

#### **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



#### Baguettes & Sandwiches

We prepare our freshly made 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 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 not suitable for those with milk and egg allergies.

														1	for tho	se witl	h milk	and e	gg allergi	es.											
	<	√e					Tre	ee Nuts						(	Cereals cont	aining glute	en							Milk						1 1	i
Product	egetarians	gan 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
Baguettes																															
Artichoke Antipasti Baguette	Υ	Υ										~						~													
Artichoke, Tapenade & Olive	Y	Υ										~						~													
Herby Avo & Red Pepper Baguette	Υ	Υ										~						~													
Avo, Olives & Toms	Y	Υ										~						~												igsquare	~
Brie, Tomato & Basil	Υ																	~					~								
Chicken Caesar & Bacon												~						~			<b>&gt;</b>		~								
Chicken Salad Baguette																		~			<b>&gt;</b>		~								
Smoked Salmon, Egg Mayo & Avo												~						~			>	~								igsquare	
Italian Prosciutto												~						~			~		>								
Mexican Style Avo & Pepper	Υ	Υ										~						~													I
Posh Cheddar & Pickle	Υ											~						~			<b>&gt;</b>		~					~			
Free Range Egg Mayo & Smoked Salmon																		>			>	~						>			I
Mozzarella, Roasted Pepper & Pesto Baguette	Υ											>						>			>		>								>
Spicy Tuna																		>			•	<b>Y</b>	>								I
Sweet Chilli Chicken Baguette												<b>\</b>						>											>		
Tuna Mayo & Cucumber																		~			<	<b>Y</b>									
Tuna Nicoise												<b>\</b>						>			<	<b>\</b>	>								
Wiltshire-Cured Ham & Greve																		~			<		>					>			
Sandwiches					•	•		•			•							•													
BLT													~					~			~										
Chicken, Avocado & Basil													>					~			<b>\</b>		~								
Chicken & Pork Stuffing													>					~			<b>\</b>									<b>&gt;</b>	
Chicken Salad													>					~			>		~								
Classic Super Club													>					~			~										
Crayfish & Rocket													>					~	~		>										
Free-Range Egg Mayo	Υ												~					~			~							~			
Ham & Cheese													>					~					~								
Humous & Veg	Υ	Υ										~	>					~													
Kids' Cheese Triangles	Υ												~					~					~								
Kids' Chicken & Cucumber Triangles													~					~			~										
Kids' Ham Triangles													~					~					~								
Mature Cheddar & Pickle	Υ												~					~			~		~								
Scottish Smoked Salmon													~					~				~	~								
Super Greens & Reds	Υ	Υ											~					~													
Tuna Mayo & Cucumber													>					_			~										
				1																					1		<u> </u>				

Contents Key:

✓ (Product Contains)Y (Suitable For)

## Rolls & Wraps

We prepare our freshly made 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 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 not suitable for those with milk and egg allergies.

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	<	<u></u>					Tre	e Nuts						C	ereals cont	aining glute	en							Milk						1	i
Product	egetarians	gan 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
Rolls																															
Egg, Mustard & Tomato Rye Roll	Y												>			~		✓			~							<b>&gt;</b>		1	1
Jambon Buerre																		~					<								
Mediterranean Style Tuna Rye Roll													<b>&gt;</b>			~		~			<	<								1	1
New Yorker Rye Roll													<b>&gt;</b>			<b>Y</b>		~			<							<			
Scandi Style Salmon													>			~		~			~	~						~		<b>&gt;</b>	
Veggie Deli Rye Roll	Υ												<b>&gt;</b>			<b>Y</b>		~			<		<					<			i
Wraps																															
Avo & Herb Wrap	Υ															~		~			<		<								<b>&gt;</b>
Chicken Pesto Wrap																<b>Y</b>		~			<		<								<b>&gt;</b>
Chicken Satay Wrap																<b>Y</b>		~			<								<b>&gt;</b>		1
Falafel, Avocado & Chipotle Salad Wrap	Υ	Υ														~		~												~	i
Hoisin Duck Salad Wrap																<b>&gt;</b>		<b>&gt;</b>			<								>		
Humous & Chipotle Wrap	Υ	Υ										<b>&gt;</b>				<b>Y</b>		~													i
Flatbreads																															
Chicken Shawarma Flatbread												~						~													
Falafel, Avo & Chipotle Flatbread	Υ	Υ																~												<b>&gt;</b>	
Mediterranean Tuna Flatbread	,							,	·			·				,	·	¥			<	<b>\</b>									

