

Quiche		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
Quiche Lorraine				✓	✓		Wheat		✓							
Quiche Spinach Goat Cheese	✓			✓	✓		Wheat		✓							

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Pies		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
			Steak Pepper Pie				✓	✓		Wheat		✓				
Chicken and Mushroom Pie				✓	✓		Wheat		✓							

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Hot Box Curries		Suitable for		Contains these allergens													
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
			Butter Chicken Rice Bowl				✓										
Indian Paneer Rice Bowl	✓			✓													
Thai Green Vegetable Curry Rice Bowl	✓	✓	✓														
Chilli Con Carne Rice Bowl							Wheat				✓						

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Brioche	Suitable for		Contains these allergens													
Product	Vegetarians	Vegans														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Feta & Spinach Brioche	✓			✓	✓		Wheat									
Chicken Sausage and Egg Brioche				✓	✓		Wheat									
Egg & Bacon Brioche				✓	✓		Wheat									
Egg Tomatoes Brioche	✓			✓	✓		Wheat		✓			✓				
Egg Salmon Brioche				✓	✓		Wheat		✓			✓			✓	

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Hot Croissants		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
HK-Tomatoes and Cheese(Savory Croissant)	✓			✓	✓		Wheat									
HK-Smoked Salmon and Egg				✓	✓		Wheat									✓

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Breakfast	Suitable for		Contains these allergens													
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustaceans	Fish	Nuts
Pret's Soya Porridge	✓	✓					Oat		✓							

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French Pastries		Suitable for															1-Sep-24
Product	Vegetarians	Vegans	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Vanilla Donut	✓	✓					Wheat										Almond
Super Chocolate Donut	✓	✓					Wheat										Almond
Pink Ribbon Donut				✓	✓		Wheat		✓								
Cinnamon Donut	✓	✓					Wheat										

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French Pastries

Suitable for

1-Sep-24

Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Chocolate Chubk Cookie	✓			✓			Wheat									
Fruit, Oat & Spelt Cookie	✓			✓			Wheat, Oat									
Dark Chocolate & Almond Butter Cookie	✓	✓					Wheat									Almond
Double Berry Muffin	✓			✓	✓		Wheat									
Chicken & Mushroom Turnover				✓			Wheat		✓			✓				
Bacon & Cheese Turnover				✓			Wheat					✓				
Cheese Twist	✓			✓	✓		Wheat									
Very Berry Croissant	✓	✓					Wheat									
French Butter Croissant	✓			✓	✓		Wheat									
Almond Croissant	✓			✓	✓		Wheat									Almond
Chocolate Croissant Bridor	✓			✓	✓		Wheat		✓							Hazelnut
Chocolate Croissant	✓			✓	✓		Wheat		✓							
Pain Au Raisin	✓			✓	✓		Wheat									
Savory Croissant- Mozzarella & Tomato	✓			✓	✓		Wheat									
Zaatar Croissants	✓		✓	✓	✓		Wheat									

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Bowls/ Pots		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	
Five Berry Breakfast Bowl	✓			✓				Oat									Cashew, Pecan
Berry Yoghurt Parfait	✓			✓				Oat									Cashew, Pecan
Banana & Honey Bowl	✓			✓				Oat									Cashew, Pecan
Acai Bircher Bowl	✓			✓				Oat					✓				Pecans, Almonds, Cashews
Blue Goodness Bowl	✓			✓				Oat					✓				Cashew, Pecan
Pink Goodness Bowl	✓			✓				Oat									Cashew, Pecan, Almond

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Fruits	Suitable for		Contains these allergens													
Product	Vegetarians	Vegans														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Banana	✓	✓														
Pomegranate Pot	✓	✓														
Mango and Lime	✓	✓														
Superfruit Salad	✓	✓														

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1-Sep-24

Soup	Suitable for		Contains these allergens														
Product	Vegetarians	Vegans															
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Malaysian Chicken Soup																✓	
Carrot and Coriander Soup	✓			✓								✓					
Chicken Laksa							Wheat		✓							✓	
Thai Red Chicken Curry Soup									✓		✓			✓	✓		
Souper Tomato Soup	✓	✓															
Chicken Multigrain Soup							Wheat, Barley				✓						
Veggie Tom Yum	✓	✓							✓								
Curried Lentil, Sweet Potatoe & Quiona Soup	✓			✓							✓						
Chicken Shitake Miso Mushrooms									✓								
Mushroom Soup	✓			✓							✓						
Red Rice & Kale Soup	✓			✓							✓						
Baked Potato & Bacon Soup				✓			Wheat				✓						
Cheddar Cauliflower Soup	✓			✓							✓						
Soup Bread	✓	✓	✓				Wheat, Rye, Barley, Oat										

