

We can't guarantee any of our products are suitable for those with allergies due to a high risk of cross contamination. Our vegan products are made to a vegan recipe but are not suitable for those with dairy and egg allergies. Please take care.



VEGGIE PRET'S



ALLERGEN GUIDE



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're proud to freshly prepare our food in our shop kitchens every day but as we use many ingredients and shared equipment, cross contamination is managed but not to an allergen-free level. Therefore we can't guarantee any of our food is suitable for those with allergies due to the high risk of cross contamination. Our vegan products are made to a vegan recipe but are 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.



<div>Contents Key: ✓ (Product Contains) Y (Suitable For)</div>			<div>Baguettes, Sandwiches & Wraps</div> <div>We can't guarantee any of our food is suitable for those with allergies due to a high risk of cross contamination. Our vegan products are made to a vegan recipe but are not suitable for those with dairy and egg allergies. Please take care.</div>																												
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
Baguettes																															
Artichoke, Olives & Tapenade	Y	Y										✓						✓													
Avo, Olives & Torns	Y	Y										✓						✓													✓
Cheddar, Mustard & Pickles	Y											✓						✓			✓		✓					✓			
Vegan Chuna Mayo & Cucumber	Y	Y																✓									✓			✓	
Vegan Eggless Mayo & Cress	Y	Y																✓									✓		✓		
Sandwiches																															
Kid's Cheese Sandwich	Y												✓					✓					✓								
Sliced Egg & Cress	Y												✓					✓			✓						✓				
Smashed Avocado Open Sandwich	Y	Y													✓																
Humous & Roasted Peppers Open Sandwich	Y											✓			✓									✓	✓						✓
The VLT	Y	Y											✓					✓													
Wraps & Flatbreads																															
Avo & Chickpeas Caesar Wrap	Y	Y														✓		✓										✓	✓		
Falafel, Avocado & Chipotle Flatbread	Y	Y																✓												✓	
Hoisin Mushroom Wrap	Y	Y														✓		✓										✓			
Humous & Chipotle Wrap	Y	Y										✓				✓		✓													
Mexican Avocado Flatbread	Y	Y																✓													
Sunshine 'N'Spice Wrap	Y	Y														✓		✓													
Vegan Chilli Wrap	Y	Y														✓		✓		✓									✓	✓	

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Breakfast

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Y (Suitable For)

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Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
Acai & Almond Butter Bowl	Y	Y		✓										✓																	
Breakfast Baguette - Eggless Mayo & Avocado	Y	Y															✓												✓		
Breakfast Baguette - Eggless Mayo & Roasted Tomato	Y	Y															✓												✓		
Pret's Veggie Brioche	Y																✓			✓		✓									
Pret's Veggie Roll	Y														✓		✓			✓		✓									
Spicy Egg Brioche	Y																✓			✓		✓									
Bircher Muesli	Y										✓				✓							✓									
Coconut Porridge	Y	Y													✓																
Five Berry Bowl	Y														✓								✓								
Mozzarella & Tomato Croissant	Y																✓			✓		✓									
Poached Egg & Beans Power Pot	Y																			✓											
Porridge Topping - Berry Compote	Y	Y																													
Porridge Topping - Cranberry & Seeds	Y	Y																													
Porridge Topping - Honey	Y																														
Pret's Proper Porridge	Y															✓								✓							
Smoothie Bowl - Apricot and Pistachio Overnight Oats	Y	Y									✓				✓																✓
Smoothie Bowl - Cocoa, Nuts & Berries	Y	Y		✓		✓				✓					✓																
Smoothie Bowl - Mango & Banana Sunshine	Y	Y													✓																
Vegan Almond Croissant	Y	Y		✓														✓													
Vegan Breakfast baguette	Y	Y																✓												✓	
Vegan Chocolate Croissant	Y	Y																✓												✓	
Vegan Plain Croissant	Y	Y																✓													
Very Berry Croissant	Y	Y																✓													