#### Breakfast

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	-	Ve					Tre	ee Nuts						C	ereals cont	aining gluter	n							Milk							
Product	egetarians/	gan 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
Almond Croissant	Υ			>														>			>		<b>&gt;</b>								l
Bacon & Egg Breakfast Roll																•		~			<b>&gt;</b>		¥								
Breakfast Baguette Free-Range Egg Mayo & Avocado	Υ																	~			>										1
Breakfast Baguette Free-Range Egg Mayo & Bacon																		>			>										
Breakfast Baguette Roasted Tomatoes & Egg Mayo	Υ																	>			>										
Breakfast Baguette Salmon & Egg Mayo																		>			>	>						<			
Butter Croissant	Υ																	>			>		<b>y</b>								
Cheese Twist	Υ																	>			>		¥								
Chocolate Croissant	Υ																	>			>		<b>y</b>						<		
Cinnamon Danish	Υ																	>			<		~								
Ham, Cheese, Tomato & Bacon Croissant																		>			>		>								
Mozzarella & Tomato Croissant	Υ																	>			<		~								
Pain aux Raisin	Υ																	>			<		>								1
Pastel de Nata	Υ																	>			>		>								
Porridge Topper - Chocolate, Banana & Coconut	Υ	Υ																											<		1
Porridge Topper - Cranberry & Seeds	Υ	Υ																													
Porridge Topper - Seed & Fruit	Υ	Υ																													
Porridge Topping - Five Berry Compote	Υ	Υ																													
Porridge Topping - Honey	Υ																														1
Pret's Bacon Breakfast Roll																<		>					>								
Pret's Proper Porridge	Υ														<								¥								
Pret's Veggie Breakfast Roll	Υ															~		~			~		~								
Sausage & Egg Breakfast Roll																< -		~			*		~								
Very Berry Croissant	Υ	Υ																~													

#### Cold Drinks

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		<					Tree	nuts Nuts							Cereals conta	aining gluten								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
Apple Juice	Υ	Υ																													
Coke (all types)	Υ	Υ																													
Cranberry, Raspberry & Pomegranate Pret Still	Υ	Υ																												<u> </u>	
Easy Greens	Υ	Υ																													
Ginger Shot	Υ	Υ																												<u> </u>	ļ
Green Tea & Peach Pret Still	Υ	Υ																													
Hot Shot	Υ	Υ																												<u> </u>	ļ
Lemon & Ginger Pret Still	Υ	Υ																													
Mango Smoothie	Υ																													<u> </u>	ļ
Mango, Passion Fruit & Lime Pret Still	Υ	Υ																													
Orange Juice	Υ																													<u> </u>	ļ
Pret Apple Fizz	Υ	Υ																													
Pret Cucumber & Mint Seltzer	Υ	Υ																												<u> </u>	ļ
Pret Ginger Beer	Υ	Υ																													
Pret Ginger Kombucha	Υ	Υ																												<u> </u>	
Pret Grape & Elderflower	Υ	Υ																													
Pret Lime & Raspberry Seltzer	Υ	Υ																												<u> </u>	
Pret Rhubarb Lemonade	Υ	Υ																													
Raspberry, Dragonfruit & Yuzu Juice	Υ	Υ																												<u> </u>	
Reusable Aluminium Water Bottle	Υ	Υ																													
Sparkling Spring Water	Υ	Υ																													
Still Water 500ml	Υ	Υ																													
Still Water 750ml	Υ	Υ																													
Vitamin Volcano	Υ	Υ																													

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#### Fruit & Pots

We prepare our freshly made 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 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 not suitable for those with milk and egg allergies.

