

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
All Day Breakfast Hot Wrap				✓	✓			WHEAT, RYE		✓			✓			
Avocado, Cheddar & Chipotle Toasted Tortilla	✓			✓				WHEAT, RYE					✓			
Brie, Avocado & Tomato Toastie	✓			✓				WHEAT, OAT, RYE, BARLEY								
Chicken Caesar & Avocado Toasted Tortilla				✓	✓			WHEAT, RYE, BARLEY		✓			✓		✓	
Chicken, Avocado & Basil Toastie				✓	✓			WHEAT, OAT, RYE, BARLEY		✓			✓			
Chicken Chipotle Hot Wrap				✓				WHEAT, RYE					✓			
Chipotle Chicken Toasted Tortilla				✓				WHEAT, RYE					✓			
Eggs Florentine Toasted Tortilla	✓			✓	✓			WHEAT, RYE		✓			✓			
Mozzarella & Pesto Toastie	✓			✓				WHEAT, BARLEY								
Spicy Mediterranean Hot Wrap	✓			✓				WHEAT, RYE					✓	✓		
Egg, Cheddar & Tomato Toastie	✓			✓	✓			WHEAT, OAT, RYE, BARLEY		✓			✓			
Chipotle Chicken Toastie				✓				WHEAT, OAT, RYE, BARLEY					✓	✓		
Ham, Cheese & Mustard Toastie				✓	✓			WHEAT, OAT, RYE, BARLEY		✓			✓			
Classic Cheese Toastie	✓			✓	✓			WHEAT, OAT, RYE, BARLEY		✓			✓			

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

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Breakfast		Suitable for		Contains these allergens													VI - 01.01.2024	
Product	vegetarian	vegan	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts		
			Bacon & Egg Brioche			✓	✓		WHEAT		✓							
Bacon Brioche			✓	✓		WHEAT		✓										
Ham & Egg Brioche			✓	✓		WHEAT		✓				✓						
Banana & Honey Muesli	✓		✓															
Cranberry Yoghurt Bowl	✓		✓															
Bioche Muesli	✓		✓													PISTACHIO		
Croissant Almond	✓		✓	✓		WHEAT										ALMOND		
Croissant Chocolate	✓		✓	✓		WHEAT		✓										
Coconut Chia Seed Bowl	✓	✓														ALMOND		
Almond Butter Yoghurt Pot	✓		✓													ALMOND		
Sausage & Egg Brioche			✓	✓		WHEAT		✓					✓					
Five Berry Bowl	✓		✓															
Five Berry Piset Pot	✓		✓															
Mozzarella & Tomato Croissant	✓		✓	✓		WHEAT												
Ham and Greve Hot Croissant			✓	✓		WHEAT												
Balmon and Egg Hot Croissant			✓	✓		WHEAT									✓			
Cheddar and Tomatoes Hot Croissant	✓		✓	✓		WHEAT												
Pain au Raisin	✓		✓	✓		WHEAT												
Plain Croissant	✓		✓	✓		WHEAT												
Pret's Veggie Brioche	✓		✓	✓		WHEAT		✓										
Very Berry Croissant	✓	✓				WHEAT												
Blue Goodness	✓		✓															
Pink Goodness	✓		✓													ALMOND		
Yellow Goodness	✓		✓										✓			ALMOND		

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Cold Drinks		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		
			ABC - Apple Beetroot Carrot	✓	✓													
Water - Aqua Panna 500ml Still	✓	✓																
Coke (All types)	✓	✓																
Juice - Fresh Lemon & Mint	✓	✓																
Heineken Beer	✓	✓					BARLEY											
Juice - Orange	✓	✓																
Juice - Pink Grapefruit	✓	✓																
Radiance	✓	✓									✓							
Restorative	✓	✓																
Water - San Pellegrino 500ml Sparkling	✓	✓																
Tiger Beer	✓	✓					BARLEY											
Ultra Boost	✓	✓																
Water - Desa 500ml Still	✓	✓																
Juice - Watermelon	✓	✓																

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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	
			Apple	✓	✓												
Banana	✓	✓															
Dragon Fruit Salad	✓	✓															
Melon Trio	✓	✓															
Papaya & Lime	✓	✓															
Pineapple & Lime	✓	✓															