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Contents Key: ✔ (Product Contains) Y (Suitable For)			Cold Drinks																												
			We can't guarantee any of our food is suitable for those with allergies due to a high risk of cross contamination. Our vegan products are made to a vegan recipe but are not suitable for those with dairy and egg allergies. Please take care.																												
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
Apple Juice	Y	Y																													
Blend Me Drink Me - Cocoa, Almond Butter & Banana	Y	Y		✔									✔																		
Coke (all types)	Y	Y																													
Cranberry & Raspberry Pure Pret Still	Y	Y																													
Daily Greens	Y	Y																													
Ginger Shot	Y	Y																													
Green Tea & Peach Pure Pret Still	Y	Y																													
Pure Pret Green Tea Yoga Bunny	Y	Y																													
Hot Shot	Y																														
Lemon & Ginger Pure Pret Still	Y	Y																													
Mango Smoothie	Y																														
Orange & Passion Fruit Pure Pret Still	Y	Y																													
Orange Juice (Both sizes)	Y																														
Pure Pret Apple Fizz	Y	Y																													
Pure Pret Cucumber & Mint Seltzer	Y	Y																													
Pure Pret Ginger Beer	Y	Y																													
Pure Pret Ginger Kombucha	Y	Y																													
Pure Pret Grape & Elderflower	Y	Y																													
Pure Pret Lime & Raspberry Seltzer	Y	Y																													
Pure Pret Rhubarb Lemonade	Y	Y																													
Sparkling Spring Water	Y	Y																													
Still Water 500ml	Y	Y																													
Still Water 750ml	Y	Y																													
Vitamin Volcano	Y																														

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Contents Key: ✓ (Product Contains) Y (Suitable For)			Fruit																												
			We can't guarantee any of our food is suitable for those with allergies due to a high risk of cross contamination. Our vegan products are made to a vegan recipe but are not suitable for those with dairy and egg allergies. Please take care.																												
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts							Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts	
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio		Walnut	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)					Wheat	Cow	Goat							Sheep
Apple	Y	Y																													
Banana	Y	Y																													
Mango & Lime	Y																														
Pret's Fruit Salad	Y	Y																													
Superfruit Salad	Y	Y																													
Watermelon & Lime Pot	Y																														
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Contents Key: ✓ (Product Contains) Y (Suitable For)			Pret At Home																												
			We can't guarantee any of our food is suitable for those with allergies due to a high risk of cross contamination. Our vegan products are made to a vegan recipe but are not suitable for those with dairy and egg allergies. Please take care.																												
			Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Almond	Brazil Nuts	Cashews		Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Barley	Kamult (Wheat)	Oats		Rye	Spelt (Wheat)	Wheat	Cow	Goat	Sheep													
Product	Vegetarians	Vegan Friendly																													
Coffee - Classic Blend Ground	Y	Y																													
Coffee - Espresso Beans	Y	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 Oat & Coconut Crunch Granola	Y	Y																													
Pret's Organic Aluminium Capsules Classic Blend	Y	Y																													
Pret's Organic Aluminium Capsules Espresso Blend	Y	Y																													

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Contents Key: ✓ (Product Contains) Y (Suitable For)			Pret's Hot																												
			We can't guarantee any of our food is suitable for those with allergies due to a high risk of cross contamination. Our vegan products are made to a vegan recipe but are not suitable for those with dairy and egg allergies. Please take care.																												
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
Falafel & Halloumi Hot Wrap	Y													✓		✓							✓	✓	✓						
Meatless Meatball Hot Wrap	Y	Y												✓		✓															
Vegan Mac n Greens	Y	Y														✓													✓		
Vegan Ragu & Red Pepper Hot Wrap	Y	Y												✓		✓		✓													
Vegan Chilli Enchilada	Y	Y												✓		✓		✓											✓		
Falafel , Halloumi & Pickles Brioche	Y															✓			✓		✓		✓	✓	✓			✓			
Soup																															
Pea & Mint	Y	Y																													
Pret's Mushroom Risotto	Y	Y																✓											✓		
Red Thai Veg	Y	Y																											✓		
Souper Tomato	Y	Y																													
Pret's Multigrain Bread	Y	Y												✓																	
Stone Baked Losange	Y	Y															✓														
Toasties & Focaccia																															
Classic Cheese Toastie	Y												✓		✓	✓		✓			✓		✓					✓			
Halloumi, Red Pepper & Basil Toastie	Y												✓		✓	✓		✓					✓	✓	✓						
Mozzarella, Pesto & Roasted Tomatoes Focaccia	Y															✓							✓								✓
Creamy Mushroom Focaccia	Y															✓							✓						✓		

