

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						
Chicken Caesar Baguette			✓	✓	✓		WHEAT, RYE, OAT, BARLEY		✓		✓	✓			✓	
Chipotle Mozzarella Hot Baguette	✓		✓	✓			WHEAT, RYE, OAT, BARLEY					✓				
Egg Mayo & Roasted Tomato	✓		✓		✓		WHEAT		✓							
Ham & Greve Baguette			✓	✓	✓		WHEAT		✓			✓				
Hot Chili Chicken Baguette			✓		✓		WHEAT		✓		✓	✓				
Prosciutto Baguette			✓	✓	✓		WHEAT, RYE, OAT, BARLEY		✓			✓				
Posh Prosciutto Baguette			✓	✓			WHEAT, RYE, OAT, BARLEY									
Posh Cheddar Baguette	✓		✓	✓	✓		WHEAT, RYE, BARLEY		✓		✓	✓				
Smoked Salmon, Soft Cheese & Dill Baguette			✓	✓			WHEAT, RYE, BARLEY				✓	✓			✓	
Smoked Salmon & Egg Mayo			✓		✓		WHEAT		✓						✓	
Christmas Chicken Feast				✓	✓		WHEAT		✓			✓				

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan product is made to a vegan recipe but is not suitable for those with milk and egg allergies.

Breakfast		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
Bacon & Egg Brioche				✓	✓			WHEAT								
Pret's Bacon Brioche				✓	✓			WHEAT								
Banana & Honey Muesli	✓			✓												
Cranberry Yoghurt Bowl	✓			✓												
Bircher Muesli	✓			✓												PISTACHIO
Croissant Almond	✓			✓	✓			WHEAT								ALMOND
Croissant Chocolate	✓			✓	✓			WHEAT		✓						HAZELNUT
Sausage & Egg Brioche				✓	✓			WHEAT								
Five Berry Bowl	✓			✓												
Five Berry Pret Pot	✓			✓												
Mozzarella & Tomato Croissant	✓			✓	✓			WHEAT			✓					
Portobello Croissant	✓			✓	✓			WHEAT								
Chicken Croissant				✓	✓			WHEAT								
Pain au Raisin	✓			✓	✓			WHEAT		✓						
Plain Croissant	✓			✓	✓			WHEAT								
Feta, Spinach & Roasted Tomato Brioche	✓			✓	✓			WHEAT								

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan product is made to a vegan recipe but is not suitable for those with milk and egg allergies.

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 - Vittel 500ml Still	✓	✓															
Juice - Watermelon	✓	✓															

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan product is made to a vegan recipe but is not suitable for those with milk and egg allergies.

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	✓	✓															

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan product is made to a vegan recipe but is not suitable for those with milk and egg allergies.

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		✓		✓	✓			✓	
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, OAT, RYE, 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		✓		✓	✓				

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan product is made to a vegan recipe but is not suitable for those with milk and egg allergies.

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

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan product is made to a vegan recipe but is not suitable for those with milk and egg allergies.

Sandwiches		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 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		✓			✓				

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan product is made to a vegan recipe but is not suitable for those with milk and egg allergies.

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
Cranberries in Coats	✓			✗												
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	✓															

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan product is made to a vegan recipe but is not suitable for those with milk and egg allergies.

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									
Fruit, Oat & Spelt Cookie	✓			✗			WHEAT, OAT, SPELT									
Love Bar	✓			✗			OATS		✗							PISTACHIO, ALMONDS
Muffin Double Berry	✓			✗	✗		WHEAT									
Popcorn bar	✓			✗					✗							
Christmas Tiffin	✓			✗			WHEAT		✗							PISTACHIO
Mince Pies	✓			✗	✗		WHEAT									
Shortbread	✓			✗			WHEAT									

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan product is made to a vegan recipe but is not suitable for those with milk and egg allergies.

Wraps		Suitable for														V5-02.01.2023
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Avocado & Herb Salad Wrap	✓			✘	✘		WHEAT, RYE		✘		✘	✘				PINENUTS
Crayfish & Chipotle Salad Wrap							WHEAT, RYE					✘		✘		
Chicken & Rocket Salad Wrap				✘	✘		WHEAT, RYE		✘		✘	✘				

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan product is made to a vegan recipe but is not suitable for those with milk and egg allergies.

