

COLD BAGUETTES		Suitable for		April 2023												
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Chicken Caesar Baguette			✓	✓	✓		WHEAT, RYE, BARLEY,OATS		✓			✓	✓		✓	
Scandi Style Salmon Rye Roll			✓		✓		WHEAT,BARLEY, RYE		✓			✓			✓	
Aubergine Parmigiana Rye Roll	✓		✓	✓			WHEAT,BARLEY, RYE						✓			
Chicken Salad Baguette			✓	✓	✓		WHEAT		✓			✓	✓			
Free Range Egg Mayo & Roasted Tomatoes Baguette	✓		✓		✓		WHEAT		✓			✓	✓			
Pole & Line Caught Tuna Mayo & Cucumber Baguette			✓		✓		WHEAT		✓			✓	✓		✓	
Posh Cheddar & Pickle Baguette	✓		✓	✓	✓		WHEAT, RYE, BARLEY, OATS		✓			✓	✓			
Smoked Salmon & Free-Range Egg Mayo Baguette			✓		✓		WHEAT		✓			✓	✓		✓	
Smoked Salmon, Soft Cheese & Dill Baguette			✓	✓			WHEAT, RYE, BARLEY,OATS								✓	
Italian Beef Baguette				✓	✓		WHEAT		✓			✓				

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Breakfast	Suitable for		Contains these allergens														
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
			Almond Croissant	✓			✓	✓		WHEAT							
Banana & Honey Breakfast Bowl	✓			✓			OAT										CASHEW, PECAN
Bircher Muesli	✓			✓			OAT										PISTACHIO, CASHEW, PECAN
Berry Yoghurt Parfait	✓			✓			OAT										CASHEW, PECAN
Blue Goodness	✓			✓			OAT						✓				CASHEW, PECAN, ALMOND
Yellow Goodness	✓			✓			OAT						✓				CASHEW, PECAN, ALMOND
Pink Goodness	✓			✓			OAT										CASHEW, PECAN, ALMOND
Very Berry Croissant	✓	✓					WHEAT										
Chocolate Croissant	✓			✓	✓		WHEAT		✓								HAZELNUT
Zataar Croissant	✓		✓	✓	✓		WHEAT		✓			✓	✓				ALMOND, WALNUT
Five Berry Breakfast Bowl	✓			✓			OAT										CASHEW, PECAN
French Butter Croissant	✓			✓	✓		WHEAT										
Mozzarella & Tomato Croissant	✓			✓	✓		WHEAT										
Pain au Raisin	✓		✓	✓	✓		WHEAT		✓								
Tomato Twist	✓			✓	✓		WHEAT										
Pret's Veggie Brioche	✓			✓	✓		WHEAT										
Chicken Sausage and Egg Brioche				✓	✓		WHEAT				✓						

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Hot Croissants	Suitable for		Contains these allergens													
Product	Vegetarians	Vegans														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
HK- Tomatoes and Cheese	✓			✓	✓		WHEAT									
HK- Smoked Salmon and Egg				✓	✓		WHEAT								✓	
HK- Beef and Onion				✓	✓		WHEAT									
HK- Scrambled Eggs & Portobello Mushrooms	✓			✓	✓		WHEAT									
HK- Scrambled Eggs & Chicken				✓	✓		WHEAT									

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Cold Drinks		Suitable for															April 2023
Product	Vegetarians	Vegans	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Coconut Water	✓	✓															
ArwaWater	✓	✓															
Essential Green	✓	✓									✓						
Sprite	✓	✓															
Essentially - Hit Me	✓	✓									✓						
Essentially - Wake Me	✓	✓															
Nai's Jasmine White Tea	✓	✓															
Nai's Hibiscus Flower Tea	✓	✓															
Nai's Moroccan Mint Tea	✓	✓															
Nai's Ginger Green Tea	✓	✓															
Orange Juice - Cold Pressed	✓																
Pineapple Powwow	✓																
Pink Lemonaid	✓	✓															
Blue Lemonaid	✓	✓															
Black Lemonaid	✓	✓															
Coke	✓	✓															
Coke Zero	✓	✓															
Pomegranate Juice - Cold Pressed	✓	✓															
Root Reboot	✓																
San Pellegrino	✓	✓															
Sunny Dayz	✓																
Aqua Morelli Still Water 500ml	✓	✓															
Aqua Morelli Still Water 1L	✓	✓															
Eira Still Water 500ml	✓	✓															
Eira Still Water 700ml	✓	✓															