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Salad

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Y (Suitable For)

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Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts	
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep							
Egg & Spinach Pot	Y																			✓												
Mexican Inspired Salad Bowl	Y																									✓	✓				✓	
Mozzarella, Pesto & Avo Salad Bowl	Y																						✓						✓		✓	
Marinated Tofu Poke Bowl	Y	Y										✓																		✓		
Sweet Potato Falafel Mezze Salad	Y	Y										✓	✓																✓			
Tamari & Ginger Mushroom Poke Bowl	Y	Y																												✓	✓	
Vegan Chef's Italian Salad Bowl	Y	Y																											✓	✓		
Dressings																																
Caesar Dressing	Y	Y																											✓	✓		
French Dressing	Y	Y																											✓			
Tamari & Ginger Dressing	Y	Y																												✓		

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Contents Key: ✓ (Product Contains) Y (Suitable For)			Snacks and Sweet Treats																													
			We can’t guarantee any of our food is suitable for those with allergies due to a high risk of cross contamination. Our vegan products are made to a vegan recipe but are not suitable for those with dairy and egg allergies. Please take care.																													
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Molluscs	Soya	Sulphites	Pine Nuts	
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep							
Snacks																																
Easy Peasy Almond Squeezy	Y	Y		✓																												
Almond Butter Bites	Y			✓																										✓		
Caramel Waffle	Y															✓								✓					✓			
Cranberries in Coats	Y																							✓								
Dark Chocolate Salted Almonds	Y	Y		✓																										✓		
Mature Cheddar & Red Onion Crisps	Y																							✓								
Fruit, Nuts & Chocolate	Y			✓																				✓						✓		
Pret A Mango	Y	Y																														
Sea Salt & Cider Vinegar Crisps	Y	Y																														
Sea Salt Crisps	Y	Y																														
Sea Salt Popcorn	Y	Y																														
Smoky Chipotle Crisps	Y	Y																														
Sweet & Salt Popcorn	Y	Y																														
Vegetable Crisps	Y	Y																														
Sweet Treats																																
Choc Bar	Y																	✓						✓						✓		
Chocolate Brownie Bar	Y																	✓				✓		✓						✓		
Chocolatey Coconut Bite	Y	Y																												✓		
Dark Chocolate & Almond Butter Cookie	Y	Y		✓														✓														
Dark Chocolate Corn Cakes	Y																							✓						✓		
Dark Chocolate with Sea Salt	Y																													✓		
Hazelnut Truffles	Y	Y					✓																									
Love Bar	Y			✓							✓				✓									✓						✓		
Milk Chocolate Bar	Y																							✓						✓		
Popcorn Bar	Y																							✓						✓		
Pret Bar	Y													✓				✓						✓								
Pret's Nut Bar	Y			✓																										✓		
Pret's Gingerbread Biscuits	Y																	✓				✓										
Pret's Vegan Raspberry & Coconut Muffin	Y	Y		✓														✓												✓		
Pret's Ultimate Vegan Brownie	Y	Y		✓														✓												✓		
Vegan Banana & Walnut Muffin	Y	Y									✓							✓												✓		
Vegan Hazelnut & Caramel Brownie	Y	Y		✓			✓											✓												✓		
Vegan Choca Mocha Muffin	Y	Y											✓					✓												✓		
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<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			<div>Barista Prepared Drinks</div> <div>We can’t guarantee any of our food is suitable for those with allergies due to a high risk of cross contamination. Our vegan products are made to a vegan recipe but are not suitable for those with dairy and egg allergies. Please take care.</div>																													
			Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts							Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites
Almond	Brazil Nuts	Cashews					Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Barley	Kamult (Wheat)		Oats	Rye	Spelt (Wheat)	Wheat	Cow	Goat					Sheep							
Coffee																																
Americano Black (add milk or milk alternative 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 alternative if White Americano)	Y	Y																														
Flat White Semi Skimmed milk	Y																							✓								
Flat White Skimmed milk	Y																							✓								
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																												✓		
Latte Oat (instead of milk)	Y	Y													✓																	
Latte Rice Coconut (instead of milk)	Y	Y																														
Macchiato Semi Skimmed milk	Y																							✓								
Macchiato Skimmed milk	Y																							✓								
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																							✓								
Mocha Soya (instead of milk)	Y	Y																												✓		
We can’t guarantee any of our food is suitable for those with allergies due to a high risk of cross contamination. Our vegan products are made to a vegan recipe but are not suitable for those with dairy and egg allergies. Please take care.																																