Barista Prepared Drinks

Suitable for

V5-02.01.2023

Product	Suitable for		Contains these allergens													
	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Coffee																
Americano Black	✓	✓														
Americano White Milk	✓			∨												
Americano White Rice Coconut	✓	✓														
Americano White Soya	✓	✓							∨							
Americano White Oat	✓	✓					OAT									
Americano White Almond	✓	✓														ALMOND
Cappuccino Milk	✓			∨												
Cappuccino Rice Coconut	✓	✓														
Cappuccino Soya	✓	✓							∨							
Cappuccino Oat	✓	✓					OAT									
Cappuccino Almond	✓	✓														ALMOND
Decaf Latte Milk	✓			∨												
Decaf Latte Rice Coconut	✓	✓														
Decaf Latte Soya	✓	✓							∨							
Decaf Latte Oat	✓	✓					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	✓	✓					OAT									
Filter - White Coffee Almond	✓	✓														ALMOND
Flat White Milk	✓			∨												
Flat White Rice Coconut	✓	✓														
Flat White Soya	✓	✓							∨							
Flat White Oat	✓	✓					OAT									
Flat White Rice Coconut	✓	✓														ALMOND
Latte Milk	✓			∨												
Latte Rice Coconut	✓	✓														
Latte Soya	✓	✓							∨							
Latte Oat	✓	✓					OAT									
Latte Almond	✓	✓														ALMOND
Macchiato Milk	✓			∨												
Macchiato Rice Coconut	✓	✓														
Macchiato Soya	✓	✓							∨							
Macchiato Oat	✓	✓					OAT									
Macchiato Almond	✓	✓														ALMOND
Mocha Milk	✓			∨												
Mocha Rice Coconut	✓	✓														
Mocha Soya	✓	✓							∨							

Mocha Oat	✓	✓					OAT									
Mocha Almond	✓	✓														ALMOND

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan product is made to a vegan recipe but is not suitable for those with milk and egg allergies.

Barista Prepared Drinks

Suitable for

08 December 2022 version 3

Product	Vegetarian	Vegan	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Over Ice & Frappes																
Chocolate Frappe	✓			✓												
Classic Frappe	✓			✓												
Iced Americano Black	✓	✓														
Iced Americano White Milk	✓			✓												
Iced Americano White Rice Coconut	✓	✓														
Iced Americano White Soya	✓	✓							✓							
Iced Americano White Oat	✓	✓						OAT								
Iced Americano White Almond	✓	✓														ALMOND
Iced Cappuccino Milk	✓			✓												
Iced Cappuccino Rice Coconut	✓	✓														
Iced Cappuccino Soya	✓	✓							✓							
Iced Cappuccino Oat	✓	✓						OAT								
Iced Cappuccino Almond	✓	✓														ALMOND
Iced Caramel Latte	✓			✓												
Iced Caramel Latte Rice Coconut	✓	✓														
Iced Caramel Latte Soya	✓	✓							✓							
Iced Caramel Latte Oat	✓	✓						OAT								
Iced Caramel Latte Almond	✓	✓														ALMOND
Iced Chocolate Milk	✓			✓												
Iced Chocolate Rice Coconut	✓	✓														
Iced Chocolate Soya	✓	✓							✓							
Iced Chocolate Oat	✓	✓						OAT								
Iced Chocolate Almond	✓	✓														ALMOND
Iced Filter Coffee Black	✓	✓														
Iced Filter Coffee White Milk	✓			✓												
Iced Filter Coffee White Rice Coconut	✓	✓														
Iced Filter Coffee White Soya	✓	✓							✓							
Iced Filter Coffee White Oat	✓	✓						OAT								
Iced Filter Coffee White Almond	✓	✓														ALMOND
Iced Hazelnut Latte Milk	✓			✓												HAZELNUT
Iced Hazelnut Latte Rice Coconut	✓	✓														HAZELNUT
Iced Hazelnut Latte Soya	✓	✓							✓							HAZELNUT
Iced Hazelnut Latte Oat	✓	✓						OAT								HAZELNUT
Iced Hazelnut Latte Almond	✓	✓														HAZELNUT ALMOND
Iced Latte Milk	✓			✓												
Iced Latte Rice Coconut	✓	✓														
Iced Latte Soya	✓	✓							✓							
Iced Latte Oat	✓	✓						OAT								
Iced Latte Almond	✓	✓														ALMOND
Iced Mocha Milk	✓			✓												
Iced Mocha Rice Coconut	✓	✓														
Iced Mocha Soya	✓	✓							✓							

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

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan product is made to a vegan recipe but is not suitable for those with milk and egg allergies.