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1-Sep-24

Toasties	Suitable for		Contains these allergens													
Product	Vegetarians	Vegans														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Mollusc	Soya	Peanut	Celery and celeriac	Mustard	Sulphite	Crustacean	Fish	Nuts
Tuna Melt Toastie				✓	✓		Wheat, Barley, Rye Oat		✓			✓			✓	
All Day Breakfast Toastie				✓	✓		Wheat, Barley, Rye Oat		✓			✓				
Mozzarella & Pesto Toastie	✓			✓			Wheat, Barley, Rye Oat									
Chipotle Chicken Toastie				✓			Wheat, Barley, Rye Oat					✓				
Classic Cheese Toastie	✓			✓	✓		Wheat, Barley, Rye Oat		✓			✓				

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1-Sep-24

Salads		Suitable for		Contains these allergens													
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
			Chef's Italian Chicken Salad				✓	✓				✓			✓		
Smoked Salmon & Avocado Salad												✓			✓		
Mozzarella & Quinoa Bowl	✓			✓			Wheat					✓					
Salsa Verde Chicken Bowl							Wheat					✓					
Avocado, Mozzarella & Roasted Pepper Salad	✓			✓								✓				Pinenut	
Crayfish & Avocado Salad												✓		✓			
Pret's Caprese Shaker	✓			✓													
Pret's Cobb Shaker				✓	✓		Wheat					✓					
Edamame	✓	✓							✓								
Rocket and Italian cheese Pot	✓			✓								✓					
Mix Leaves & Dressing Pot	✓	✓										✓					
Egg & Avo Protein Pot	✓				✓												
Chicken & Smashed Avo Protein Pot				✓	✓				✓								

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1-Sep-24

Granary	Suitable for		Contains these allergens														
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
			Chicken Acocado Sandwich				✓	✓		Wheat, Barley		✓			✓		
Summer Chicken Sandwich				✓	✓		Wheat, Barley		✓			✓					Pinenut
Tuna Mayo Sandwich					✓		Wheat, Barley		✓			✓			✓		
Wild Crayfish and Rocket Sandwich				✓	✓		Wheat, Barley		✓			✓		✓			
BLT				✓	✓		Wheat, Barley		✓			✓					
Mature Cheddar & Pickle Sandwich	✓			✓	✓		Wheat, Barley		✓			✓					
Chicken Salsa Verde Sandwich				✓			Wheat, Barley					✓					
Falafel & Tapenade Sandwich	✓			✓			Wheat, Barley										
Cracking Egg Salad Sandwich	✓				✓		Wheat, Barley		✓			✓					
Roast Beef & Tomato Tapenade Sandwich				✓			Wheat, Barley										
Classic Super Club				✓	✓		Wheat, Barley		✓			✓					
Smoked Salmon Sandwich				✓			Wheat, Barley								✓		
Salmon & Dill Sandiwch				✓			Wheat, Barley								✓		
Coronation Chicken Sandwich					✓		Wheat, Barley		✓								Almond

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1-Sep-24

Baguettes		Suitable for		Contains these allergens													
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
			Chicken Ceasar and Bacon Baguette			✓	✓	✓		Wheat, Rye, Barley, Oats		✓			✓		
Tuna Mayo & Cucumber Baguette (Local)					✓		Wheat, Rye		✓								
Tuna Mayo & Cucumber Baguette					✓		Wheat		✓			✓				✓	
Posh Cheddar & Pickle Baguette	✓		✓	✓	✓		Wheat, Rye, Barley, Oats		✓			✓					
Chicken Salad Baguette (Local)				✓	✓		Wheat, Rye		✓			✓					
Chicken Salad Baguette				✓	✓		Wheat		✓			✓					
Pesto Caprese Toasted Baguette	✓			✓	✓		Wheat		✓			✓					
Pesto Caprese Toasted Baguette(Local)	✓			✓	✓		Wheat, Rye		✓			✓					
Egg Mayo and Roasted Tomato Baguette (Local)	✓				✓		Wheat, Rye		✓			✓					
Egg Mayo and Roasted Tomato Baguette	✓				✓		Wheat		✓			✓					
Smoked Salmon and Egg Mayo Baguette (Local)					✓		Wheat, Rye		✓			✓				✓	
Smoked Salmon and Egg Mayo Baguette					✓		Wheat		✓			✓				✓	
Chipotle Chicken Bacon Toasted Baguette(Local)			✓	✓			Wheat, Rye, Barley, Oats		✓			✓					
Chipotle Chicken Bacon Toasted Baguette			✓	✓			Wheat, Rye, Barley, Oats					✓					

