

Allergen Guide 12th June 2023 V1

### **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 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 Baristamade 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 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 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
Mustard	Mollusc

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'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.co.uk** or contact our Customer Service Team on **0207 827 8801**.

This Allergen Guide only covers food and drink sold in our UK shops



Contents Key: ✔ (Product Contains Y (Suitable For)	)		We	prepa	are our	· fresh	food a	nd Bari	sta-ma	ıde dri			<u> </u>						anc ents and s					hilst w	ve do o	our be	st to ma	inage a	llergei	ns we d	annot
. (00.000.00.0)																			llergies di												
			guint			-, 0- 0													and egg							5					c ac 15
							Te	ee Nuts					-		ereals cont									Milk		1	1	<u> </u>		,	
	Vec €	/ega			1	1	1		1	1							1	l –	1	Celery											
Product	etarians	n Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Baguettes			-			-		-		-	-						-		-							-	1				
Avo, Olives & Toms	Y	Y										>						~													<b>v</b>
Brie, Tomato & Basil	Y				_													<b>v</b>					~								
Chicken Caesar & Bacon												>						<b>V</b>			<b>V</b>	<b>v</b>	~								
Chicken Salad Baguette					_													<b>v</b>			>		~								
Chicken Stuffing Baguette																		~			•									<b>v</b>	
Italian Prosciutto					_							~						<b>v</b>			>		~								
Plant Ploughmans Baguette	Y	Y																~													
Posh Cheddar & Pickle (incl. Slim)	Y				_							~						<b>V</b>			<b>V</b>	. 4	~					<b>v</b>			
Free Range Egg Mayo & Smoked Salmon																		~			<b>v</b>	~						<b>v</b>			
Tuna Mayo & Cucumber (incl. Slim)																		~			•	>									
Wiltshire-Cured Ham & Greve																		<b>v</b>			<b>V</b>		<b>~</b>					<b>~</b>			
Sandwiches	1	1	1	1		1		1	1	T	r	<b>I</b>	<b>.</b>	1	<b>I</b>	1	r	1	1	1			1	1		T	1	1 1			
BLT					_								~					<b>`</b>			•										
Chicken, Avocado & Basil													<b>V</b>					•			<b>V</b>		<ul> <li>✓</li> </ul>								
Chicken Salad					_								<b>v</b>					<b>V</b>			V		✓								
Classic Super Club													<b>v</b>					•			•										
Crayfish & Rocket	v				_								<b>v</b>					<b>v</b>	~		V										
Free-Range Egg Mayo	T												<b>V</b>					<b>V</b>			~							<b>v</b>			
Ham & Cheese					_								¥					<b>v</b>			. 4		<b>v</b>								
Ham Salad	Y	- v											¥					<b>v</b>			~							<b>v</b>			
Humous & Veg	, r	· ·			_							~	<b>v</b>					<b>v</b>													
Kid's Cheese	T												<b>V</b>					<b>V</b>					✓								
Kid's Ham	v				_								<b>v</b>					<b>v</b>			. 4		<ul> <li>✓</li> </ul>								
Mature Cheddar & Pickle	Y												~					<b>v</b>			~		~								
Smashed Avo Open Sandwich	T	ľ			-			L							~																
Scottish Smoked Salmon													~					~				<b>V</b>	<b>V</b>								
Smoked Salmon & Soft Cheese Open Sandwich	v	v					-		1						~				l			~	~								
Super Greens & Reds	I	T											~ ~					<b>×</b>			~										
Tuna Mayo & Cucumber		<u> </u>	1				<u> </u>		<u> </u>								I				٣	~				1					

|                     | We nre         | nare o  | our fres   | h food a   | und Bari  | ista-ma  | ade dr   
   
   
   
  | inks in  
   
   
   |   |   |   
   |  |   |   |   | W1  |  
   |   |   | and w  | hilst w  | ve do c   | our bes   
   | st to ma  | inage a   
   | illerge   | ns we c  | annot   |
|---------------------|----------------|---|--|--|---|--
--
--
--
---
--
--
--
--	---	---	---	--
---|---|--|--|---
---
---|---|---
--|---|
|                     |                |   |  |  |   |  |  
   
   
   
  |  
   
   
   |   |   | | | |
   |  |   |   |   |   |  
   |   |   |  |  |   |   
   |   |   
   |   |  |   |
| <                   |                |   |  | Tr   | ee Nuts   |  |  
   
   
   
  |  
   
   
   |   |   | С   
   | ereals cont  | aining glute  | en  |   |   |  
   |   |   |  | Milk   |   |   
   |   |   
   |   |  |   |
| P.<br>9gan Friendly |                |   |  | ews Hazelnut   | Macadamia   | Pecan  | Pistachic  
   
   
   
  | Walnut   
   
   
   | Sesame  | Barley  | Kamult<br>(Wheat)   
   | Oats   | Rye   | Spelt<br>(Wheat)  | Wheat   | Crustacean  | Celery<br>and<br>celeriac  
   | Egg   | Fish  | Cow  | Goat   | Sheep   | Lupin   
   | Molluscs  | Mustard   
   | Soya  | Sulphites  | Pine Nuts   |
|                     |                |   |  |  |   |  |  
   
   
   
  |  
   
   
   |   |   |   
   |  |   |   | !   |   |  
   |   |   |  |  |   | 1   
   |   |   
   |   |  |   |
|                     |                |   |  |  |   |  |  
   
   
   
  |  
   
   
   | <b>&gt;</b>   | ¥   | | | |
   |  | >   |   | <b>v</b>  |   |  
   | <b>v</b>  |   |  |  |   |   
   |   | >   
   |   |  |   |
|                     |                |   |  |  |   |  |  
   
   
   
  |  
   
   
   | ~   | ~   | | | |
   |  | ~   |   | <b>v</b>  |   |  
   | ~   |   | >  |  |   |   
   |   |   
   |   |  | >   |
|                     |                |   |  |  |   |  |  
   
   
   
  |  
   
   
   |   |   | | | |
   |  |   |   | <b>v</b>  |   |  
   |   |   | >  |  |   |   
   |   |   
   |   |  |   |
| _                   |                |   | _  |  | L   |  |  
   
   
   
  |  
   
   
   |   |   | | | |
   |  | •   |   |   |   |  
   |   |   |  |  |   |   
   |   | ~   
   |   |  |   |
|                     |                |   |  |  |   |  |  
   
   
   
  |  
   
   
   |   |   | | | |
   |  | •   |   |   |   |  
   |   |   | >  |  |   |   
   |   |   
   |   |  | ~   |
|                     |                |   |  |  |   |  |  
   
   
   
  |  
   
   
   |   | •   | | | |
   |  |   |   | , v   |   |  
   |   |   |  |  |   |   
   |   | •   
   |   | v  |   |
|                     |                |   |  |  |   |  | 1  
   
   
   
  |  
   
   
   |   |   | | | |
   |  | <b>_</b>  |   | <b>.</b>  |   |  
   |   |   | <b>.</b>   |  |   |   
   |   |   
   |   |  |   |
| Y                   |                |   |  |  |   |  |  
   
   
   
  |  
   
   
   |   |   | | | |
   |  | ~   |   | · ·   |   |  
   | •   |   | •  |  |   |   
   |   |   
   |   | ~  | •   |
| Y                   |                |   |  |  |   |  |  
   
   
   
  |  
   
   
   |   |   | | | |
   |  | ~   |   | ~   |   |  
   |   |   |  |  |   |   
   |   |   
   |   | ~  |   |
|                     |                |   |  |  |   |  |  
   
   
   
  |  
   
   
   |   |   | | | |
   |  | ~   |   | ~   |   |  
   | ~   |   |  |  |   |   
   |   |   
   | >   |  |   |
| Y                   |                |   |  |  |   |  |  
   
   
   
  |  
   
   
   | <b>v</b>  |   | | | |
   |  | <b>v</b>  |   | •   |   |  
   |   |   |  |  |   |   
   |   |   
   |   |  |   |
|                     |                |   |  |  |   |  |  
   
   
   
  |  
   
   
   |   |   | | | |
   |  | >   |   | ~   |   |  
   | *   |   |  |  |   |   
   |   |   
   | >   |  |   |
| Y                   |                |   |  |  |   |  |  
   
   
   
