		✔						✔	
Christmas Chicken Feast				✔	✔		WHEAT		✔			✔				

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Breakfast		Suitable for														
Product	Vegetarians	Vegans	Contains these allergens													
			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	✓			✓												
Bircher Muesli	✓			✓												PISTACHIO
Croissant Almond	✓			✓	✓		WHEAT									ALMOND
Croissant Chocolate	✓			✓	✓		WHEAT		✓							HAZELNUT
Bacon & Egg Brioche				✓	✓		WHEAT				✓	✓				
Sausage & Egg Brioche				✓	✓		WHEAT				✓	✓				
Five Berry Bowl	✓			✓												
Five Berry Pret Pot	✓			✓												
Mozzarella & Tomato Croissant	✓			✓	✓		WHEAT				✓					
Portobello Croissant	✓			✓	✓		WHEAT									
Chicken Croissant				✓	✓		WHEAT									
Pain au Raisin	✓			✓	✓		WHEAT		✓							
Plain Croissant	✓			✓	✓		WHEAT									
Feta, Spinach & Roasted Tomato Brioche	✓			✓	✓		WHEAT									

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Cold Drinks		Suitable for		06 November 2022 version 3												
Product	Vegetarians	Vegans	Contains these allergens													
			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	✔	✔														
Juice - Pink Grapefruit	✔	✔														
Radiance	✔	✔									✔					
Restorative	✔	✔														
Water - San Pellegrino 500ml Sparkling	✔	✔														
Tiger Beer	✔	✔					BARLEY									
Ultra Boost	✔	✔														
Water - Vittel 500ml Still	✔	✔														
Juice - Watermelon	✔	✔														

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Fruit		Suitable for		06 November 2022 version													
Product	Vegetarians	Vegans	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Apple	✔	✔															
Banana	✔	✔															
Dragon Fruit Salad	✔	✔															
Melon Trio	✔	✔															
Papaya & Lime	✔	✔															
Pineapple & Lime	✔	✔															

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Pret's Hot		Suitable for		06 November 2022 version 2												
Product	Vegetarians	Vegans	Contains these allergens													
			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	✓			✓			WHEAT, OAT, RYE, BARLEY				✓	✓				
Chicken Caesar & Avocado Toasted Tortilla				✓	✓		WHEAT, RYE		✓		✓	✓			✓	
Chicken, Avocado & Basil Toastie				✓	✓		WHEAT, OAT, RYE, BARLEY		✓		✓	✓				
Chicken Chipotle Hot Wrap				✓			WHEAT, RYE		✓		✓	✓				
Chipotle Chicken Toasted Tortilla				✓			WHEAT, RYE				✓	✓				
Eggs Florentine Toasted Tortilla	✓			✓	✓		WHEAT, RYE		✓		✓	✓				
Mozzarella & Pesto Toastie	✓			✓			WHEAT, OAT, RYE, BARLEY									
Ham, Cheese & Mustard Toastie				✓	✓		WHEAT, OAT, RYE, BARLEY		✓		✓	✓				

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06 November 2022 version 3

Salads	Suitable for															
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Chefs Chicken Salad				✓	✓				✓		✓	✓			✓	PISTACHIO
Egg & Spinach Protein Pot	✓				✓											
Greek Salad	✓			✓			WHEAT, RYE					✓				PINENUTS
Smoked Salmon & Spinach Protein Pot					✓						✓	✓			✓	
Wild Crayfish & Avocado											✓	✓		✓		

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Sandwiches		Suitable for		06 November 2022 version 3													
Product	Vegetarians	Vegans	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Chicken Avocado Granary				✓	✓		WHEAT, BARLEY		✓		✓	✓					
Classic Super Club Granary					✓		WHEAT, BARLEY		✓		✓	✓					
Wild Crayfish & Rocket Granary					✓		WHEAT, BARLEY		✓		✓	✓		✓			
Cracking Egg Salad Granary	✓				✓		WHEAT, BARLEY		✓		✓	✓					
Ham & Cheese Granary				✓			WHEAT, BARLEY				✓	✓					
Mature Cheddar Granary	✓			✓	✓		WHEAT, BARLEY		✓		✓	✓					
Smoked Salmon				✓			WHEAT, BARLEY				✓	✓			✓		
Brie & Cranberry	✓			✓			WHEAT, BARLEY										
Christmas Lunch Chicken Sandwich				✓	✓		WHEAT, BARLEY		✓			✓					