Barista Prepared Drinks

Suitable for

08 December 2022 version 3

Product	Vegitarian	Vegan	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Flavoured Latte/ Tea																
Chai Latte Milk	✓			✓												
Chai Latte Rice Coconut	✓	✓														
Chai Latte Soya	✓	✓								✓						
Chai Latte Oat	✓	✓						OAT								
Chai Latte Almond	✓	✓														ALMOND
Caramel Latte Milk	✓			✓												
Caramel Latte Rice Coconut	✓	✓														
Caramel Latte Soya	✓	✓								✓						
Caramel Latte Oat	✓	✓						OAT								
Caramel Latte Almond	✓	✓														ALMOND
Hazelnut Latte Milk	✓			✓												HAZELNUT
Hazelnut Latte Rice Coconut	✓	✓														HAZELNUT
Hazelnut Latte Soya	✓	✓								✓						HAZELNUT
Hazelnut Latte Oat	✓	✓						OAT								HAZELNUT
Hazelnut Latte Almond	✓	✓														HAZELNUT ALMOND
Matcha Latte Milk	✓			✓												
Matcha Latte Rice Coconut	✓	✓														
Matcha Latte Soya	✓	✓								✓						
Matcha Latte Oat	✓	✓						OAT								
Matcha Latte Almond	✓	✓														ALMOND
Vanilla Latte Milk	✓			✓												
Vanilla Latte Rice Coconut	✓	✓														
Vanilla Latte Soya	✓	✓								✓						
Vanilla Latte Oat	✓	✓						OAT								
Vanilla Latte Almond	✓	✓														ALMOND
Holiday Joy Latte Milk	✓			✓												
Holiday Joy Latte Rice Coconut	✓	✓														
Holiday Joy Latte Soya	✓	✓								✓						
Holiday Joy Latte Oat	✓	✓						OAT								
Holiday Joy Latte Almond	✓	✓														ALMOND
Hot Chocolate																
Hot Chocolate Milk	✓			✓												
Hot Chocolate with Rice-Coconut	✓	✓														
Hot Chocolate Soya	✓	✓								✓						
Hot Chocolate Oat	✓	✓						OAT								
Hot Chocolate Almond	✓	✓														ALMOND

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan product is made to a vegan recipe but is not suitable for those with milk and egg allergies.

Barista Prepared Drinks		Suitable for		Contains these allergens												
Product	Vegetarian	Vegan	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
			Milk Cup													
Babyccino	✓			✓												
Milk Whole	✓			✓												
Milk Semi-Skimmed	✓			✓												
Rice Coconut	✓	✓														
Soya	✓	✓							✓							
Oat	✓	✓					OAT									
Almond	✓	✓														ALMOND
Syrups																
Syrup Shot - Caramel	✓	✓														
Syrup Shot - Hazelnut	✓	✓														HAZELNUT
Syrup Shot - Vanilla	✓	✓														
Tea																
English Breakfast Tea Mik	✓			✓												
English Breakfast Tea Rice-Coconut	✓	✓														
English Breakfast Tea Soya	✓	✓						✓								
English Breakfast Tea Oat	✓	✓					OAT									
English Breakfast Tea Almond	✓	✓														ALMOND
Earl Grey Tea Mik	✓			✓												
Earl Grey Tea Rice-Coconut	✓	✓														
Earl Grey Tea Soya	✓	✓						✓								
Earl Grey Tea Oat	✓	✓					OAT									
Earl Grey Tea Almond	✓	✓														ALMOND
Green Tea	✓	✓														
Peppermint Tea	✓	✓														

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan product is made to a vegan recipe but is not suitable for those with milk and egg allergies.