  |  
   
   
   |   |   | | | |
   |  | <b>v</b>  |   | <b>~</b>  |   |  
   |   |   |  |  |   |   
   |   |   
   | <b>v</b>  |  |   |
|                     | Vegan Friendly | yegan Friemaly         Peanut         Am           Yegan Friemaly         Peanut         Am           Y         Am         Am | guarantee that           yeanut         Almond         Brink           Peanut         Almond         Brink           Image: | Peanut         Image: Imag | guarantee that any of our foor       Transpan="4">Transpan="4">Transpan="4"       Peanut     Almond     Brazil     Cashews     Hazehul       Peanut     Almond     Brazil     Cashews     Hazehul       Image colspan="4">Transpan="4"Transpan="4">Transpan="4"Transpan="4"Transpan="4"Transpan="4"Trans | guarantee that any of our food or Bar       Tree Nuts       Tree Nuts       Peanut     Brazil<br>Nuts     Cashews     Hazelnut     Macadamia       1     1     1     2     1     1       1     1     1     1     1     1       1     1     1     1     1     1       1     1     1     1     1     1       1     1     1     1     1     1       1     1     1     1     1     1       1     1     1     1     1     1       1     1     1     1     1     1       1     1     1     1     1     1       1     1     1     1     1     1       1     1     1     1     1     1       1     1     1     1     1     1       1     1     1     1     1     1       1     1     1     1     1     1       1     1     1     1     1     1       1     1     1     1     1     1       1     1     1 | guarantee that any of our food or Barista-m           Tree Nuts           Tree Nuts           Peanut         Brazil<br>Nuts         Cashews         Hazelnut         Macadamia         Pecan           Image: Colspan="4">Peanut         Brazil<br>Nuts         Cashews         Hazelnut         Macadamia         Pecan           Image: Colspan="4">Peanut         Image: Colspan="4">Peanut         Macadamia         Pecan           Image: Colspan="4">Peanut         Image: Colspan="4">Peanut           Image: Colspan="4">Peanut         Macadamia         Pecan           Image: Colspan="4">Peanut         Image: Colspan="4">Peanut           Image: Colspan="4">Peanut <td>guarantee that any of our food or Barista-made draws       Tree Nuts       Tree Nuts       Peanut     Almond     Brazil<br/>Nuts     Cashews     Hazelnut     Macadamia     Pecan     Pistachia       1     1     1     1     1     1     1     1     1       1     1     1     1     1     1     1     1     1       1     1     1     1     1     1     1     1     1       1     1     1     1     1     1     1     1     1       1     1     1     1     1     1     1     1     1       1     1     1     1     1     1     1     1     1       1     1     1     1     1     1     1     1     1       1     1     1     1     1     1     1     1     1       1     1     1     1     1     1     1     1     1       1     1     1     1     1     1     1     1     1       1     1     1     1     1     1     1     1     1       <t< td=""><td>guarantee that any of our food or Barista-made drinks and seven that any of our food or Barista-made drinks and seven the seven term of the sevent term of the sevent term of the sevent term of the sevent term of t</td><td>guarantee that any of our food or Barista-made drinks are aller         Tree Nuts         Tree Nuts         Pearut       Almond       Brazil       Cashews       Hazelnut       Macadamia       Pecan       Pistachio       Walnut       Sesame         Pearut       Almond       Brazil       Cashews       Hazelnut       Macadamia       Pecan       Pistachio       Walnut       Sesame         Macadamia       Pecan       Pistachio       Walnut       Cashews       Hazelnut       Macadamia       Pecan       Pistachio       Walnut       Sesame         Macadamia       Pecan       Pistachio       Walnut       Cashews       Hazelnut       Macadamia       Pecan       Pistachio       Walnut       Sesame         Macadamia       Pecan       Image       Image</td><td>guarantee that any of our food or Barista-made drinks are allergen-function of the second se</td><td>guarantee that any of our food or Barista-made drinks are allergen-free or not sui         Tree Nuts       Sesame         Pearut       Almond       Brazil       Cashews       Hazelnut       Macadamia       Pecan       Pistachio       Wainut       Sesame       Barley       Kamult<br/>(Wheat)         Pearut       Almond       Brazil       Cashews       Hazelnut       Macadamia       Pecan       Pistachio       Wainut       Sesame       Barley       Kamult<br/>(Wheat)         Macadamia       Pecan       Pistachio       Wainut       Sesame       Sesam</td><td>guarantee that any of our food or Barista-made drinks are allergen-free or suitable for suit</td><td>guarantee that any of our food or Barista-made drinks are allergen-free or suitable for the not suitable for the sui</td><td>guarantee that any of our food or Barista-made drinks are allergen-free or suitable for those visitable for those visitable</td><td>guarantee that any of our food or Barista-made drinks are allergen-free or suitable for those with milk         Out of the second o</td><td>guarantee that any of our food or Barista-made drinks are allergen-free or suitable for those with milk and egg         Openut       Tree Nuts       Cereals containing gluten         Peanut       Amond Brazil       Cashews Hazehut Macadamia       Pean       Pistachio       Wanut       Cereals containing gluten         Peanut       Amond Brazil       Cashews Hazehut Macadamia       Pean       Pistachio       Wanut       Cereals containing gluten         Cereals containing gluten       Cereals containing gluten       Custacean         Manond       Brazil       Cashews       Hazehut       Macadamia       Pecan       Pistachio       Walnut       Seame       Gereals containing gluten         Cereals containing gluten       Cereals containing gluten       Custacean         Manond       Bareiry       Kanult       Oats       Cereals containing gluten         Cereals containing gluten       Cereals containing gluten       Cereals containing gluten         Manond       Cereals containing gluten       Cere</td><td>guarantee that any of our food or Barista-made drinks are allergen-free or suitable for those with allergies due to th not suitable for those with milk and egg allergies due to the suitable for the s</td><td>guarantee that any of our food or Barista-made drinks are allergen-free or suitable for those with allergies due to the risk not suitable for those with milk and egg allergies.         Verter the second of the secon</td><td>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 outsuitable for those with milk and egg allergies.           Permut         Tree Nuts         Cereate containing gluten         Permut         Cereate containing gluten         Cutateeen         Cereate containing gluten         Cereate con</td><td>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-con<br/>not suitable for those with milk and egg allergies.           Peanut         Tree Nuls         Tree Nuls         Cereals containing gluter         Crustacean         Celey         Egg         Fish         Cov           Peanut         Amond         Brazil         Cashews         Hazehul         Macadama         Pean         Pitachio         Wahu         V         Careals containing gluter         Crustacean         Celey         Egg         Fish         Cov           Mmond         Brazil         Cashews         Hazehul         Macadama         Pean         Pitachio         Wahu         V         Careals containing gluter         Crustacean         Celey         Egg         Fish         Cov           V</td><td>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. Or suitable for those with milk and egg allergies.           Verter 1         Tree Nuts         Tree Nuts         Cereats containing glue         Custom in glue         Custom in glue         Custom in glue         Egg         Fish         Mit           Amod         Brazi         Amod         Brazi         Cashews         Hazshut         Macadamia         Peca         Platchi         Want         Vertice         Vertice         Custom in glue         Custom in glue         Custom in glue         Egg         Fish         Cov         Goat           Mit         Mand         Brazi         Macadamia         Peca         Platchi         Vertice         Vertice         Vertice         Custom in glue         Custom in glue         Custom in glue         Custom in glue         Egg         Fish         Cov         Goat           Vertice         Vertice</td><td>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 ve<br/>not suitable for those with milk and egallergies.           Voga         Peand         Tree Mds         Tree Mds         Cereals containing guter         <t< td=""><td>guarantee that any of our food or Barista-made drinks are allergen-free or suitable for those with milk and egg allergies.         Very Prend       Image: State in the state of the state</td><td>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 maintable for those with milk and egg allergies.         Vegan       Pend       Tree Nuls       Cereas containing gue       Egg       Fish       Milk       Cost       Goat       Steep       Lupin       Moltaces         Image: Control of the second in gue       <t< td=""><td>guarantee that any of our food or Barista-made drinks are allergen-free or suitable for those with milk and egg allergies.         Very Partial       Tree Nuts       Tree Nuts       Cereals containing state       Cereals</td><td>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 of suitable for those with milk and egallergies.         Vegand       Partit       Tree Nds       Create containing gldm       Custoeen       Egg       Fish       Milk       Milk       Made       Material       Soga         Vegand       Rand       Rand<td>γ         λ</td></td></t<></td></t<></td></t<></td> | guarantee that any of our food or Barista-made draws       Tree Nuts       Tree Nuts       Peanut     Almond     Brazil<br>Nuts     Cashews     Hazelnut     Macadamia     Pecan     Pistachia       1     1     1     1     1     1     1     1     1       1     1     1     1     1     1     1     1     1       1     1     1     1     1     1     1     1     1       1     1     1     1     1     1     1     1     1       1     1     1     1     1     1     1     1     1       1     1     1     1     1     1     1     1     1       1     1     1     1     1     1     1     1     1       1     1     1     1     1     1     1     1     1       1     1     1     1     1     1     1     1     1       1     1     1     1     1     1     1     1     1       1     1     1     1     1     1     1     1     1 <t< td=""><td>guarantee that any of our food or Barista-made drinks and seven that any of our food or Barista-made drinks and seven the seven term of the sevent term of the sevent term of the sevent term of the sevent term of t</td><td>guarantee that any of our food or Barista-made drinks are aller         Tree Nuts         Tree Nuts         Pearut       Almond       Brazil       Cashews       Hazelnut       Macadamia       Pecan       Pistachio       Walnut       Sesame         Pearut       Almond       Brazil       Cashews       Hazelnut       Macadamia       Pecan       Pistachio       Walnut       Sesame         Macadamia       Pecan       Pistachio       Walnut       Cashews       Hazelnut       Macadamia       Pecan       Pistachio       Walnut       Sesame         Macadamia       Pecan       Pistachio       Walnut       Cashews       Hazelnut       Macadamia       Pecan       Pistachio       Walnut       Sesame         Macadamia       Pecan       Image       Image</td><td>guarantee that any of our food or Barista-made drinks are allergen-function of the second se</td><td>guarantee that any of our food or Barista-made drinks are allergen-free or not sui         Tree Nuts       Sesame         Pearut       Almond       Brazil       Cashews       Hazelnut       Macadamia       Pecan       Pistachio       Wainut       Sesame       Barley       Kamult<br/>(Wheat)         Pearut       Almond       Brazil       Cashews       Hazelnut       Macadamia       Pecan       Pistachio       Wainut       Sesame       Barley       Kamult<br/>(Wheat)         Macadamia       Pecan       Pistachio       Wainut       Sesame       Sesam</td><td>guarantee that any of our food or Barista-made drinks are allergen-free or suitable for suit</td><td>guarantee that any of our food or Barista-made drinks are allergen-free or suitable for the not suitable for the sui</td><td>guarantee that any of our food or Barista-made drinks are allergen-free or suitable for those visitable for those visitable</td><td>guarantee that any of our food or Barista-made drinks are allergen-free or suitable for those with milk         Out of the second o</td><td>guarantee that any of our food or Barista-made drinks are allergen-free or suitable for those with milk and egg         Openut       Tree Nuts       Cereals containing gluten         Peanut       Amond Brazil       Cashews Hazehut Macadamia       Pean       Pistachio       Wanut       Cereals containing gluten         Peanut       Amond Brazil       Cashews Hazehut Macadamia       Pean       Pistachio       Wanut       Cereals containing gluten         Cereals containing gluten       Cereals containing gluten       Custacean         Manond       Brazil       Cashews       Hazehut       Macadamia       Pecan       Pistachio       Walnut       Seame       Gereals containing gluten         Cereals containing gluten       Cereals containing gluten       Custacean         Manond       Bareiry       Kanult       Oats       Cereals containing gluten         Cereals containing gluten       Cereals containing gluten       Cereals containing gluten         Manond       Cereals containing gluten       Cere</td><td>guarantee that any of our food or Barista-made drinks are allergen-free or suitable for those with allergies due to th not suitable for those with milk and egg allergies due to the suitable for the s</td><td>guarantee that any of our food or Barista-made drinks are allergen-free or suitable for those with allergies due to the risk not suitable for those with milk and egg allergies.         