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

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Pret's Hot	Suitable for		Contains these allergens														
Product	Vegetarians	Vegans															
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Chicken, Avocado & Basil Toastie				✓	✓			WHEAT, BARLEY, RYE, OAT		✓			✓	✓			
Chipotle Chicken Hot Wrap			✓	✓				WHEAT, RYE					✓				
Classic Cheese Toastie	✓			✓	✓			WHEAT, BARLEY, RYE, OAT		✓			✓				
Falafel & Halloumi Hot Wrap	✓		✓	✓				WHEAT, RYE									
Macaroni - Beef Bolognese				✓				WHEAT					✓				
Macaroni - Veggie Kale	✓			✓				WHEAT									
Sausage Roll				✓	✓			WHEAT									
Tuna Melt Toastie				✓	✓			WHEAT, BARLEY, RYE, OAT		✓			✓	✓		✓	
Omelette Mushroom and Spinach	✓			✓	✓					✓							
Pret 's Porridge	✓	✓						OAT		✓							
Meatball Hot Wrap			✓	✓				WHEAT, RYE		✓			✓				
Portobello Mushroom Toasted Baguette	✓			✓	✓			WHEAT		✓			✓	✓			
Spicy Chicken Toasted Baguette			✓	✓				WHEAT, RYE, BARLEY,OATS					✓				
Chicken Biryani Style Cauliflower Rice				✓													CASHEW, ALMOND
Italian Style Cauliflower Rice	✓			✓				WHEAT					✓				

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Soups		Suitable for		Contains these allergens													
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
			Malaysian Chicken Souper Tomato	✓	✓												
Carrot & Coriander				✓							✓						
Chicken Multigrain							BARLEY, WHEAT				✓						
Pumpkin & Corn Chowder				✓							✓						
Thai Red Curry Chicken Soup									✓		✓			✓	✓		
Japanese Corn Soup	✓			✓													
Soup Bread	✓	✓	✓				WHEAT, RYE, BARLEY, OATS										
Curried Lentil & Sweet Potato with Quinoa Soup	✓			✓							✓						

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Salads		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
			Avocado, Mozzarella & Roasted Peppers Salad	✓			✓								✓	✓
Chef's Italian Chicken Salad				✓	✓				✓			✓	✓		✓	PISTACHIO
Smoked Salmon Salad												✓	✓		✓	
Wild Crayfish & Avocado												✓	✓	✓		
Hanoi Beef Salad			✓						✓							
Roasted Eggplant & Quinoa Salad	✓		✓		✓				✓			✓				
Japanese Potato & Tuna Salad			✓		✓				✓			✓			✓	

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Protein Pots		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
			Chicken & Smashed Avo Pot				✓	✓				✓				
Edamame Beans Pot	✓	✓							✓							
Egg & Avocado Protein Pot	✓				✓											
Quinoa & Crayfish Pot					✓							✓		✓		
Japanese Potato Salad Pot			✓		✓				✓			✓				

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## Sandwiches

Suitable for

April 2023

Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Chicken Avocado				✓	✓		WHEAT, BARLEY		✓			✓	✓			
Cracking Egg Salad	✓				✓		WHEAT, BARLEY		✓			✓	✓			
Wild Crayfish & Rocket					✓		WHEAT, BARLEY		✓			✓	✓	✓		
Mature Cheddar & Pret Pickle	✓			✓	✓		WHEAT, BARLEY		✓			✓	✓			
Smoked Salmon				✓			WHEAT, BARLEY						✓		✓	
Summer Chicken				✓	✓		WHEAT, BARLEY		✓			✓	✓			PINENUTS
Pret's multigrain open sandwich - Salmon & Soft Cheese				✓			GF OAT								✓	
Pole & Line Caught Tuna & Rocket					✓		WHEAT, BARLEY		✓			✓	✓		✓	
Pret's multigrain open sandwich - Smashed Avo	✓	✓					GF OAT									
Veggie New Yorker	✓		✓	✓	✓		WHEAT, BARLEY		✓			✓	✓			
Beef & Horseradish Granary				✓	✓		WHEAT, BARLEY					✓	✓			
Super Rainbow	✓	✓	✓				WHEAT, BARLEY					✓	✓			

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Pret Snacks	Suitable for		Contains these allergens													
Product	Vegetarians	Vegans														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Pret A Mango	✓	✓														
Hunters - Salt & Black Pepper	✓	✓					Wheat									
Burts - Sea Salted	✓	✓														
Burts - Mature Cheddar	✓			✓												
Burts - Sweet Chilli	✓	✓							✓							

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## Sweet Treats

Suitable for

April 2023

Product	Suitable for		Contains these allergens													
	Vegetarian s	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Choc Bar	✓			✓			WHEAT		✓							
Chocolate Brownie Bar	✓			✓	✓		WHEAT		✓							
Chocolate Chunk Cookie	✓			✓			WHEAT									
Vegan Lotus Biscoff Cake	✓	✓					WHEAT		✓							
Coco-Nut Protein Ball	✓	✓							✓							COCONUT CASHEW
Espresso Mocha Protein Ball	✓	✓							✓							COCONUT, CASHEW
Honey Cake	✓			✓	✓		WHEAT									
Double Berry Muffin	✓			✓	✓		WHEAT									
Dark Chocolate and Almond Butter Cookie	✓	✓					WHEAT									ALMONDS
Fruit, Oat & Spelt Cookie	✓			✓			WHEAT, OAT									
Love Bar	✓			✓			OAT									ALMOND,
Popcorn bar	✓			✓					✓							