														Suitai	ole loi	those	WILII III	шк ап	u egg an	iei gies.											
		√e					Tre	e Nuts						C	Cereals 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
Fruit	<u> </u>																•														
Apple	Υ	Υ																													
Banana	Υ	Υ																													
Easy Peeler	Υ	Υ																													'
Fruit Salad	Y	Υ																													
Mango & Lime	Υ	Υ																												<u> </u>	<u> </u>
Melon & Blueberry	Y	Υ																													
Seasons Sweetest Pineapple	Υ	Υ																													<u></u> '
Superfruit Salad	Υ	Υ																													
Watermelon & Lime	Υ	Υ																												Щ,	
Pots																															
Acai & Almond Butter Bowl	Υ	Υ		~											>																
Banana, Honey & Yogurt Pot	Υ																						~								
Bircher Muesli	Υ									<					>								>								
Yogurt & Five Berry Pot	Υ																						~								
Five Berry Bowl	Υ														~								~								
Kids' Mango & Banana Yogurt Pot	Υ																						~								
Mango & Banana Sunshine Bowl	Υ	Υ													~																
Pret's Rice Pudding	Υ																				>		~								
The Big Apple Bowl	Υ														>								~								

#### Pret's Hot

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							Tee	ee Nuts						0	araala aant	aining glute								Milk						1	
	Ve <sub>Q</sub>	/ega					116	e ivuis							ereals com	airiing giute	1			Celery				IVIIIK					1		
Product	getarians	an 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
Chicken & Pork Stuffing Hot Baguette												>						>			>		>							>	
Chipotle Chicken Mozzarella & Feta Hot Baguette												>						>						~	>						
Falafel & Halloumi Hot Wrap	Υ															>		>					<b>&gt;</b>	<b>&gt;</b>	>						
Garlic & Herb Swirl	Υ																	~			~		~								<b>⊥</b>
Italian Style Chicken & Basil Hot Wrap																~		~					~								
Kale Macaroni Cheese	Υ																	~					~								
Macaroni Cheese Prosciutto																		~					~								
Meatless Meatball Hot Wrap	Υ	Υ														>		~													$\bot$
Prosciutto & Mozzarella Hot Baguette												~						~					~								
Pret's Sausage Roll																		~			>		~						<u> </u>		
Swedish Meatball Hot Wrap																>		~					~								
Tomato, Red Pepper & Mozzorella Hot Baguette	Υ											~						~					>								
Tuna Melt Hot Baguette												>						>			>	>	>								
Toasties												-	-									-									
Chicken & Prosciutto Toastie													~		>	>		~					~								
Classic Cheese Toastie													~		~	~		~			~		~					~			╽
Creamy Mushroom Toastie													>		~	~		~					~								
Halloumi, Red Pepper & Basil Toastie													~		>	>		~					~	~	~						
Ham & Cheese Toastie													>		>	>		>			>		~					~			
Kid's Pizza Toastie													>					>					>								
Tuna Melt Toastie													>		<b>Y</b>	<b>&gt;</b>		>			<b>&gt;</b>	~	~								

Pret's Hot

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✓ (Product Contains)

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We prepare our freshly made 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 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 not suitable for those with milk and egg allergies.

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		<					Tre	ee Nuts						С	Cereals con	taining 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
Soup																															
Butternut Masala Soup	Υ	Υ																													
Chicken Laksa																												~	>		
Lasagne Soup																		>													
Souper Tomato	Υ	Υ																													
Spicy Lemongrass Chicken Broth																						>							~		
Sunshine Dhal	Υ	Υ																													
Soup Baguette with Butter	Υ																	>					~								
Soup Roll with Butter	Υ										·		<b>Y</b>			>		>					~								

#### Salads

We prepare our freshly made 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 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 not suitable for those with milk and egg allergies.