Verter the second of the secon</td><td>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 outsuitable for those with milk and egg allergies.           Permut         Tree Nuts         Cereate containing gluten         Permut         Cereate containing gluten         Cutateeen         Cereate containing gluten         Cereate con</td><td>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-con<br/>not suitable for those with milk and egg allergies.           Peanut         Tree Nuls         Tree Nuls         Cereals containing gluter         Crustacean         Celey         Egg         Fish         Cov           Peanut         Amond         Brazil         Cashews         Hazehul         Macadama         Pean         Pitachio         Wahu         V         Careals containing gluter         Crustacean         Celey         Egg         Fish         Cov           Mmond         Brazil         Cashews         Hazehul         Macadama         Pean         Pitachio         Wahu         V         Careals containing gluter         Crustacean         Celey         Egg         Fish         Cov           V</td><td>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. Or suitable for those with milk and egg allergies.           Verter 1         Tree Nuts         Tree Nuts         Cereats containing glue         Custom in glue         Custom in glue         Custom in glue         Egg         Fish         Mit           Amod         Brazi         Amod         Brazi         Cashews         Hazshut         Macadamia         Peca         Platchi         Want         Vertice         Vertice         Custom in glue         Custom in glue         Custom in glue         Egg         Fish         Cov         Goat           Mit         Mand         Brazi         Macadamia         Peca         Platchi         Vertice         Vertice         Vertice         Custom in glue         Custom in glue         Custom in glue         Custom in glue         Egg         Fish         Cov         Goat           Vertice         Vertice</td><td>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 ve<br/>not suitable for those with milk and egallergies.           Voga         Peand         Tree Mds         Tree Mds         Cereals containing guter         <t< td=""><td>guarantee that any of our food or Barista-made drinks are allergen-free or suitable for those with milk and egg allergies.         Very Prend       Image: State in the state of the state</td><td>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 maintable for those with milk and egg allergies.         Vegan       Pend       Tree Nuls       Cereas containing gue       Egg       Fish       Milk       Cost       Goat       Steep       Lupin       Moltaces         Image: Control of the second in gue       <t< td=""><td>guarantee that any of our food or Barista-made drinks are allergen-free or suitable for those with milk and egg allergies.         Very Partial       Tree Nuts       Tree Nuts       Cereals containing state       Cereals</td><td>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 of suitable for those with milk and egallergies.         Vegand       Partit       Tree Nds       Create containing gldm       Custoeen       Egg       Fish       Milk       Milk       Made       Material       Soga         Vegand       Rand       Rand<td>γ         λ</td></td></t<></td></t<></td></t<> | guarantee that any of our food or Barista-made drinks and seven that any of our food or Barista-made drinks and seven the seven term of the sevent term of the sevent term of the sevent term of the sevent term of t | guarantee that any of our food or Barista-made drinks are aller         Tree Nuts         Tree Nuts         Pearut       Almond       Brazil       Cashews       Hazelnut       Macadamia       Pecan       Pistachio       Walnut       Sesame         Pearut       Almond       Brazil       Cashews       Hazelnut       Macadamia       Pecan       Pistachio       Walnut       Sesame         Macadamia       Pecan       Pistachio       Walnut       Cashews       Hazelnut       Macadamia       Pecan       Pistachio       Walnut       Sesame         Macadamia       Pecan       Pistachio       Walnut       Cashews       Hazelnut       Macadamia       Pecan       Pistachio       Walnut       Sesame         Macadamia       Pecan       Image       Image | guarantee that any of our food or Barista-made drinks are allergen-function of the second se | guarantee that any of our food or Barista-made drinks are allergen-free or not sui         Tree Nuts       Sesame         Pearut       Almond       Brazil       Cashews       Hazelnut       Macadamia       Pecan       Pistachio       Wainut       Sesame       Barley       Kamult<br>(Wheat)         Pearut       Almond       Brazil       Cashews       Hazelnut       Macadamia       Pecan       Pistachio       Wainut       Sesame       Barley       Kamult<br>(Wheat)         Macadamia       Pecan       Pistachio       Wainut       Sesame       Sesam | guarantee that any of our food or Barista-made drinks are allergen-free or suitable for suit | guarantee that any of our food or Barista-made drinks are allergen-free or suitable for the not suitable for the sui | guarantee that any of our food or Barista-made drinks are allergen-free or suitable for those visitable | guarantee that any of our food or Barista-made drinks are allergen-free or suitable for those with milk         Out of the second o | guarantee that any of our food or Barista-made drinks are allergen-free or suitable for those with milk and egg         Openut       Tree Nuts       Cereals containing gluten         Peanut       Amond Brazil       Cashews Hazehut Macadamia       Pean       Pistachio       Wanut       Cereals containing gluten         Peanut       Amond Brazil       Cashews Hazehut Macadamia       Pean       Pistachio       Wanut       Cereals containing gluten         Cereals containing gluten       Cereals containing gluten       Custacean         Manond       Brazil       Cashews       Hazehut       Macadamia       Pecan       Pistachio       Walnut       Seame       Gereals containing gluten         Cereals containing gluten       Cereals containing gluten       Custacean         Manond       Bareiry       Kanult       Oats       Cereals containing gluten         Cereals containing gluten       Cereals containing gluten       Cereals containing gluten         Manond       Cereals containing gluten       Cere | guarantee that any of our food or Barista-made drinks are allergen-free or suitable for those with allergies due to th not suitable for those with milk and egg allergies due to the suitable for the s | guarantee that any of our food or Barista-made drinks are allergen-free or suitable for those with allergies due to the risk not suitable for those with milk and egg allergies.         Verter the second of the secon | 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 outsuitable for those with milk and egg allergies.           Permut         Tree Nuts         Cereate containing gluten         Permut         Cereate containing gluten         Cutateeen         Cereate containing gluten         Cereate con | 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-con<br>not suitable for those with milk and egg allergies.           Peanut         Tree Nuls         Tree Nuls         Cereals containing gluter         Crustacean         Celey         Egg         Fish         Cov           Peanut         Amond         Brazil         Cashews         Hazehul         Macadama         Pean         Pitachio         Wahu         V         Careals containing gluter         Crustacean         Celey         Egg         Fish         Cov           Mmond         Brazil         Cashews         Hazehul         Macadama         Pean         Pitachio         Wahu         V         Careals containing gluter         Crustacean         Celey         Egg         Fish         Cov           V | 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. Or suitable for those with milk and egg allergies.           Verter 1         Tree Nuts         Tree Nuts         Cereats containing glue         Custom in glue         Custom in glue         Custom in glue         Egg         Fish         Mit           Amod         Brazi         Amod         Brazi         Cashews         Hazshut         Macadamia         Peca         Platchi         Want         Vertice         Vertice         Custom in glue         Custom in glue         Custom in glue         Egg         Fish         Cov         Goat           Mit         Mand         Brazi         Macadamia         Peca         Platchi         Vertice         Vertice         Vertice         Custom in glue         Custom in glue         Custom in glue         Custom in glue         Egg         Fish         Cov         Goat           Vertice         Vertice | 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 ve<br>not suitable for those with milk and egallergies.           Voga         Peand         Tree Mds         Tree Mds         Cereals containing guter         Cereals containing guter <t< td=""><td>guarantee that any of our food or Barista-made drinks are allergen-free or suitable for those with milk and egg allergies.         Very Prend       Image: State in the state of the state</td><td>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 maintable for those with milk and egg allergies.         Vegan       Pend       Tree Nuls       Cereas containing gue       Egg       Fish       Milk       Cost       Goat       Steep       Lupin       Moltaces         Image: Control of the second in gue       <t< td=""><td>guarantee that any of our food or Barista-made drinks are allergen-free or suitable for those with milk and egg allergies.         Very Partial       Tree Nuts       Tree Nuts       Cereals containing state       Cereals</td><td>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 of suitable for those with milk and egallergies.         Vegand       Partit       Tree Nds       Create containing gldm       Custoeen       Egg       Fish       Milk       Milk       Made       Material       Soga         Vegand       Rand       Rand<td>γ         λ</td></td></t<></td></t<> | guarantee that any of our food or Barista-made drinks are allergen-free or suitable for those with milk and egg allergies.         Very Prend       Image: State in the state of the state | 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 maintable for those with milk and egg allergies.         Vegan       Pend       Tree Nuls       Cereas containing gue       Egg       Fish       Milk       Cost       Goat       Steep       Lupin       Moltaces         Image: Control of the second in gue       Image: Control of the second in gue <t< td=""><td>guarantee that any of our food or Barista-made drinks are allergen-free or suitable for those with milk and egg allergies.         Very Partial       Tree Nuts       Tree Nuts       Cereals containing state       Cereals</td><td>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 of suitable for those with milk and egallergies.         Vegand       Partit       Tree Nds       Create containing gldm       Custoeen       Egg       Fish       Milk       Milk       Made       Material       Soga         Vegand       Rand       Rand<td>γ         λ</td></td></t<> | guarantee that any of our food or Barista-made drinks are allergen-free or suitable for those with milk and egg allergies.         Very Partial       Tree Nuts       Tree Nuts       Cereals containing state       Cereals | 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 of suitable for those with milk and egallergies.         Vegand       Partit       Tree Nds       Create containing gldm       Custoeen       Egg       Fish       Milk       Milk       Made       Material       Soga         Vegand       Rand       Rand <td>γ         λ</td> | γ         λ |