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Pret Snacks		Suitable for														
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Cranberries in Coats	✓			✓												
Pret A Mango	✓	✓														
Tyrrells Lightly Sea Salted Crisps	✓															
Tyrrells Mature Cheddar & Chives Crisps	✓			✓												
Tyrrells Sea Salt & Cider Vinegar Crisps	✓	✓					BARLEY									
Tyrrells Sea Salt & Cracked Black Pepper Crisps	✓															
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Sweet Treats		Suitable for		06 November 2022 version 3												
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Brownie Bar	✔			✔	✔		WHEAT		✔							
Choc Bar	✔			✔			WHEAT		✔							
Chocolate Chunk Cookie	✔			✔			WHEAT									
Fruit, Oat & Spelt Cookie	✔			✔			WHEAT, OAT, SPELT									
Love Bar	✔			✔			OATS		✔							PISTACHIO, ALMONDS
Muffin Double Berry	✔			✔	✔		WHEAT									
Popcorn bar	✔			✔					✔							
Shortbread	✔			✔			WHEAT									

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Wraps		Suitable for														
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Avocado & Herb Salad Wrap	✔			✔	✔		WHEAT, RYE		✔		✔	✔				PINENUTS
Crayfish & Chipotle Salad Wrap							WHEAT, RYE					✔		✔		
Chicken & Rocket Salad Wrap				✔	✔		WHEAT, RYE		✔		✔	✔				

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Barista Prepared Drinks			Suitable for		06 November 2022 version 3												
Product	Vegetarians	Vegans	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Coffee																	
Americano Black	✔	✔															
Americano White Milk	✔			✔													
Americano White Rice Coconut	✔	✔															
Americano White Soya	✔	✔							✔								
Americano White Oat	✔	✔					OAT										
Cappuccino Milk	✔			✔													
Cappuccino Rice Coconut	✔	✔															
Cappuccino Soya	✔	✔							✔								
Cappuccino Oat	✔	✔					OAT										
Decaf Latte Milk	✔			✔													
Decaf Latte Rice Coconut	✔	✔															
Decaf Latte Soya	✔	✔							✔								
Decaf Latte Oat	✔	✔					OAT										
Espresso	✔	✔															
Filter - Black Coffee	✔	✔															
Filter - White Coffee Milk	✔			✔													
Filter - White Coffee Rice Coconut	✔	✔															
Filter - White Coffee Soya	✔	✔							✔								
Filter - White Coffee Oat	✔	✔					OAT										
Flat White Milk	✔			✔													
Flat White Rice Coconut	✔	✔															
Flat White Soya	✔	✔							✔								
Flat White Oat	✔	✔					OAT										
Latte Milk	✔			✔													
Latte Rice Coconut	✔	✔															
Latte Soya	✔	✔							✔								
Latte Oat	✔	✔					OAT										
Macchiato Milk	✔			✔													
Macchiato Rice Coconut	✔	✔															
Macchiato Soya	✔	✔							✔								
Macchiato Oat	✔	✔					OAT										
Mocha Milk	✔			✔													
Mocha Rice Coconut	✔	✔															
Mocha Soya	✔	✔							✔								
Mocha Oat	✔	✔					OAT										

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[illegible]

Iced Mocha Soya	✓	✓							✓							
Iced Mocha Oat	✓	✓					OAT									
Iced Mocha Almond	✓	✓														ALMOND
Smoothie - Berries and Cherries	✓	✓														
Smoothie - Tropical Peach	✓	✓														
Smoothie - Sweet Green	✓	✓														

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Barista Prepared Drinks		Suitable for		06 November 2022 version 3													
Product	Vegetarian	Vegans	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Milk Csg																	
Babyccino	✓			✓													
Milk Whole	✓			✓													
Milk Semi-Skimmed	✓			✓													
Rice Coconut	✓	✓															
Soya	✓	✓							✓								
Oat	✓	✓					OAT										
Almond	✓	✓														ALMOND	
Syrups																	
Syrup Shot - Caramel	✓	✓															
Syrup Shot - Hazelnut	✓	✓														HAZELNUT	
Syrup Shot - Vanilla	✓	✓															
Tea																	
English Breakfast Tea Milk	✓			✓													
English Breakfast Tea Rice-Coconut	✓	✓															
English Breakfast Tea Soya	✓	✓						✓									
English Breakfast Tea Oat	✓	✓					OAT										
English Breakfast Tea Almond	✓	✓														ALMOND	
Earl Grey Tea Milk	✓			✓													
Earl Grey Tea Rice-Coconut	✓	✓															
Earl Grey Tea Soya	✓	✓						✓									
Earl Grey Tea Oat	✓	✓					OAT										
Earl Grey Tea Almond	✓	✓														ALMOND	
Green Tea	✓	✓															
Peppermint Tea	✓	✓															
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