Chicagn Salad   Sala																															
Product    Part   Amount   Deart   Dea			√e				Tre	ee Nuts						(	ereals cont	aining glute	en							Milk							
The properties of the Parks Said	Product	/egetarians	gan Friendly	Peanut	Almond	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley		Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Chicago Salva   Chicago Salv	Chef's Italian Chicken Salad									~											<	>	<b>~</b>								
Chicken Satery Sated	Chargrilled Pepper & Feta Pasta Salad	Υ																>						<b>~</b>	>					>	
Egg & Sprach Protein Pot	Chicken & Avo Protein Bowl											~									<b>\</b>								<b>\</b>		
	Chicken Satay Salad																												<		
Code Plantous & Curumber Bowl Y Y Y	Egg & Spinach Protein Pot	Υ																			<										
Pesto, Pasta & Mozzarela  Y Pette Super Club Salad Pette Crayfish & Avo Salad Pette Crayfish & Avo Salad Pette Crayfish & Avo Salad Y Pette Crayfish & Avo Salad	Humous & Falafel Mezze	Υ	Υ									~																			
Pette Super Club Salad  Pette Crayfish & Avo Salad  Pette Green Goddess Salad  Y  Salmon & Mango Salad  Y  Salmon & Mango Salad  Sal	Kids' Humous & Cucumber Bowl	Υ	Υ									~																			
Pette Crayfish & Avo Salad  Pette Green Goddess Salad  Y  Salmon & Mango Salad  Salmon &	Pesto, Pasta & Mozzarella	Υ																>					>							>	~
Pette Green Goddess Salad  Y	Petite Super Club Salad																				~	<b>&gt;</b>	>							>	
Salmon & Mango Salad	Petite Crayfish & Avo Salad																		<b>&gt;</b>												
Smoked Salmon Protein Bowl Smoked Salmon & Egg Protein Pot Smo	Petite Green Goddess Salad	Υ																						<	>				<		
Smoked Salmon & Egg Protein Pot	Salmon & Mango Salad																					>							<	>	
Tura Nicoles Salad	Smoked Salmon Protein Bowl																				<	>							<		
Oressing         Y         Y         Same of the strength of	Smoked Salmon & Egg Protein Pot																				<	>									
Green Dressing         Y         Y         Y         ✓	Tuna Nicoise Salad																				<	>									
Salsamic Dressing Y Y Y S S S S S S S S S S S S S S S S	Dressing																														
Chilli & Lime Dressing Y Y	Green Dressing	Υ	Υ																										~		
	Balsamic Dressing	Υ	Υ																											>	
French Dressing YYY	Chilli & Lime Dressing	Υ	Υ																												
	French Dressing	Υ	Υ																												

#### Snacks

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	Vegi	Fr					Tr	ee Nuts						C	Cereals cont	taining glut	en			Celery				Milk							
Product	etarians	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
Almond Butter Protein Ball	Υ	Υ		<b>&gt;</b>																									~		
BBQ Popped Chickpea Chips	Υ	Υ																													
Chilli, Bean & Seed Tortilla Chips	Υ	Υ																												i	
Cranberries in Coats	Υ																						<							1	
Dark Chocolate Salted Almonds	Υ	Υ		~																									<		
Fruit & Seed Bite	Υ	Υ																												1	
Fruit, Nuts & Chocolate	Υ			~																			~						<b>\</b>		
Mature Cheddar & Red Onion Crisps	Υ																						~								
Milk Chocolate Bar	Υ																						~						<		
Salted Caramel Dessert Pot	Υ																	>					~								
Pret A Mango	Υ	Υ																												i	
Salted Crunchy Corn	Υ	Υ																													
Sea Salt & Cider Vinegar Crisps	Υ	Υ																													
Sea Salt Crisps	Υ	Υ																													
Sea Salt Popcorn	Υ	Υ																													
Smoked Chipotle Crisps	Υ	Υ																													
Sweet & Salt Popcorn	Υ	Υ																													
Smoky Sweet Crunch Mix	Υ					~																							~	1	