Contents Key:

✓ (Product Contains)

Y (Suitable For)

# Breakfast

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.

	<	< 	1					Ti	ree Nuts						C	Cereals con	taining glute	n							Milk							
Product	egetarians	gan Friendiy	F	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nut
Almond Croissant	Y				>														>			>		<b>v</b>								
Bacon & Egg Roll																	<		>			>		>								
Breakfast Free-Range Egg Mayo & Avocado	Y																		>			۲										
Breakfast Free-Range Egg Mayo & Bacon																			•			•										
Breakfast Salmon & Egg Mayo																			•			<	>						<			
Butter Croissant	Y																		~			•		>								
Cheese & Roasted Tomato Croissant	Y																		~			•		>								
Cheese Twist	Y																		~			>		<b>~</b>								
Chocolate Croissant	Y																		>			۲		•						<		
Cinnamon Danish	Y																		~			•		*								
Coconut & Quinoa Porridge	Y	١	(													>																
Ham & Greve Croissant																			>			۲		<b>&gt;</b>								
Ham, Cheese, Tomato & Bacon Croissant																			~			•		>								
Mozzarella & Tomato Croissant	Y																		•			•		<								
Pain aux Raisin	Y																		•			•		>								
Pastel de Nata	Y																		~			•		>								
Porridge Topper - Chocolate, Banana & Coconut	Y	١	1																											٢		
Porridge Topper - Seed & Fruit	Y	١	(																													
Porridge Topping - Berry Compote	Y	۱	(																													
Porridge Topping - Honey	Y																															
Pret's Bacon Roll																	<		>					>								
Pret's Proper Porridge	Y															<								<								
Pret's Sausage Roll																			~			۲		~								
Pret's Veggie Roll	Y																•		~			<		~								
Sausage & Egg Roll																	~		~			>		~								
Very Berry Croissant	Y	١	(																~													

Contents Key: ✔ (Product Contains)														С	0]	d	D	Pri	nk	S											
Y (Suitable For)																			uipment, vegan foo												
		Ve					Tre	e Nuts							Cereals cont	aining gluten								Milk							
Product	/egetarians	gan Friendly	Peanut	Almond	Brazil Nuts	5 Cashews	Hazelnut	Macadamia	a Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Apple Juice	Y	Y				Γ																				Ĺ					
Breakfast Smoothie	Y														•								<								
Coke (all types)	Y	Y																													
Cranberry, Raspberry & Pomegranate Pret Still	Y	Y																													
Daily Greens	Y	Y																								Ē			<u> </u>		
Easy Greens	Y	Y																													
Ginger Shot	Y	Y																											<u> </u>		
Green Tea & Peach Pret Still	Y	Y																													
Hot Shot	Y																									Ē			<u> </u>		Ē
Lemon & Ginger Pret Still	Y	Y																													
Mango Smoothie	Y																						!		$\square$				<u> </u>	$\square$	
Mango, Passion Fruit & Lime Pret Still	Y	Y																													
Orange Juice (both sizes)	Y																						!		$\square$				<u> </u>	$\square$	
Pret Apple Fizz	Y	Y																													
Pret Cumcumber & Mint Seltzer	Y	Y																					!		$\square$				<u> </u>	$\square$	
Pret Ginger Beer	Y	Y																													
Pret Ginger Kombucha	Y	Y																							L!				<u>ا</u> ــــــــــا		L
Pret Grape & Elderflower	Y	Y																													
Pret Lime & Raspberry Settzer	Y	Y																							L!				<u>ا</u> ــــــــــا		L
Pret Rhubarb Lemonade	Y	Y																													
Ready to Drink Black Coffee	Y	Y																							L!				<u>ا</u> ـــــــــا		L
Ready to Drink Latte	Y																						<b>v</b>								
Ready to Drink Mocha	Y																						~						<u> </u>		
Red Bull	Y	Y																													1
Roots & Fruits Juice	Y	Y																													
Sparkling Spring Water	Y	Y																													
Still Water 500ml	Y	Y																											'		
Still Water 750ml	Y	Y																													
Vitamin Volcano	Y																												,		
We prepare our fresh food and	Barista	-made	drinks	in our	· shops	every	day. W	e use m	any ing	redien	ts and s	shared	equipn	nent, ar	d while	st we d	o our b	pest to 1	manage	allerge	ns we c	annot g	guaran	tee tha	t any o	f our f	ood or l	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)														]	Fı	U	it	8	K	Po	ot	S										
Y (Suitable For)														rgen-f	ree or	suitab	le for	those	with a	ents and llergies c and eg	due to	the ris										
	2	,	<					Tre	e Nuts	•			ļ		C	Cereals con	taining glut	en							Milk							
Product	/egetarians	Series to the series of	can Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Fruit									1																			<u>.</u>				
Apple	Y		Y																													
Banana	Y	,	Y																													
Fruit Salad	Y		Y																													
Mango & Lime	Y	,	Y																													
Melon & Blueberry	Y		Y																													
Superfruit Salad	Y	,	Y																													
Pots																																
Acai & Almond Butter Bowl	Y		Y		✓											<b>~</b>																
Bircher Muesli	Y										~					~								~								
Five Berry Bowl	Y															~								~								
Mango & Banana Sunshine Bowl	Y		Y													~																
We prepare our fresh our food or Barista-m														e risk		oss-co																

Contents Key: ✔ (Product Contains)														F	r	et	'S	H	Ho	t											
Y (Suitable For)													rgen-f	ery day ree or s	y. We suitab	use ma le for t	iny ing those v	gredie vith al	nts and s llergies d and egg	hared ue to t	he risl										
	<	Veg					Tre	ee Nuts						C	ereals cont	aining glute	n							Milk							
Product	ogetarians	an Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Falafel & Halloumi Hot Wrap	Y															<b>v</b>		<b>v</b>					~	<b>v</b>	<b>v</b>						
Feta & Red Pepper Omelette	Y																				~			~	~						
Garlic & Herb Swirl	Y																	>			<b>&gt;</b>		•								
Kale and Red Pesto Macaroni Cheese	Y																	>					~								
Macaroni Cheese Prosciutto																		>					~								
Meatless Meatball Hot Wrap	Y	Y														>		>													
Pesto, Pepper & Greve Hot Baguette	Y											<b>v</b>						>					~								<b>v</b>
Prosciutto & Mozzarella Hot Baguette												<b>~</b>						>					~								
Spicy Chicken Enchilada Bake																>		>		>			•						<b>~</b>		
Spicy Chicken Hot Wrap																>		>					~								
Swedish Meatball Hot Wrap																>		•					<b>v</b>								
Focaccia & Toasties																															
Ham & Cheese Toastie													<		>	•		<			<		<					~			
Mozzarella, Pesto & Roasted Tomato Focaccia																		•					<b>v</b>								<b>v</b>
Tuna Melt Toastie													•		>	>		>			<b>v</b>	<b>v</b>	<b>v</b>								
Soup					•																										
Black Bean Taco	Y	Y																											~		
Chicken and Mushroom Orzotto																		~					~								
Chicken, Broccoli & Brown Rice																															
Red Thai Veg Soup	Y	Y																											~		
Souper Tomato	Y	Y																													
Spicy Lemongrass Chicken Broth																						~							~		
Spicy Chorizo & Butterbean																															
Sunshine Dhal	Y	Y																													
Barley & Rye Soup Roll	Y	Y										<b>v</b>	<b>v</b>			<b>v</b>		<b>v</b>													
We prepare our fresh fo our food or Barista-mad							-		•							-	-														

Contents Key: ✔ (Product Contains) Y (Suitable For)				• •				nd Barist l or Baris				our sh	ops ev gen-fr	ery day ee or si	y. We i uitable	use ma e for tl	any ing 10se w	gredie ith all		hared ie to th	equip e risk	ment,									
		<					Tr	ee Nuts						С	ereals cont	aining glute	en							Milk							
Product	Vegetarians	'egan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Coffee - Classic Blend Ground	Y	Y																													
Coffee - Espresso Beans	Υ	Y																													
Coffee - Single Origin Ground	Y	Y																													
Pret at Home Bircher Museli	Y	Y													>															>	
Pret at Home Dark Chocolate & Almond Granola	Y	Y		>											>														>		
Pret at Home Classic Granola	Y	Y													>																
Pret at Home Chipotle Ketchup	Y	Y																													
Pret at Home Korean Style Ketchup	Y	Y											•					<											~		
Pret at Home Oat & Coconut Crunch Granola	Y	Υ													>																
Pret's Organic Aluminium Capsules Classic Blend	Y	Y																													
Pret's Organic Aluminium Capsules Espresso Blend	Y	Y																													

Contents Key: ✔ (Product Contains) Y (Suitable For)													ergen-	free or	ıy. We • suital	use m ble for	any in those	gredie with a	1S ents and s llergies d	lue to t	he risl										
							Tre	e Nuts					15		Cereals con			n mili	c and egg	allerg	les.			Milk							
Product	Vegetarians	Vegan Friendly	Peanut	Almond	Brazil Nuts	Cashew		Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Chef's Italian Chicken Salad										~											~	~	~								
Chicken & Avo Protein Bowl												<b>v</b>									>								~		
Egg & Spinach Protein Pot	Y																				~										
Humous and Falafel Mezze	Y	Y										~																			
Korean Chilli Chicken Salad												>									~								~		
Mexican Style Chipotle Chickpea Salad Bowl	Y																						~							~	
Petite Crayfish & Avo Salad						1													~												
Petite Greek Salad	Y																						<b>v</b>								
Smoked Salmon Protein Bowl						1															>	~							~		
Smoked Salmon & Egg Protein Pot																					~	~									
Tuna Nicoise Salad																					~	~									
Vietnamese Style Prawn Salad Bowl																			~												
Dressing																															
Chilli & Lime Dressing	Y	Y																													
French Dressing	Y	Y																													
Green Dressing	Y	Y																											~		