Contents Key:

✓ (Product Contains)

Y (Suitable For)

Barista Prepared Drinks

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Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts							Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts	
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio		Walnut	Barley	Karnult (Wheat)	Oats	Rye	Spelt (Wheat)					Wheat	Cow	Goat							Sheep
Mocha Rice Coconut (instead of milk)	Y	Y																													
Mocha Oat (instead of milk)	Y	Y												✓																	
Chai Latte	Y																						✓								
Chai Latte Rice Coconut (instead of Milk)	Y	Y																													
Matcha Latte Rice Coconut (instead of Milk)	Y	Y																													
Turmeric Latte Rice Coconut (instead of Milk)	Y	Y																													
Smoothies																															
Berry Blast	Y	Y																													
Mango & Pineapple	Y	Y																													
Strawberry & Banana	Y	Y																													
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																							✓							
Caramel Shake Skimmed milk	Y																							✓							
Hazelnut Shake Semi Skimmed milk	Y																							✓							
Hazelnut Shake Skimmed milk	Y																							✓							
Vanilla Shake Semi Skimmed milk	Y																							✓							
Vanilla Shake Skimmed milk	Y																							✓							
Frappé Mix	Y																							✓							

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Contents Key: ✓ (Product Contains) Y (Suitable For)	<h1>Barista Prepared Drinks</h1>																											
	We can't guarantee any of our food is suitable for those with allergies due to a high risk of cross contamination. Our vegan products are made to a vegan recipe but are																											

Iced Drinks																													
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 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																											
Iced White Americano Rice Coconut (instead of milk)	Y	Y																											
Turmeric Iced Latte Rice Coconut	Y	Y																											
Cold Brew																													
Cold Brew (no milk)	Y	Y																											
Cold Brew Semi Skimmed Milk	Y																												
Cold Brew Skimmed Milk	Y																												
Cold Brew Soya (instead of milk)	Y	Y																											
Cold Brew Oat (instead of milk)	Y	Y																											
Cold Brew Rice Coconut (instead of milk)	Y	Y																											

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Contents Key: ✓ (Product Contains) Y (Suitable For)			Barista Prepared Drinks																													
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Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts	
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep							
Hot Chocolate																																
Hot Chocolate Semi Skimmed Milk	Y																								✓							
Hot Chocolate Skimmed Milk	Y																								✓							
Hot Chocolate Soya (instead of milk)	Y	Y																												✓		
Hot Chocolate Rice Coconut (instead of milk)	Y	Y																														
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														✓																

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Syrups & Toppings																															
All Syrups	Y	Y																													
Milk shot																															
Semi Skimmed	Y																							✓							
Skimmed	Y																							✓							
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 alternative if White)	Y	Y																													
Earl Grey (add milk or milk alternative if White)	Y	Y																													
Peppermint (add milk or milk alternative if White)	Y	Y																													
Tropical Green (add milk or milk alternative 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														✓									✓							

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