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1-Sep-24

Kibbled Rye Salad 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
Chicken Caesar & Bacon Wrap				✓	✓		Wheat, Rye		✓			✓			✓	
Chicken Pesto Rocket Wrap				✓	✓		Wheat, Rye		✓			✓				
Avocado & Herb Salad Wrap	✓			✓	✓		Wheat, Rye		✓			✓				Pinenut

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1-Sep-24

Flat Breads		Suitable for		Contains these allergens													
Product	Vegetarians	Vegans															
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Avo & Chipotle Flatbread				✓				Wheat					✓				
Tuna Flatbread					✓			Wheat		✓			✓				✓

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1-Jun-24

Hot Wraps		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Halloumi & Falafel Hot Wrap	✓			✓			Wheat, Rye									
Chipotle Chicken Hot Wrap				✓			Wheat, Rye					✓				
Meatball Hot Wrap				✓			Wheat, Rye		✓			✓				
Beef Burrito Hot Wrap				✓			Wheat, Rye				✓	✓				

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1-Sep-24

Drinks	Suitable for		Contains these allergens													
	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Cold Press Orange Juice	✓	✓														
Cold Pressed Pomegranate Juice	✓	✓														
Pineapple Powow	✓	✓														
Root Reboot	✓	✓														
CUCUMBER AND MINT SELTZER	✓	✓														
PP APPLE FIZZ 2019	✓	✓														
PP RHUBARB LEMONADE	✓	✓														
Pink Lemonaid	✓	✓														
Blue Lemonaid	✓	✓														
Black Lemonaid	✓	✓														
Sunny Dayz	✓	✓														
Essential Green	✓	✓									✓					
Ginger Shot	✓	✓									✓					
Tumeric Shot	✓	✓														
San Pelegrino 500ml	✓	✓														
Aqua Morelli Still Large	✓	✓														
Aqua Morelli Still Small	✓	✓														
Eira Still Small	✓	✓														
Eira Still Large	✓	✓														
Arwa 500ml	✓	✓														
Coke	✓	✓														
Coke Zero	✓	✓														
Sprite	✓	✓														
Coconut Water	✓	✓														

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Snacks & Desserts	Suitable for		Contains these allergens													
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
			Sea Salt Crisps	✓	✓											
Mature Cheddar Crisps	✓			✓												
Sweet Chilli Crisps	✓	✓							✓							
Pret Crisps - Sea Salt & Black Pepper	✓	✓														
Pret Crisps - Sea Salt & Cider Vinegar	✓	✓					Wheat									
Pret Crisps - Cheese & Chives	✓			✓												
Pret Nuts , Fruits & Chocolate	✓			✓					✓							Almonds
Caramel Waffle	✓			✓			Wheat		✓							
Cranberries in Coats	✓			✓												
Pret Dark Chocolate Almonds	✓	✓							✓							Almonds
Pret a Mango	✓	✓														
Choc Bar	✓			✓			Wheat		✓							
Popcorn Bar	✓			✓					✓							
Love Bar	✓			✓			Oat		✓							Almond Pistachio
Chocolate Mousse				✓	✓				✓							
Lemon Cheesecake				✓	✓		Wheat									
Honey Cake	✓			✓	✓		Wheat									
Vegan Lotus Biscoff Cake	✓	✓					Wheat		✓							
Chocolate Brownie	✓			✓	✓		Wheat		✓							