Contents Key: ✓ (Product Contains) Y (Suitable For)								nd Baris l or Baris					gen-fi	ee or	ıy. We suitabl	use m e for t	any in hose w	gredie ⁄ith all		ie to tł	ıe risk										
	.<						Tr	ee Nuts						(	Cereals cont	taining glut	en			Celerv				Milk							
Product	getarians	Vegan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Almond Butter Protein Ball	Y	Y		<b>v</b>																									<b>v</b>		
BBQ Popped Chickpea Chips	Y	Y																													
Chilli, Bean & Seed Tortilla Chips	Y	Y																													
Cranberries in Coats	Y																						<b>~</b>								
Dark Chocolate Salted Almonds	Y	Y		<b>~</b>																									>		
Easy Peasy Almond Squeezy	Y	Y		~																											
Fruit & Seed Bite	Y	Y																													
Fruit, Nuts & Chocolate	Y			~																			~						>		
Mature Cheddar & Red Onion Crisps	Y																						~								ĺ
Milk Chocolate Bar	Y																						~						~		
Milliways Peppermint Chewing Gum	Y	Y																													
Pret A Mango	Y	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																													
Sweet & Salt Popcorn	Y	Y																													

Contents Key: ✔ (Product Contains)														Sv	Ve	ee	t	Τ	re	at	S										
Y (Suitable For)								and Baris d or Baris					·gen-fi	ree or s	suitabl	e for t	hose w	ith all		ue to tl	he risk										
D 1	Vege	×e Fri					Т	ree Nuts						C	ereals con	taining glut	en			Celery				Milk							
Product	otarians	Vegan Friendly	Peanut	Almond	Brazil Nuts	Cashews	s Hazelnut	Macadamia	Pecan	Pistachic	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Almond Butter Bite	Y			~						1	1			1		1	1				1		1	1	1	1	1		~		
Blackforest Dessert Pot	Y																	<b>v</b>					<b>v</b>						~		
Blonde Chocolate, Sea Salt & Pecan Cookie	Y			1					~		1							~					<b>~</b>		1						
Caramel Waffle	Y																	<b>~</b>					<b>~</b>						~		
Choc Bar	Y																	~					~						~		
Chocolate Brownie Bar	Y																	~			~		~						~		
Chocolate Chunk Cookie	Y																	~					~								
Chocolate Moose	Y																						<b>v</b>						~		
Chocolate Praline Cookie	Y						~											~					~								
Chocolate & Orange Loaf Cake	Y																	~			~		~						~		
Coconut Bite	Y	Y																											~		
Dark Chocolate & Almond Butter	Y	Y		~														~													
Cookie Dark Chocolate Corn Cakes	Ŷ	-																											~		
Dark Chocolate with Sea Salt	Y																														
Double Berry Muffin	Ŷ																	~			~		~						-		
Espresso Mini Loaf Cake	Ŷ																				<b>v</b>		· ·						~		
Fruit, Oat & Spelt Cookie	Y														~		~	<b>v</b>					~								
Hazelnut Truffles	Y	Y					<b>v</b>																						<u> </u>		
Lemon Cheesecake	Y	-																~			~		~								
Love Bar	Y			<b>~</b>						~					~								~						~		
Nut Bar	Y	Y		<b>v</b>																									~		
Nutty Salted Caramel Brownie	Y			~							~							~			~		<b>~</b>						~		
Popcorn bar	Y																						<b>~</b>						~		
Pret's Gingerbread Biscuit (Annie &	Y																	~			~										
Godfrey) Pret Bar	Y														~			<b>v</b>					<b>v</b>								
Pret's Shortbread	Y																	~					~								
Raspberry & Almond Bakewell Tart	Y			~														<b>v</b>			~		<b>~</b>								
Salted Caramel Dessert Pot	Y																	•					~								
We prepare our fre	sh foo	od and	d Bari	sta-m	ade di	rinks	in our	shops_ev	verv_d	av. W	/e use	many	ingre	dients	and	share	d equi	pmen	t, and w	hilst v	ve do	our b	est to	mana	ge alle	ergens	we ca	annot g	guara	ntee th	at any
of our food or Bari													e to th		of cr	oss-co															

Contents Key: ✔ (Product Contains)										B	<b>a</b> ]	ris	st	a	P	re	p	a]	re	1	D	r	n	k	S						
Y (Suitable For)								and Bari d or Bar					rgen-f	ree or	suitab	le for t	those v	vith all		ue to tl	ie risl										
	Vege	Vegan			1	1	Ti	ree Nuts	1	-	1			(	Cereals con	taining glut	en	1		Celery				Milk	1	ļ					
Product	starians	Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Coffee								•			1						1									1					1
Americano Black (add milk or milk alernative if White Americano)	Y	Y																													
Cappuccino Semi Skimmed milk	Y																						>								
Cappuccino Skimmed 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 alernative if White Americano)	Y	Y																													
Flat White Semi Skimmed milk	Y																						>								
Flat White Skimmed milk	Y																						>								
Flat White Soya (instead of milk)	Y	Y																											<b>V</b>		
Flat White Rice Coconut (instead of milk)	Y	Y																													
Flat White Oat (instead of milk)	Y	Y													~																
Latte Semi Skimmed milk	Y																						>								
Latte Skimmed 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 Semi Skimmed milk	Y																						>								
Macchiato Skimmed milk	Y																						>								
																		-				-	-	-		•					

Contents Key: ✓ (Product Contains) Y (Suitable For)										B	<b>a</b> ]	ri	st	a	P	re	ep	<b>a</b> ]	re	d	D	ri	n	k	S						
f (Suitable For)								and Bari d or Bar					rgen-f	ree or	suitab	le for	those v	with al		lue to 1	he risl										
Product	Vegetarians	Vegan Friendly	Peanut	Almond	Brazil Nuts	Cashews	1	ee Nuts Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	( Kamult (Wheat)	Cereals con Oats	ntaining glut	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Milk Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Macchiato Soya (instead of milk)	Y	Y																											~		
Macchiato Oat (instead of milk)	Y	Y													~																
Macchiato Rice Coconut (instead of milk)	Y	Y																													
Mocha Semi Skimmed milk	Y																						¥								
Mocha Skimmed milk	Y																						V								
Mocha Soya (instead of milk)	Y	Y																											•		
Mocha Rice Coconut (instead of milk)	Y	Y																													
Mocha Oat (instead of milk)	Y	Y													~																
Chai Latte Semi Skimmed Milk	Y																						<b>v</b>								
Chai Latte Skimmed Milk	Y																						¥							<b> </b>	
Chai Latte Rice Coconut (instead of Milk)	Y	Y																												<u> </u>	
Chai Latte Rice Soya (instead of Milk)	Y	Y																											~	L	
Chai Latte Oat (instead of Milk)	Y	Y													<b>~</b>																
Matcha Latte Rice Coconut (instead of Milk)	Y	Y																													

Contents Key: ✓ (Product Contains) Y (Suitable For)																			re												
								and Baris d or Bari					rgen-fi	ree or	suitab	le for t	those v	vith al		ue to t	he risl										
Product	Vegetarians	Vegan Friendly	Peanut	Almond	Brazil Nuts	Cashews		ee Nuts Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	C Kamult (Wheat)	Cereals cont Oats	taining glut Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Milk Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Frappés																			I												
Classic Frappé Semi Skimmed milk	Y																						V								
Classic Frappé Skimmed milk	· Y																						~								
Chocolate Frappé Semi Skimmed milk	v																						~								
Chocolate Frappé Skimmed milk	Y Y																						¥								
Mocha Frappé Semi Skimmed milk	Y																						V								
Mocha Frappé Skimmed milk	Y																						~								
Decaf Mocha Frappé Semi Skimmed milk	Y																						~								
Decaf Mocha Frappé Skimmed milk	Y																														
Caramel Shake Semi Skimmed milk	Y																														
Caramel Shake Skimmed milk	Y																						~								
Hazelnut Shake Semi Skimmed milk	Y V																						, v								
Hazelnut Shake Skimmed milk	Y																						~								
Vanilla Shake Semi Skimmed milk	Y																						V								
Vanilla Shake Skimmed milk	Y																						<b>v</b>								
Frappé Mix	Y																						<b>V</b>								
Iced Drinks		-	-				-			7	7	ī		7				ī		-			-	-							1
Iced Latte Semi Skimmed Milk	Y																						¥								
Iced Latte Skimmed 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 Semi Skimmed Milk	Y																						~								
Iced Chai Latte Skimmed Milk	Y																						V								
Iced Chai Latte Rice Coconut (instead of Milk)	Y	Y																													
Iced Chai Latte Rice Soya (instead of Milk)	Y	Y																											~		
Iced Chai Latte Oat (instead of Milk)	· Y	Y													~																
Iced Mocha Semi Skimmed Milk	Y																						~								
Iced Mocha Skimmed Milk	· Y																														
We prepare our free		d and	Rariste	a-mad	e drinl	ks in o	ur sho	ns every	dav V	Ve use	many	ingred	lients	and sh	ared e	auinn	ent a	nd wh	ilst we d	o our l	nest to	mana	ge alle	rgens	we car	not a	iarantee	that a	ny of	our food	lor –

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)										B	a1	ris	st	a	P	re	p	a1	re	d	D	r	n	k	S						
Y (Suitable For)								and Bari od or Bar					rgen-fi	ree or	suitab	le for 1	those v	vith all		ue to t	he risl										
	Ve	Vega					Т	ree Nuts			1			C	Cereals con	taining glut	en			Celerv				Milk							
Product	yetarians	n Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Iced Mocha Soya (instead of milk)	Y	Y																											<b>v</b>		
Iced Mocha Rice Coconut (instead of milk)	Y	Y																													
Iced Mocha Oat (instead of milk)	Y	Y													~																
Applejito Cooler	Y	Y																													
Berry Bliss Cooler	Y	Y																													
Feelin' Peachy Cooler	Y	Y																													
Rhuberry Breeze Cooler	Y	Y																													
Iced White Americano Semi Skimmed Milk	Y																						~								
Iced White Americano Skimmed Milk	Y																			1			<								1
Iced White Americano Oat (instead of milk)	Y	Y													~																
Iced White Americano Soya (instead of milk)	Y	Y																											~		
Iced White Americano Rice Coconut (instead of milk)	Y	v																													
Hot Chocolate	•																														
Hot Chocolate Semi Skimmed Milk	Y																						<b>&gt;</b>								
Hot Chocolate Skimmed Milk	Y																						~								
Hot Chocolate Soya (instead of milk)	Y	Y																											>		
Hot Chocolate Rice Coconut (instead of milk)	Y	Y																		1											1
Hot Chocolate Oat (instead of milk)	Y	Y													~																
Hot Chocolate Powder	Y	Y																													
Hot Chocolate Hazelnut	Y	•																					~								
Hot Chocolate Hazelnut Skimmed	Y																						~								
Hot Chocolate Hazelnut Soya	Y	Y																											>		
Hot Chocolate Hazelnut Rice-Coconut	Y	Y																											•		
Hot Chocolate Hazelnut Oat	Y	Y													~																
Smoothies								1																							
Berries and Cherries	Y	Y																													
Sweet Greens	Y	Y																													
Tropical Peach	Y	Y																													