#### **Sweet Treats**

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D 1	Vege	Fri S					Tr	ee Nuts						С	ereals cont	taining glute	en			Celery				Milk						1	
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
Almond Butter Bite	Υ			<																									<		
Banana Fridge cake	Υ																	<			~		<b>&gt;</b>							1	
Caramel Waffle	Υ																	<					<b>&gt;</b>						<		
Carrot Cake	Υ										>							<			~		~							ĺ	
Choc Bar	Υ																	<					~						<		
Chocolate Brownie Bar	Υ																	<			~		~						<	ĺ	
Chocolate Chunk Cookie	Υ																	<					~								
Chocolate Moose Dessert Pot	Υ																						~						<	ĺ	
Coconut Bite	Υ	Υ																											<		
Dark Chocolate & Almond Butter Cookie	Υ	Υ		>														<												ĺ	
Dark Chocolate Corn Cakes	Υ																												<		
Dark Chocolate with Sea Salt	Υ																												<	ĺ	
Double Berry Muffin	Υ																	<			~		~								
Fruit, Oat & Spelt Cookie	Υ														>		~	<					>							ĺ	
Hazelnut Truffles	Υ	Υ					~																								
Lemon Cake	Υ			<b>&gt;</b>																	<b>&gt;</b>		~								
Lemon Cheesecake	Υ																	~			<b>&gt;</b>		~								
Love Bar	Υ			~						~					<b>V</b>								~						<b>\</b>	ĺ	
Nut Bar	Υ	Υ		>																									~		
Peach & Almond Bakewell	Υ			~														~			<b>Y</b>		~							i	
Popcorn Bar	Υ																						~						<		
Pret's Caramel Shortbread	Υ																	<					~						<	ĺ	
Pret's Gingerbread Biscuit (Annie & Godfrey)	Υ																	<			~										
Pret Bar	Υ														~			<					~								
Pret's Coffee Caramel Slice	Υ																	<					<b>~</b>						~		
Raspberry & White Chocolate Cookie	Υ																	<					~						<b>~</b>	i	
Raspberry Cheesecake Brownie	Υ																	~			~		~						~		
Scone with Jam, Butter & Clotted Cream	Υ																	<			~		~							i	

# Barista Prepared Drinks

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	√e	Veg					Tr	ee Nuts						(	Cereals cont			-88	ergies.	0.1				Milk							
Product	egetarians	gan 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																															
Americano Black	Υ	Υ																													
Americano Semi Skimmed milk	Υ																						>								
Americano Skimmed milk	Υ																						>								
Americano Soya (instead of milk)	Υ	Υ																											>		
Americano Coconut (instead of milk)	Υ	Υ																													
Americano Oat (instead of milk)	Υ	Υ													>																
Cappuccino Semi Skimmed milk	Υ																						>								
Cappuccino Skimmed milk	Υ																						>								
Cappuccino Soya (instead of milk)	Υ	Υ																											~		
Cappuccino Coconut (instead of milk)	Υ	Υ																													
Cappuccino Oat (instead of milk)	Υ	Υ													~																
Espresso	Υ	Υ																													
Filter - Black Coffee (add milk or milk alernative if White Americano)	Υ	Υ																													
Flat White Semi Skimmed milk	Υ																						>								
Flat White Skimmed milk	Υ																						>								
Flat White Soya (instead of milk)	Υ	Υ																											<b>V</b>		
Flat White Coconut (instead of milk)	Υ	Υ																													
Flat White Oat (instead of milk)	Υ	Υ													~																
Latte Semi Skimmed milk	Υ																						>								
Latte Skimmed milk	Υ																						<b>&gt;</b>								
Latte Soya (instead of milk)	Υ	Υ																											~		
Latte Oat (instead of milk)	Υ	Υ													•																
Latte Coconut (instead of milk)	Υ	Υ																													