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1-Sep-24

Product	Suitable for		Contains these allergens													
	Vegetarian	Vegan	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Extra Shot	✓	✓														
Filter- Black	✓	✓														
Filter- White	✓	✓		✓												
Americano Black	✓	✓														
Americano White																
Pret's Matcha Latte	✓			✓												
Pret's Mumbai Chai Latte	✓			✓												
Latte	✓			✓												
Pumpkin Spiced Latte	✓			✓												
Rose Latte	✓			✓												
English Toffee Hot Chocolate	✓			✓												
Cappuccino	✓			✓												
Mocha	✓			✓												
Organic Chocolate	✓			✓												
Macchiato	✓			✓												
Spanish Latte	✓			✓												
Iced Spanish Latte	✓			✓												
Flat White	✓			✓												
Rice Coconut Milk	✓	✓														
Oat Milk	✓	✓					Oat									
Soya Milk	✓	✓							✓							
Cup of Milk 80z	✓			✓												
Hot Tea- Breakfast	✓			✓												
Hot Tea- Earl Grey	✓			✓												
Hot Tea- Green	✓	✓														
Hot Tea- Peppermint	✓	✓														
Raspberry Mint Iced Tea	✓	✓														
Cherry Blossom Iced Tea	✓	✓														
Peach & Hibiscus Iced Tea	✓	✓														
Iced Latte	✓			✓												
Iced Black Americano	✓	✓														
Iced White Americano	✓			✓												
Iced Filter	✓	✓														
Iced Mocha	✓			✓												
Iced Chocolate	✓			✓												
Iced Pumpkin Spiced Latte	✓			✓												
Iced Rose Cappuccino	✓			✓												
Iced Toffee Hot Chocolate	✓			✓												
Iced Chai Latte	✓			✓												
Iced Matcha Latte	✓			✓												
Syrup Vanilla	✓	✓														
Syrup Caramel	✓	✓														
Classic Frappe	✓			✓												
Salted Caramel Frappe	✓			✓												
Chocolate Frappe	✓			✓												
Berries & Cherries Smoothie	✓	✓														
Sweet Greens Smoothie	✓	✓									✓					
Tropical Peach Smoothie	✓	✓														

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1-Sep-24

Alcohol Range (Airport stores only)	Suitable for		Contains these allergens													
Product	Vegetarians	Vegans														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Tiger Beer	✓	✓					Barley									
Amstel Light	✓	✓					Barley									
Heineken Beer	✓	✓					Barley									
Sea Change Pinot Grigio	✓	✓											✓			
Sea Change Sparkling Wine	✓	✓											✓			
Sea Change Rose	✓	✓											✓			
Vu du Can Malbec	✓	✓											✓			

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Platters		Suitable for		Contains these allergens														
Product	Vegetarians	Vegans																
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts		
All Time Classic Platter				✓	✓			Wheat, Barley		✓			✓				✓	
Chef's Italian Chicken Salad Platter				✓	✓					✓			✓				✓	Pistachios
Chicken Supreme Platter				✓	✓			Wheat, Barley		✓			✓					Almonds
Chocolate Chunk Cookie Bag	✓			✓				Wheat										
Fish Selection Platter				✓	✓			Wheat, Barley		✓			✓		✓	✓		
Coffee Box	✓	✓																
Tea Box	✓	✓																
Veggie Lover Mixed Platter	✓		✓	✓	✓			Wheat, Rye, Barley, Oats		✓			✓					
Vegetarian Platter	✓			✓	✓			Wheat, Barley		✓			✓					
Mozzarella & Quinoa Salad Platter	✓			✓				Wheat					✓					
Chicken Salsa Verde Salad Platter								Wheat					✓					
Wrap Selection Platter				✓	✓			Wheat, Rye		✓			✓				✓	
Vegan Donuts Platter	✓	✓						Wheat										Almonds
Sweet Pastry Selection Box	✓			✓	✓			Wheat		✓								Almonds
Salmon & Avocado Salad Platter													✓				✓	
Meat Baguette Platter			✓	✓	✓			Wheat, Rye, Barley, Oats		✓			✓				✓	
Love Bar Bag	✓			✓				Oat		✓								Almonds, Pistachios
Cookie Platter Small/Large	✓			✓				Wheat, Oat										Almonds
Avocado Mozzarella Salad Platter	✓			✓									✓					Pinenuts
Baguette Selection Platter			✓	✓	✓			Wheat, Rye, Barley, Oats		✓			✓				✓	
Bar Platter	✓			✓	✓			Wheat, Oat		✓								Almonds, Pistachios
Best of Pret Platter				✓	✓			Wheat, Barley		✓			✓				✓	Pinenuts
Breakfast Baguette Selection Platter					✓			Wheat		✓			✓				✓	
Breakfast Brioche Platter				✓	✓			Wheat		✓			✓				✓	
Brownie Bag	✓			✓	✓			Wheat		✓								

We can't guarantee any of our products are suitable for those with allergies due to a high risk of cross contamination. Our vegan products are made to a vegan recipe but are not suitable for those with dairy and egg allergies. Please take care.