Contents Key: ✔ (Product Contains)										B	<b>a</b> 1		st	a	P	re	p	<b>a</b> ]	re	d	D	r	n	k	S						
Y (Suitable For)								and Bari d or Bar					rgen-fi	ree or	suitabl	le for t	those v	vith al		ue to t	he risł										
Product	Veget	Ve. Frie	Peanut		T	T	Tr	ree Nuts		Т		Sesame		C	Cereals cont	aining glute	en	1	Crustacean	Celery and	Egg	Fish		Milk		Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Product	arians	Vegan Friendly	realiut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Grusiacean	celeriac	Egg	F1511	Cow	Goat	Sheep	Lupin	WOILUSUS	wustaru	JUya	Sulphites	Fille Nuts
Syrups & Toppings																															
All Syrups	Y	Y																													
Caramel Sauce	Y	Y																													
Whipped Cream	Y																						V								
Milk shot					1		1												I												
Semi Skimmed	Y																						V								
Skimmed	Y																						V								
Soya (instead of milk)	Y	Y																											<b>&gt;</b>		
Rice Coconut (instead of milk)	Y	Y																													
Oat (instead of milk)	Y	Y													>																
Tea		7		-		-	-		-						1									1							
Ceylon Breakfast (add milk or milk alernative if White)	Y	Y																													
Earl Grey (add milk or milk alernative if White)	Y	Y																													
Peppermint (add milk or milk alernative if White)	v	v																													
, Tropical Green (add milk or milk alernative	v	v																													
if White) Milk / instead of milk cup	-	-						<u> </u>											<u> </u>												
Semi Skimmed milk cup	Y																						~								
Skimmed milk cup	Y																						~								
Soya (instead of milk) cup	Y	Y																											>		
Rice Coconut (instead of milk) cup	Y	Y		1		1		[																							<u> </u>
Oat (instead of milk) cup	Y	Y													~																
Babyccino	Y	-													•								~								
We prepare our fresh f								y day. We 1 allergies															nnot gu					or Baris	ta-mad	le drinks	are



VP Allergen Guide 12th June 2023 V1

### 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 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 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 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'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.co.uk** or contact our Customer Service Team on **0207 827 8801.** 

This Allergen Guide only covers food and drink sold in our UK shops.



Contents Key: ✔ (Product Contai	ns)																		hes												
Y (Suitable For)																			ents and s												
			guara	antee ti	hat an	y of o	ur food	d or Bari	ista-ma	ide dri	nks are	e aller							lergies du c and egg			of cro	ss-con	itact. C	Jur ve	gan to	od is n	nade to a	i vegai	i recipe	e but 1s
	<	Ve		1			Tr	ee Nuts							ereals cont				t and egg	anergi	.05.			Milk		1			<b>—</b> 7		
Product	'eg etarian s	gan Friendly	Peanut	Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
Baguettes			1																1						1	1					
Artichoke, Olives & Tapenade	Y	Y										٢						•													
Avo, Olives & Toms	Y	Y										٢						<b>v</b>													>
Brie, Tomato & Basil	Y																	¥					>								
Cheddar, Mustard & Pickles	Y											~						~			~		~					~			
Plant Ploughmans Baguette	Y	Y																<b>v</b>													
Vegan Eggless Mayo & Cress	Y	Y																~										~	~		
Rolls			1																1						1	1					
All Day Vegan Breakfast	Y	Y										¥	~			~		¥										v	<b>v</b>		
Avo Brunch Rye Roll	Y	-										~	~			¥		¥			~							¥			
Pesto & Mozzarella Losange	Y																	~			>		~								~
Scandi Style Smoked Carrot and Eggless Tofu	Y	Y										•	>			~		<b>~</b>											~	~	
Mayo Scandi Style Smoky Carrot Eggless Mayo Roll	· Y	Ŷ										•				<u> </u>													· ·		
Sandwiches												•	·			•		•	1												
Festive Falafel & Squash	Y	Y											¥					¥													~
Kid's Cheese Sandwich	Y												~					¥					<b>&gt;</b>								
Humous & Roasted Peppers Open Sandwich	Y											٢			<									<	¢						•
Humous & Veg	Y	Y										٢	>					•													
Sliced Egg & Cress	Y												<b>&gt;</b>					<b>v</b>			>							¥			
Smashed Avocado Open Sandwich	Y	Y													•																
Smoky Carrot and Falafel	Y	Y											>					~										•			
The VLT	Y	Y											>					V													
Wraps & Flatbreads	-					-							-										-	-							
Curried Chickepea & Mango Wrap	Y	Y														•		¥												<b>v</b>	
Dukkah Spiced Squash & Feta Flatbread	Y																	•					>	>	~						
Falafel, Avocado & Chipotle Wrap	Y	Y														¥		¥												~	
Vegan Hoisin Mushroom Wrap	Y	Y														•		•											<b>~</b>		
Humous & Chipotle Wrap	Y	Y										•				•		¥													
Korean Style Mushroom & Avo Wrap	Y	Y														•		•											~		
Mexican Avocado Flatbread	Y	Y																<b>v</b>													
Pesto Bean & Herb Wrap	Y															<b>v</b>		<b>v</b>					>							•	•
Sunshine 'N'Spice Wrap	Y	Y														¥		¥													
Vegan Chilli Wrap	Y	Y														<b>v</b>		¥		<b>v</b>									✓	<b>v</b>	

Contents Key: ▼ (Product Contains)												Ε	3r	ea	ak	cf	as	st													
Y (Suitable For)			-										gen-fr	ee or s	uitabl	le for t	hose v	vith al	nts and sl lergies du c and egg	ie to tł	ne risk										
		<e e</e 				-	T	ree Nuts			-			C	ereals con	taining glute	en							Milk	-						
Product	/egetarians	igan Friendly	Peanut	Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachic	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
Acai & Almond Butter Bowl	Y	Y		~											~																
Avo & Mushroom Breakfast Baguette	Y	Y																>										1			
Bircher Muesli	Y									~					V								~								
Breakfast Baguette - Eggless Mayo & Avocado	Y	Y																>										1	~		
Breakfast Baguette - Eggless Mayo & Roasted Tornato	Y	Y																*											~		
Cashew and Cocoa Pot	Y	Y				~				~					¥																
Cheese Twist	Y																	>			>		V								
Cinnamon Danish	Y																	~			>		~								
Coconut & Quinoa Porrisge	Y	Y													~																
Coconut Porridge	Y	Y													~																
Five Berry Bowl	Y														~								~								
Five Berry Pot	Y																						~								
Halloumi & Egg Breakfast Bean Box	Y																				~		~	~	•						
Mozzarella & Tomato Croissant	Y																	>			>		¥								
Pain aux Raisin	Y																	>			>		~								
Pastel de Nata	Y																	>			>		~								
Poached Egg & Beans Power Pot	Y																				>										
Pomegranate & Honey Granola Bowl	Y														V								¥								
Porridge Topper - Chocolate, Banana & Coconut	Y	Y																											•		
Porridge Topper - Seed & Fruit	Y	Y																													
Porridge Topping - Berry Compote	Y	Y																													
Porridge Topping - Honey	Y																														
Pret's Proper Porridge	Y														<b>v</b>								¥								
Pret's Veggie Roll	Y															~		>			>		¥								
Smoothie Bowl - Apricot and Pistachio Overnight Oats	Y	Y								~					¥															*	
Smoothie Bowl - Cocoa, Nuts & Berries	Y	Y	1	~		~	1	1	~	1	1				~													1			
Smoothie Bowl - Mango & Banana Sunshine	Y	Y													~																
Spicy Egg Roll	Y															~		~			,		~								
/egan Almond Croissant	Y	Y		~														· ·			Ļ.										
/egan Chocolate Croissant	Y	Y		•														•											~		<u> </u>
Vegan Plain Croissant	Y	Y																* *											•		
/ery Berry Croissant	Y	Y																<b>v</b> v													
We prepare our fresh food and or Barista-made drinks ar	l Barist	a-mao																hilst													

Contents Key: ✔ (Product Contains) Y (Suitable For)											ıks in	our sh	gen-fre	ery da e or si	y. We uitable	use m for th	any in ose w	gredie ith alle	S ents and s ergies due and egg a	e to th	e risk (										
				T			Т	ree Nuts				T				taining glute			and egg a	anergr		1		Milk							
Product	Vegetarians	Vegan Friendl	Peanut	Almond	Brazil Nu	t Cashew		Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
Apple Juice	Y	Y																													
Blend Me Drink Me - Coccoa, Almond Butter & Banana	Y	Y		~											~																
Breakfast Smoothie	Y			•																			<b>.</b>								
Coke (all types)	Y	Y																					•								
Cranberry & Raspberry Pure Pret Still	Y	Y																													
Daily Greens	Ŷ	Ŷ																													
Easy Greens	Y	Y																													
Ginger Shot	Y	Y																													
Green Tea & Peach Pret Still	Y	Y																													
Pure Pret Green Tea Yoga Bunny	Y	Y																													
Hot Shot	Y																														
Lemon & Ginger Pret Still	Y	Y																													
Mango Smoothie	Y																														
Mango, Passion Fruit & Lime Pret Still	Y	Y																													
Orange Juice (both sizes)	Y																														
Pret Apple Fizz	Y	Y																													
Pret Cumcumber & 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																													
Ready to Drink Black Coffee	Y	Y																													
Ready to Drink Latte	Y																						•								
Ready to Drink Mocha	Y																						•								
Roots & Fruits Juice	Y	Y																													
Sparkling Spring Water	Y	Y																													
Still Water 500ml	Y	Y																													
Still Water 750ml	Y	Y																													
Vitamin Volcano	Y																														
We proper our fresh food and	D	4	a. a.:			- <b>b</b>						1											- 11								6 I