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																											-				
	√e	Veg					Tr	ee Nuts						C	ereals cont	taining glute	en			Celery				Milk						1	
Product	getarians	an 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
Macchiato Semi Skimmed milk	Υ																						>								
Macchiato Skimmed milk	Υ																						<b>y</b>								
Macchiato Soya (instead of milk)	Υ	Υ																											<		
Macchiato Oat (instead of milk)	Υ	Υ													>																
Macchiato Coconut (instead of milk)	Υ	Υ																													
Mocha Semi Skimmed milk	Υ																						>								
Mocha Skimmed milk	Υ																						>								
Mocha Soya (instead of milk)	Υ	Υ																											<b>&gt;</b>		
Mocha Coconut (instead of milk)	Υ	Υ																													
Mocha Oat (instead of milk)	Υ	Υ													~																
Other Hot Drinks																															
Chai Latte Semi Skimmed Milk	Υ																						>								
Chai Latte Skimmed Milk	Υ																						<								
Chai Latte Coconut (instead of Milk)	Υ	Υ																													
Chai Latte Soya (instead of Milk)	Υ	Υ																											>		
Chai Latte Oat (instead of Milk)	Υ	Υ													>																
Dirty Chai Latte Semi Skimmed Milk	Υ																						<b>&gt;</b>								
Dirty Chai Latte Skimmed Milk	Υ																						>								
Dirty Chai Latte Coconut (instead of Milk)	Υ	Υ																													
Dirty Chai Latte Soya (instead of Milk)	Υ	Υ																											>		
Dirty Chai Latte Oat (instead of Milk)	Υ	Υ													>																
Matcha Latte Semi Skimmed Milk	Υ																						>								
Matcha Latte Skimmed Milk	Υ																						<b>Y</b>								
Matcha Latte Coconut (instead of Milk)	Υ	Υ																													

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														WI	tn mii	k and e	gg an	ergies.													
Product	Ve	Vegan Friendly					Ti	ree Nuts				Sesame		C	ereals cont	aining glute	n			Celery			Milk								
	getarians		Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio Walnut	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Matcha Latte Soya (instead of Milk)	Υ	Υ																											<		
Matcha Latte Oat (instead of Milk)	Υ	Υ													<b>&gt;</b>																
Iced Drinks																															
Iced Latte Semi Skimmed Milk	Υ																						~								
Iced Latte Skimmed Milk	Υ																						~								
Iced Latte Soya (instead of milk)	Υ	Υ																											>		
Iced Latte Coconut (instead of milk)	Υ	Υ																													
Iced Latte Oat (instead of milk)	Υ	Υ													>																
Iced Chai Latte Semi Skimmed Milk	Υ																						<								
Iced Chai Latte Skimmed Milk	Υ																						~								
Iced Chai Latte Coconut (instead of Milk)	Υ	Υ																													
Iced Chai Latte Soya (instead of Milk)	Υ	Υ																											>		
Iced Chai Latte Oat (instead of Milk)	Υ	Υ													>																
Iced Dirty Chai Latte Semi Skimmed Milk	Υ	-																					~								
Iced Dirty Chai Latte Skimmed Milk	Υ																						<b>\</b>								
Iced Dirty Chai Latte Coconut (instead of Milk)	Υ	Υ																													
Iced Dirty Chai Latte Soya (instead of Milk)		Υ																											>		
Iced Dirty Chai Latte Oat (instead of Milk)	Υ	Υ													~																
Iced Matcha Latte Semi Skimmed Milk	Y	•																					<b>&gt;</b>								
Iced Matcha Latte Skimmed Milk																							<u>,</u>								
Iced Matcha Latte Coconut (instead of	Υ																														
Milk)	Υ	Υ																													
Iced Matcha Latte Soya (instead of Milk)	Υ	Υ																											>		
Iced Matcha Latte Oat (instead of Milk)	Υ	Υ													~															1 '	1