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## Wraps

Suitable for

April 2023

Product	Vegetarians	Vegans	Contains these allergens												
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish
Avocado & Chipotle Chicken Flatbread				✓			WHEAT					✓			
Chicken Tikka Wrap				✓			WHEAT, RYE								ALMOND, CASHEW
Avocado & Herb Salad Wrap	✓		✓	✓	✓		WHEAT, RYE		✓			✓	✓		PINE NUTS
Mediterranean Tuna Flat Bread					✓		WHEAT		✓			✓	✓		✓

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Barista Prepared Drinks		Suitable for																April 2023
Product	Vegetarians	Vegans	Contains these allergens															
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts		
<b>Hot Chocolate</b>																		
Hot Chocolate	✓			✓														
Hot Chocolate with Oat	✓	✓				Oats												
Hot Chocolate with Almond	✓			✓												ALMOND		
Hot Chocolate with Rice- Coconut	✓																	
Hot Chocolate (Soya)	✓							✓										
<b>Syrups</b>																		
Caramel Shot	✓	✓																
Vanilla Shot	✓	✓																
Salted Caramel	✓	✓																
Product	Vegetarians	Vegans	Contains these allergens															
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts		
<b>Smoothies</b>																		
Berries & Cherries	✓	✓																
Sweet Greens	✓	✓																
Tropical Peach	✓	✓																
<b>Frappés</b>																		
Chocolate Frappe	✓			✓														
Salted Caramel	✓			✓														
Classic Frappe	✓			✓														
<b>Iced Drinks</b>																		
Iced Black Americano	✓	✓																
Iced Coconut Latte	✓																	
Iced Chai Latte	✓			✓														
Iced Mocha	✓			✓														
Iced Love Bar Chocloate	✓			✓	✓		Wheat											
Ice Love Bar Latte	✓			✓	✓		Wheat											
Iced Spanish Latte	✓			✓														
Iced Chocolate	✓			✓														
Iced Rose Cappuccino	✓			✓														
Iced Rose Cappuccino with Oat	✓					Oats												
Iced Rose Cappuccino with Almond	✓															Almond		
Iced Rose Cappuccino with Soya	✓							✓										
Iced Rose Cappuccino with Coconut	✓																	
Iced White Americano	✓			✓														
Iced Latte	✓			✓														
<b>Powder</b>																		
Cinnamon	✓	✓																
Brown Sugar	✓	✓																
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Barista Prepared		Suitable for																8th March 2023
Product	Vegetarians	Vegans	Contains these allergens															
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts		

Coffee													
Black Filter Coffee	✓	✓											
Cappuccino	✓			✓									
Flat White	✓			✓									
Latte	✓			✓									
Mocha	✓			✓									
Rose Cappuccino	✓			✓									
Rose Cappuccino with Oat	✓					Oat							
Rose Cappuccino with Almond	✓												Almond
Rose Cappuccino with Coconut	✓												
Rose Cappuccino with Soya	✓							✓					
Spanish Latte	✓			✓									
White Americano	✓			✓									
Coconut Flat White	✓	✓											
Coconut Latte	✓	✓											
Coconut Mocha	✓	✓											
Tea													
Ceylon Breakfast Tea	✓			✓									
Green Tea	✓												
Earl Grey Tea	✓			✓									
Peppermint Tea	✓	✓											
Flavoured Latte													
Chai Latte	✓			✓									
Chai Latte with Rice-Coconut	✓	✓											
Chai Latte with Oat	✓						✓						
Chai Latte (Almond)	✓	✓											Almond
Chai Latte (Soya)	✓	✓						✓					
Spanish Latte Oat	✓			✓			✓						
Spanish Latte Almond	✓												Almond
Spanish Latte Coconut	✓			✓									
Spanish Latte Soya	✓			✓				✓					
Matcha Latte with Almond	✓	✓											Almond
Matcha Latte with Oat	✓	✓					✓						
Matcha Latte with Rice-Coconut	✓	✓											
Matcha Latte (Soya)	✓	✓						✓					

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Alcohol Range		Suitable for															April 2023
Product	Vegetarians	Vegans	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Tiger Can	✓	✓						BARLEY									
Tiger Bottle	✓	✓						BARLEY									
Amstel Light Bottle	✓	✓						BARLEY					✓				
Heineken Bottle	✓	✓						BARLEY					✓				
Vin du Can Sparkling	✓	✓											✓				
Vin du Can Sauvignon Blanc	✓	✓											✓				
Vin du Can Rose	✓	✓											✓				
Vin du Can Malbec	✓	✓											✓				

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Coffee Products		Suitable for															8th March 2023
Product	Vegetarians	Vegans	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Coffee Classic Ground 200g	✓	✓															
Coffee Espresso Beans 450g	✓	✓															
Coffee Single Origin Ground 200g	✓	✓															

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