Contents Key: ✔ (Product Contains) Y (Suitable For)								ıd Barista or Barista					ps eve en-free	or sui	. We ı itable	ise ma for th	any ing ose wi	th alle		e to th	e risk										
Product	Vegetaria	Vegan Frie	Peanut	Almond	Provil Nut	Cashew		ee Nuts Macadamia	Bassan	Pistachio	Moleut	Sesame	Barley	Ce Kamult (Wheat)	ereals cont Oats	aining glute Rye		Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Milk Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
	ans	andly		Almond	Diazii Nut	Gastiew	Hazeinut	Macaualinia	Pecali	FISCACITIO	wainut		Daliey	(Wheat)	Uats	Rye	(Wheat)	VV HISAL		Celenac			COW	Guat	Sneep						
Apple	Y	Y																													
Banana	Y	Y																													
Fruit Salad	Y	Y																													
Mango & Lime	Y	Y																													
Melon & Blueberry	Y	Y																													
Superfruit	Y	Y																													
We prepare our fresh fo food or Barista-made dr							-									-	-														

Contents Key: ✓ (Product Contains)						2		15						eť																	
Y (Suitable For)							ır food	or Baris						e or su suit	iitable able fo	for th or thos	ose wi se with	ith alle	ients and ergies due and egg a	e to the	e risk o			act. O							
	<	Ve			r	<b>1</b>	Tre	e Nuts	1					С	ereals cont	taining glute	en							Milk							
Product	egetarians	gan Friendly	Peanut	Almond	Brazil Nu	t Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
Coconut Curry Hot Box	Y	Y																													
Chilli Enchilada	Y	Y														>		>		>									>		
Falafel & Halloumi Hot Wrap	Y															~		>					>	<	>						
Feta & Red Pepper Omelette	Y																				•			•	~						
Garlic & Herb Swirl	Y																	>			•		•								
Meatless Meatball & Feta Hot Rice Bowl	Y																							•	~						
Meatless Meatball Hot Wrap	Y	Y														~		>													
Meatless Meatball Protein Pot	Y	Y																													
Vegan Mac n Greens	Y	Y																>											~		
Vegan Ragu & Red Pepper Hot Wrap	Y	Y														•		>		>											
Spicy No'Duja & Tomato Macaroni	Y	Y																>													
Falafel , Halloumi & Pickles Roll	Y															~		>					~	<	~			V			
Soup																															
Red Thai Veg	Y	Y																											•		
Souper Tomato	Y	Y																													
Black Bean Taco	Y	Y																											~		
Barley & Rye Soup Roll	Y	Y										<b>~</b>	•			~		>													
Sunshine Dhal	Y	Y																													
Toasties & Focaccia																															
Classic Cheese Toastie	Y												>		>	>		>			٢		<					•			
Mozzarella, Pesto & Roasted Tomatoes Focaccia	Y																	>					>								~

Contents Key: ✔ (Product Contains) Y (Suitable For)										de drir	nks in	our sh	ops ev gen-fro	very da ee or s	ıy. We uitable	use n e for tl	nany in nose w	igredie ith all	<b>1C</b> ents and sh ergies due and egg al	to the	risk o										
	١	Ve			•		Tree	e Nuts						C	ereals cont	aining glute	en							Milk							
Product	/egetarians	sgan Friendly	Peanut	Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
Coffee - Classic Blend Ground	Y	Y																													
Coffee - Espresso Beans	Y	Y																													
Coffee - Single Origin Ground	Y	Y																													
Pret at Home Bircher Museli	Y	Y													>															٨	
Pret at Home Dark Chocolate & Almond Granola	Y	Y		¢											>														•		
Pret at Home Classic Granola	Y	Y													>																
Pret at Home Oat & Coconut Crunch Granola	Y	Y													>																
Pret's Organic Aluminium Capsules Classic Blend	Y	Y																													
Pret's Organic Aluminium Capsules Espresso Blend	Y	Y																													

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)				XX7			1.6	1 15		1 1 1					ala									1.11.4							
							our food	d and Bar d or Baris						e or su suita	itable f ble foi	for the those	ose wit with	th aller		to the	risk o			act. O							
	\_e	Veg					Т	ree Nuts	1	1	1			(	Cereals cont	aining glute	en	1	-	Celery				Milk	-						
Product	getarians	an Friendly	Peanut	Almond	Brazil Nut	t Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
Egg & Spinach Pot	Y																				~										
Chickpea, Avo & Egg Bowl	Y											~									~										
Petite Grek Salad	Y																						~								
Humous and Falafel Mezze	Y	Υ										~																			
Miso Aubergine Salad Bowl	Y											~						~			~								~		
Marinated Tofu Poke Bowl	Y	Y										~																	~		
Mexican Style Chipotle Chickpea Salad Bowl	Y																						~							~	
Pesto Pasta and Mozzarella Salad	Y																	~					~							~	~
Sticky Korean Style Mushroom Salad	Y											~									~								~		
Sticky Mushroom Salad Bowl	Y	Y																~											~		
Sweet Potato Falafel Mezze Salad	Y	Y										~	~																		
Dressings																															
Chilli & Lime Dressing	Y	Y																													
French Dressing	Y	Y																													

Contents Key: ✔ (Product Contains)													S	n	a	ck	S														
Y (Suitable For)								nd Barist d or Baris					gen-fi	ree or s	uitabl	e for t	hose v	vith al		ue to tl	he risk										
	Ve	Vega					Т	ree Nuts						C	ereals cont	aining glute	n			Celery				Milk							
Product	getarians	in Friendly	Peanut	Almond	d Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Snacks Almond Butter Protein Ball	Y	Y		<b>V</b>		1	1		<b>I</b>	<b>I</b>	1									1									~		
Easy Peasy Almond Squeezy	Y	Ŷ				1																									
Chilli, Bean & Seed Tortilla Chips	Y	Υ																													
Almond Butter Bites	Y			~																									~		
Cranberries in Coats	Y																						~								
Salted Crunchy Corn	Y	Y							1	1		1																			
Dark Chocolate Salted Almonds	Y	Y		~																									~		
Mature Cheddar & Red Onion Crisps	Y					1			-	-													~								
Milliways Peppermint Chewing Gum	Y	Y																													
Fruit, Nuts & Chocolate	Y			~								1											~						~		
Pret A Mango	Y	Y																													
Sea Salt & Cider Vinegar Crisps	Y	Y																													
Sea Salt Crisps	Y	Y																													
Sea Salt Popocrn	Y	Y																													
Smoky Chipotle Crisps	Y	Y																													
Sweet & Salt Popcorn	Y	Y																													
3BQ Popped Chickpea Chips	Y	Ŷ																													
Fruit & Seed Bite	Y	Y																													

Contents Key: ✔ (Product Contains)																			ts												
Y (Suitable For)								nd Barist d or Bari					gen-fi	ree or s	suitabl	le for 1	hose v	with al		ue to th	ne risk										
	Ve	Vega					Т	ree Nuts						C	Cereals cont	taining glute	n			Celerv				Milk							
Product	getarians	an Friendly	Peanut	Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
weet Treats										1				1																	
Imond Butter Bites	Y Y			~																									<b>V</b>		
Banana Cake Blackforest Dessert Pot	Y																	~			>		~						~ ~		
Caramel Waffle	Ŷ																	<b>v</b>											~		
Carrot Cake	Ŷ										~							V			~		· ·						•		
Choc Bar	Y																	~					-						•		
Chocolate Orange Loaf Cake	Ŷ																	~			~		~						•		
Chocolate Brownie Bar	Y																	~			~		~						<		
Chocolate Moose	Y																				· ·		~						~		
Chocolatey 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																	~			~		~								
Espresso Mini Loaf Cake	Y																	~			>		<b>~</b>						•		
Fruit Oat & Spelt Cookie	Y				1										~		~						-								
Hazelnut Truffles	Y	Y					<b>v</b>																								
Lemon Cheesecake	Y																	~			~		~								
.ove Bar	Y			~						~					~								~						~		
Milk Chocolate Bar	Y																						~						~		
Popcorn Bar	Y																						~						~		
Pret Bar	Y				1										~			~					~								
Pret's Nut Bar	Y			~																									~		
Pret's Gingerbread Biscuits (Annie & Godfrey)	Y							1										-			~										
Pret's Ultimate Vegan Brownie	Y	Y		, ,														~			•								<		
Raspberry & Almond Bakewell Tart	Y			Ĵ														· ·			>		~						•		
Salted Caramel Dessert Pot	Y																				•										
We prepare our fresh	-	and B	arista	-made	e drin	zs in o	ur sh	ons ever	v dav	Wei	se me	nv in	gredia	ents ar	nd she	red e	auinn	lent_9	nd while	t we d	0.011	• hest 1	to ma	nage o	llerge	ns we	cann	ot gue	rante	e that a	ny of
our food or Barista-ma	ide di	inks :	are al	lerger	1-free	or sui	table	for those	e with	allerg	gies du	ie to t		k of cı allergi		ontac	t. Our	· vega	n food is	made	to a v	vegan	recip	e but i	s not s	uitab	le for	those	with	milk an	d egg