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<u> </u>			with milk and egg allergies.  Tree Nuts Cereals containing gluten Celery																												
Product	/egetari	Vegan Friendly	Peanut	eanut	Brazil	1		Tree Nuts		1		Sesame		Kamult	1		Spelt		Crustacean	Celery and	Egg	Fish		Milk		Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
	rian	an dly		Almond	Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	(Wheat)	Oats	Rye	(Wheat)	Wheat		celeriac			Cow	Goat	Sheep						
Iced Mocha Semi Skimmed Milk	Y																						~								
Iced Mocha Skimmed Milk	Υ																						>						ldot	<u> </u>	
Iced Mocha Soya (instead of milk)	Υ	Υ																											<b>&gt;</b>		
Iced Mocha Coconut (instead of milk)	Υ	Υ																											1	1	
Iced Mocha Oat (instead of milk)	Υ	Υ													>																
Iced White Americano Semi Skimmed Milk	Υ																						<								
Iced White Americano Skimmed Milk	Υ																						<								
Iced White Americano Oat (instead of milk)	Υ	Υ													<b>&gt;</b>														i		
Iced White Americano Soya (instead of milk)	Υ	Υ																											>		
Iced White Americano Coconut (instead of milk)	Υ	Υ																											1		
Pret Coolers																															
Applejito	Υ	Υ																													
Feelin' Peachy	Υ	Υ																													
Mango Sunrise	Υ	Υ																													
Raspberry Lemonade	Υ	Υ																													
Hot Chocolate																															
Hot Chocolate Semi Skimmed Milk	Υ																						~								
Hot Chocolate Skimmed Milk	Υ																						>								
Hot Chocolate Soya (instead of milk)	Υ	Υ																											<b>V</b>		
Hot Chocolate Coconut (instead of milk)	Υ	Υ																													
Hot Chocolate Oat (instead of milk)	Υ	Υ													~																
Hot Chocolate Powder	Υ	Υ																													
Hot Chocolate Hazelnut	Υ																						>								
Hot Chocolate Hazelnut Skimmed	Υ																						>								
Hot Chocolate Hazelnut Soya (instead of milk)	Υ	Υ																											~		
Hot Chocolate Hazelnut Coconut (instead of milk)	Υ	Υ																													

#### Contents Key:

✓ (Product Contains)Y (Suitable For)

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Product	Vegetarians	/egan Fr	Peanut				Tr	ee Nuts				Sesame		C	cereals cont	taining glute	n		Crustacean	Celery	Egg	Fish		Milk		Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Troduct		riendly		Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat		celeriac	-55		Cow	Goat	Sheep				,-		
Hot Chocolate Hazelnut Oat (instead of milk)	Υ	Υ													>																
Syrups & Toppings																															
All Syrups	Υ	Υ																													
Whipped Cream	Υ																						<								
Milk shot																															
Semi Skimmed	Υ																						~								
Skimmed	Υ																						~								
Soya (instead of milk)	Υ	Υ																											~		
Coconut (instead of milk)	Υ	Υ																													
Oat (instead of milk)	Υ	Υ													<b>&gt;</b>																
Tea																															
Ceylon Breakfast (add milk or milk alternative if White)	Υ	Υ																													
Earl Grey (add milk or milk alternative if White)	Υ	Υ																													
Peppermint (add milk or milk alternative if White)	Υ	Υ																													
Tropical Green (add milk or milk alternative if White)	Υ	Υ																													
Milk / instead of milk cup																															
Semi Skimmed milk cup	Υ																						<b>\</b>								
Skimmed milk cup	Υ																						<								
Soya (instead of milk) cup	Υ	Υ																											~		
Coconut (instead of milk) cup	Υ	Υ																													
Oat (instead of milk) cup	Υ	Υ													~																
Babyccino	Υ																						~								

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