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Salads		Suitable for															V1 -01.01.2024
Product	Vegetarians	Vegans	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Chef's Chicken Salad				✓	✓		<b>BARLEY</b>		✓			✓			✓	<b>PISTACHIO</b>	
Egg & Spinach Protein Pot	✓				✓												
Greek Salad	✓			✓			<b>WHEAT, RYE</b>					✓				<b>PINENUTS</b>	
Smoked Salmon & Spinach Protein Pot					✓										✓		
Wild Crayfish & Avocado												✓		✓			

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Sandwiches		Suitable for														
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Chicken Avocado Granary				✓	✓		WHEAT, BARLEY		✓			✓				
Classic Super Club Granary					✓		WHEAT, BARLEY		✓			✓				
Wild Crayfish & Rocket Granary					✓		WHEAT, BARLEY		✓			✓	✓			
Cracking Egg Salad Granary	✓				✓		WHEAT, BARLEY		✓			✓				
Ham & Cheese Granary				✓			WHEAT, BARLEY									
Mature Cheddar Granary	✓			✓	✓		WHEAT, BARLEY		✓			✓	✓			
Smoked Salmon				✓			WHEAT, BARLEY								✓	
Brie & Cranberry	✓			✓			WHEAT, BARLEY									
Christmas Lunch Chicken Sandwich				✓	✓		WHEAT, BARLEY		✓			✓				
Egg Mayo & Tomato Granary	✓				✓		WHEAT, BARLEY		✓			✓				
Sliced Egg & Cress Granary	✓				✓		WHEAT, BARLEY		✓			✓				
Portobello, Lettuce & Tomato Granary	✓			✓	✓		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	✓	✓											
Tyrrells Lightly Sea Salted Crisps	✓															
Tyrrells Mature Cheddar & Chives Crisps	✓			✗												
Tyrrells Sea Salt & Cider Vinegar Crisps	✓	✓					BARLEY									
Tyrrells Sea Salt & Cracked Black Pepper Crisps	✓															

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Sweet Treats		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
			Brownie Bar	✓			✓	✓		WHEAT		✓				
Choc Bar	✓			✓			WHEAT		✓							
Chocolate Chunk Cookie	✓			✓			WHEAT									
Dark Chocolate Almond Butter Cookies	✓						WHEAT									ALMONDS
Cheese Twist	✓			✓	✓		WHEAT									
Egg Tart	✓			✓	✓		WHEAT									
Fruit, Oat & Spelt Cookie	✓			✓			WHEAT, OAT, SPELT									
Love Bar	✓			✓			OATS		✓							PISTACHIO, ALMONDS
Muffin Double Berry	✓			✓	✓		WHEAT									
Muffin Chocolate	✓			✓	✓		WHEAT		✓							HAZELNUT
Popcorn bar	✓			✓					✓							

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

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Barista Prepared Drinks

Suitable for

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Product	Vegetarian	Vegan	Contains these allergens												
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish
<b>Coffee</b>															
Americano Black	✓	✓													
Americano White Milk	✓			▼											
Americano White Rice Coconut	✓	✓													
Americano White Soya	✓							▼							
Americano White Oat	✓	✓													
Americano White Almond	✓	✓													ALMOND
Cappuccino Milk	✓			▼											
Cappuccino Rice Coconut	✓	✓													
Cappuccino Soya	✓	✓						▼							
Cappuccino Oat	✓	✓													
Cappuccino Almond	✓	✓													ALMOND
Decaf Latte Milk	✓			▼											
Decaf Latte Rice Coconut	✓	✓													
Decaf Latte Soya	✓	✓						▼							
Decaf Latte Oat	✓	✓													
Decaf Latte Almond	✓	✓													ALMOND
Espresso	✓	✓													
Filter - Black Coffee	✓	✓													
Filter - White Coffee Milk	✓			▼											
Filter - White Coffee Rice Coconut	✓	✓													
Filter - White Coffee Soya	✓	✓						▼							
Filter - White Coffee Oat	✓	✓													
Filter - White Coffee Almond	✓	✓													ALMOND
Flat White Milk	✓			▼											
Flat White Rice Coconut	✓	✓													
Flat White Soya	✓	✓						▼							
Flat White Oat	✓	✓													
Flat White Almond	✓	✓													ALMOND
Latte Milk	✓			▼											
Latte Rice Coconut	✓	✓													
Latte Soya	✓	✓						▼							
Latte Oat	✓	✓													
Latte Almond	✓	✓													ALMOND
Macchiato Milk	✓			▼											
Macchiato Rice Coconut	✓	✓													
Macchiato Soya	✓	✓						▼							
Macchiato Oat	✓	✓													
Macchiato Almond	✓	✓													ALMOND
Mocha Milk	✓			▼											
Mocha Rice Coconut	✓	✓													
Mocha Soya	✓	✓						▼							