Contents Key: ✔ (Product Contains)										B	<b>a</b> 1		sta	a	P	re	p	<b>a</b> 1	ce(	1	D	ri	n	k	5						
Y (Suitable For)								nd Barist 1 or Bari					gen-fr	ee or s	suitabl	e for t	hose v	vith all		lue to t	he risl										
Product	Vegetaria	Vegan Frie	Peanut	Almond	Brazil Nu	ut Cashew	Tr Hazelnut	ee Nuts Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult	Cereals con Oats	taining glut	Spelt	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Milk Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
	Ins	ndly												(Wheat)		-	(Wheat)			Colondo											
Coffee Americano Black (add milk or milk			<u> </u>	1	T -	T	1		1	1		r –	r –	r –	1		1			1											
alernative if White Americano)	Y	Y																									<u> </u>				ļ
Cappuccino Semi Skimmed milk	Y																						<b>V</b>								
Cappuccino Skimmed milk	Y																						>								
Cappuccino Soya (instead of milk)	Y	Y																											<b>V</b>		
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 alernative if White Americano)	Y	Ŷ																													
Flat White Semi Skimmed milk	Y																						~								
Flat White Skimmed milk	Y																						V								
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 Semi Skimmed milk	Y																						>								
Latte Skimmed milk	Y																						>								
Latte Soya (instead of milk)	Y	Y																											<b>v</b>		
Latte Oat (instead of milk)	Y	Y													~																
Latte Rice Coconut (instead of milk)	Y	Y																													
We prepare our fresh our food or Barista-m															ross-o																

Contents Key: ✔ (Product Contains)								-	B	<b>a</b> 1		st	a	P	re	p	<b>a</b> 1	cec	1	D	ri	n	k	S						
Y (Suitable For)				• •			nd Barist d or Baris					gen-fr	ree or s	suitabl	e for t	hose v	vith al		lue to t	he ris										
Product	Vegetarians	Vegan Friendly	Peanut	Almond	Brazil Nuts	Cashews	mee Nuts Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	C Kamult (Wheat)	Cereals cont Oats	taining glute Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Milk Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Macchiato Semi Skimmed milk	Y																					•								
Macchiato Skimmed milk	Y																					>								
Macchiato Soya (instead of milk)	Y	Y																										<b>V</b>		
Macchiato Oat (instead of milk)	Y	Y												~																
Macchiato Rice Coconut (instead of milk)	Y	Y																												
Mocha Semi Skimmed milk	Y																					>								
Mocha Skimmed milk	Y																					~								
Mocha Soya (instead of milk)	Y	Y																										<b>v</b>		
Mocha Rice Coconut (instead of milk)	Y	Y																												
Mocha Oat (instead of milk)	Y	Y												~																
Chai Latte Semi Skimmed Milk	Y																					>								
Chai Latte Skimmed Milk	Y																					<								
Chai Latte Rice Coconut (instead of Milk)	Y	Y																												
Chai Latte Oat (instead of Milk)	Y	Y								L				<b>~</b>												L				
Chai Latte Soya (instead of Milk)	Y	Y																										<b>v</b>		
Matcha Latte Rice Coconut (instead of Milk)	Y	Y																												
We prepare our fresh							-																							

Contents Key: ✔ (Product Contains) Y (Suitable For)					nd Barist 1 or Baris	a-mad	e drinl	ks in c	our sho	ps eve gen-fr	ery day ee or s	y. We suitabl	use ma e for tl	any ing hose w	gredie vith all	shared ue to	equip the risl	ment, a	and w	hilst w	ve do o			
Frappés & Shakes																								
Classic Frappé Semi Skimmed milk	Y																		<					
Classic Frappé Skimmed milk	Y																		¥					
Chocolate Frappé Semi Skimmed milk	Y																		<					
Chocolate Frappé Skimmed milk	Y																		•					
Mocha Frappé Semi Skimmed milk	Y																		<					
Mocha Frappé Skimmed milk	Y																		<					
Decaf Mocha Frappé Semi Skimmed milk	Y																		¢					
Decaf Mocha Frappé Skimmed milk	Y																		¢					
Caramel Shake Semi Skimmed milk	Y																		K					
Caramel Shake Skimmed milk	Y																		٢					
Hazelnut Shake Semi Skimmed milk	Y																		٢					
Hazelnut Shake Skimmed milk	Y																		¢					
Vanilla Shake Semi Skimmed milk	Y																		<					
Vanilla Shake Skimmed milk	Y																		<					
Frappé Mix	Y																		<					
XX7 0 1																								

Contents Key: ✔ (Product Contains) Y (Suitable For)										B	<b>a</b> 1		sta	a	<b>P</b> 1	re	p	<b>a</b> 1	rec	1	D	ri	n	k	5						
								nd Barist 1 or Baris					gen-fr	ee or s	uitabl	e for t	hose v	vith al		lue to t	he risl										
Product	Vegetarians	Vegan Friendly	Peanut	Almond	Brazil Nut	t Cashew	Tri	ee Nuts Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	C Kamult (Wheat)	ereals cont Oats	taining glute Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Milk Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
Iced Drinks								•		•		•					•														
Iced Latte Semi Skimmed Milk	Y																						¥ .								
Iced Latte Skimmed Milk	Y																						<b>v</b>								
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 Semi Skimmed Milk	Y																						~								
Iced Chai Latte Skimmed Milk	Y																						¥								
Iced Chai Latte Rice Coconut (instead of Milk)	Y	Y																													
Iced Chai Latte Oat (instead of Milk)	Y	Y													>																
Iced Chai Latte Soya (instead of Milk)	Y	Y																											~		
Iced Mocha Semi Skimmed Milk	Y	<u> </u>																					•								
Iced Mocha Skimmed Milk	Y																			1			٢								
Iced Mocha Soya (instead of milk)	Y	Y																											~		
Iced Mocha Rice Coconut (instead of milk)	Y	Y																													
Iced Mocha Oat (instead of milk)	Y	Y													>																
Iced White Americano Semi Skimmed Milk	Y																						~								
Iced White Americano Skimmed Milk	Y																						<								
Iced White Americano Oat (instead of milk)	Y	Y													~																
Iced White Americano Soya (instead of milk)	Y	Y																											<b>v</b>		
Iced White Americano Rice Coconut (instead of milk)	Y	Y																													
Feelin' Peachy Cooler	Y	Y																													
Berry Bliss Cooler	Y	Y																													
Applejito Cooler	Y	Y																													
Rhuberry Breeze Cooler	Y	Y																													
We prepare our fresh			arista	ı-mad	e drin	iks <u>in</u> (	our sh	lops ever	ry day	.We	use m	any ir	gredi	ents a	nd sh	ared e	equip	nent,	and wh	ilst <u>w</u> e	do ou	ır bes	t to m	anage	aller	gens v	ve cani	not gu	arant	ee that	an <u>y of</u>
our food or Barista-m													the ris		ross-c																

Contents Key: ✔ (Product Contains)									-	B	<b>a</b> 1		st	a	P	re	p	<b>a</b> 1	ree	1	D	ri	n	k	5						
Y (Suitable For)								nd Barist d or Bari					gen-fr	ee or s	suitabl	e for t	hose w	vith al		lue to	the ris										
Duritori	Vege	Ve Frie					Ti	ree Nuts	1		1			C	Cereals con	taining glut	en	1	0	Celery	-	-		Milk					0	0.1.1.1.	Disc. Mate
Product	tarians	Vegan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Hot Chocolate																															
Hot Chocolate Semi Skimmed Milk	Y																						V								
Hot Chocolate Skimmed Milk	Y																						~								
Hot Chocolate Soya (instead of milk)	Y	Y																											<		
Hot Chocolate Rice Coconut (instead of milk)	Y	Y				1											1														
Hot Chocolate Oat (instead of milk)	Y	Y													~																
Hot Chocolate Powder	Y	Y																													
Hot Chocolate Hazelnut	Y																						¥								
Hot Chocolate Hazelnut Skimmed	Y																						~								
Hot Chocolate Hazelnut Soya	Y	Y																											>		
Hot Chocolate Hazelnut Rice-Coconut	Y	Y				-																									<u> </u>
Hot Chocolate Hazelnut Oat	Y	Y													~																
Smoothies			1	1		1	1		1		1	1	1	1					1							1					
Berries and Cherries	Y	Y																													
Sweet Greens	Y	Y																													
Tropical Peach	Y	Y	1			1	1		1	1	1	1		1			1			1	1	1				1					
We prepare our fresh our food or Barista-r															ross-o																

Contents Key: ✔ (Product Contains)									-	B	<b>a</b> 1		sta	a	<b>P</b> 1	re	p	<b>a</b> 1	e	1	D	ri	n	k	5						
Y (Suitable For)								nd Barist 1 or Bari					gen-fr	ee or s	uitable	e for tl	hose v	vith all		ue to t	he ris										
Product	Vegetarians	Vegan Friendly	Peanut	Almond	Brazil Nuts	Cashews	1	ee Nuts Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	C Kamult (Wheat)	ereals cont Oats	aining glute Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Milk Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Syrups & Toppings								1																							
All Syrups	Y	Y																													
Caramel Sauce	Y	Y																													
Whipped Cream	Y																						V								
Milk shot																															
Semi Skimmed	Y																						V								
Skimmed	Y																						4								
Soya (instead of milk)	Y	Y																											>		
Rice Coconut (instead of milk)	Y	Y																													
Oat (instead of milk)	Y	Y													>																
Tea								•																							
Ceylon Breakfast (add milk or milk alernative if White)	Y	Y																													
Earl Grey (add milk or milk alernative if White)	Y	Y																													
Peppermint (add milk or milk alernative if White)	Y	Y																													
Tropical Green (add milk or milk alernative if White)	Y	Y																													
Milk / instead of milk cup								•																							
Semi Skimmed milk cup	Y																						¥								
Skimmed milk cup	Y																						¥								
Soya (instead of milk) cup	Y	Y																											>		
Rice Coconut (instead of milk) cup	Y	Y																													
Oat (instead of milk) cup	Y	Y													~																
Babyccino	Y																						¥						_ ]		
We prepare our fresh																															
our food or Barista-m	ade d	lrinks	are a	llerge	n-fre	e or su	itable	for thos	se with	ı aller	gies d	ue to		sk of c allerø		ontac	t. Ou	r vega	n food i	s mad	e to a	vegar	ı reci	pe but	t is not	t suita	ble for	• those	with	milk ar	nd egg