Mocha Oat	✓	✓															
Mocha Almond	✓	✓															ALMOND

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

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Product	Vegetarians	Vegans															
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
<b>Flavoured Latte/ Tea</b>																	
Chai Latte Milk	✓			✓													
Chai Latte Rice Coconut	✓	✓															
Chai Latte Soya	✓	✓						✓									
Chai Latte Oat	✓	✓															
Chai Latte Almond	✓	✓													ALMOND		
Caramel Latte Milk	✓			✓													
Caramel Latte Rice Coconut	✓	✓															
Caramel Latte Soya	✓	✓						✓									
Caramel Latte Oat	✓	✓															
Caramel Latte Almond	✓	✓													ALMOND		
Hazelnut Latte Milk	✓			✓											HAZELNUT		
Hazelnut Latte Rice Coconut	✓	✓													HAZELNUT		
Hazelnut Latte Soya	✓	✓						✓							HAZELNUT		
Hazelnut Latte Oat	✓	✓													HAZELNUT		
Hazelnut Latte Almond	✓	✓													HAZELNUT ALMOND		
Matcha Latte Milk	✓			✓													
Matcha Latte Rice Coconut	✓	✓															
Matcha Latte Soya	✓	✓						✓									
Matcha Latte Oat	✓	✓															
Matcha Latte Almond	✓	✓													ALMOND		
Vanilla Latte Milk	✓			✓													
Vanilla Latte Rice Coconut	✓	✓															
Vanilla Latte Soya	✓	✓						✓									
Vanilla Latte Oat	✓	✓															
Vanilla Latte Almond	✓	✓													ALMOND		
Holiday Joy Latte Milk	✓			✓													
Holiday Joy Latte Rice Coconut	✓	✓															
Holiday Joy Latte Soya	✓	✓						✓									
Holiday Joy Latte Oat	✓	✓															
Holiday Joy Latte Almond	✓	✓													ALMOND		
<b>Hot Chocolate</b>																	
Hot Chocolate Milk	✓			✓													
Hot Chocolate with Rice-Coconut	✓	✓															
Hot Chocolate Soya	✓	✓						✓									
Hot Chocolate Oat	✓	✓															
Hot Chocolate Almond	✓	✓													ALMOND		

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Product	Vegetarians	Vegans															
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
<b>Milk Cup</b>																	
Babyccino	✓			✗													
Milk Whole	✓			✗													
Milk Semi-Skimmed	✓			✗													
Rice Coconut	✓	✓															
Soya	✓	✓							✗								
Oat	✓	✓															
Almond	✓	✓													ALMOND		
<b>Syrups</b>																	
Syrup Shot - Caramel	✓	✓															
Syrup Shot - Hazelnut	✓	✓													HAZELNUT		
Syrup Shot - Vanilla	✓	✓															
<b>Tea</b>																	
English Breakfast Tea Milk	✓			✗													
English Breakfast Tea Rice-Coconut	✓	✓															
English Breakfast Tea Soya	✓	✓						✗									
English Breakfast Tea Oat	✓	✓															
English Breakfast Tea Almond	✓	✓													ALMOND		
Earl Grey Tea Milk	✓			✗													
Earl Grey Tea Rice-Coconut	✓	✓															
Earl Grey Tea Soya	✓	✓						✗									
Earl Grey Tea Oat	✓	✓															
Earl Grey Tea Almond	✓	✓													ALMOND		
Green Tea	✓	✓															
Peppermint Tea	✓	✓															

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