

Baguettes

Suitable for

9th November 2022

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		✓			✓	✓		✓	
Chicken Salad Baguette			✓	✓	✓		WHEAT		✓			✓	✓			
Free Range Egg Mayo & Roasted Tomatoes Baguette	✓		✓		✓		WHEAT		✓			✓	✓			
Brie and Cranberry	✓		✓	✓	✓		WHEAT, RYE, BARLEY, OATS		✓			✓				PISTACHIO
Pole & Line Caught Tuna Mayo & Cucumber Baguette			✓		✓		WHEAT		✓			✓	✓		✓	
Posh Cheddar & Pickle Baguette	✓		✓	✓	✓		WHEAT, RYE, BARLEY, OATS		✓			✓	✓			
Festive Turkey Feast				✓	✓		WHEAT		✓			✓				
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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			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Pret A Mango	✓	✓														
Burts - Sea Salted	✓	✓														
Burts - Mature Cheddar	✓			✓												
Burts - Sweet Chilli	✓	✓							✓							

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Cold Drinks

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			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	✓	✓														

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			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Smoothies																
Berry Blast	✓	✓														
Strawberry & Banana Smoothie	✓	✓														
Mango & Pineapple Fruit	✓	✓														
Frappés																
Chocolate Frappe	✓			✓												
Salted Caramel	✓			✓												
Classic Frappe	✓			✓												
Iced Drinks																
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 White Americano	✓			✓												
Iced Latte	✓			✓												
Powder																
Cinnamon	✓	✓														
Brown Sugar	✓	✓														

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Breakfast

Suitable for

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Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Almond Croissant	✓			✓	✓		WHEAT									ALMOND
Banana & Honey Breakfast Bowl	✓			✓			OAT									CASHEW, PECAN
Cinnamon Chocolate Rice Pudding	✓			✓									✓			
Bircher Muesli	✓			✓			OAT									PISTACHIO, CASHEW, PECAN
Berry Yoghurt Parfait	✓			✓			OAT									CASHEW, PECAN
Pear, Raisin & Cinnamon	✓			✓			OAT									CASHEW, PECAN
Rice Pudding - Pomegranate	✓			✓												
Rice Pudding - Berry	✓			✓												
Very Berry Croissant	✓	✓					WHEAT									
Chocolate Croissant	✓			✓	✓		WHEAT		✓							HAZELNUT
Zataar Croissant	✓		✓	✓	✓		WHEAT		✓			✓	✓			ALMOND, WALNUT
Five Berry Breakfast Bowl	✓			✓			OAT									CASHEW, PECAN
French Butter Croissant	✓			✓	✓		WHEAT									

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Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Mozzarella & Tomato Croissant	✓			✓	✓		WHEAT									
Pain au Raisin	✓		✓	✓	✓		WHEAT		✓							
Pret's Veggie Brioche	✓			✓	✓		WHEAT									
Chicken Sausage and Egg Brioche				✓	✓		WHEAT				✓					

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			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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			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Banana	✓	✓														
Apple	✓	✓														
Mango & Lime	✓	✓														
Superfruit Salad	✓	✓														
Pomegranate Pot	✓	✓														

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Sandwiches		Suitable for															9th Sptember 2022
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		✓			✓	✓			
Festive Lunch				✓	✓			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		✓			✓	✓			
Portobello Lettuce & Tomato Granary	✓			✓	✓			WHEAT, BARLEY		✓			✓				
Beef & Horseradish Granary				✓	✓			WHEAT, BARLEY					✓				

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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
Chicken, Avocado & Basil Toastie				✓	✓		WHEAT, BARLEY, RYE, OAT		✓			✓	✓			
Chipotle Chicken Hot Wrap			✓	✓			WHEAT, RYE					✓				
Classic Cheese Toastie	✓			✓	✓		WHEAT, BARLEY, RYE, OAT		✓			✓				
Festive Turkey Hot Wrap				✓			WHEAT, RYE		✓							
Vegan Meatblass Hot Wrap	✓	✓					WHEAT, RYE				✓	✓				
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					✓				

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Soups

Suitable for

9th November 2022

Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Malaysian Chicken															✓	
Souper Tomato	✓	✓														
Carrot & Coriander				✓								✓				
Parsnip	✓			✓												
Chicken Multigrain								BARLEY, WHEAT				✓				
Pumpkin & Corn Chowder				✓								✓				
Thai Red Curry Chicken Soup										✓		✓		✓	✓	
Japanese Corn Soup	✓			✓												
Soup Bread	✓	✓						WHEAT								

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Barista Prepared	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																
Black Filter Coffee	✓	✓														
Cappuccino	✓			✓												
Flat White	✓			✓												
Latte	✓			✓												
Mocha	✓			✓												
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	✓			✓					✓							
Love Bar Latte	✓			✓	✓			Wheat								
Love Bar Latte (Oat)	✓			✓	✓			Oats, Wheat								
Love Bar Latte (Soya)	✓			✓	✓			Wheat		✓						
Love Bar Latte (Almond)	✓			✓	✓			Wheat								Almond
Love Bar Latte (Coconut)	✓			✓	✓			Wheat								
Matcha Latte with Almond	✓	✓														Almond
Matcha Latte with Oat	✓	✓						✓								
Matcha Latte with Rice-Coconut	✓	✓														
Matcha Latte (Soya)	✓	✓							✓							
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Salads		Suitable for		9th November 2022												
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			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Avocado, Mozzarella & Roasted Peppers Salad Large	✓			✓								✓	✓			PINENUTS
Chef's Italian Chicken Salad Large				✓	✓					✓		✓	✓		✓	PISTACHIO
Smoked Salmon Salad Large												✓	✓		✓	
Tuna Nicoise Salad Large					✓							✓	✓		✓	
Wild Crayfish & Avocado												✓	✓	✓		
Hanoi Beef Salad			✓						✓							
Roasted Eggplant & Quinoa Salad	✓		✓		✓				✓			✓				
Japanese Potato & Tuna Salad			✓		✓				✓			✓			✓	

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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 & Smashed Avo Pot				✓	✓					✓						
Edamame Beans Pot	✓	✓								✓						
Coco-Nut Protein Ball	✓	✓								✓						COCONUT CASHEW
Egg & Avocado Protein Pot	✓				✓											
Quinoa & Crayfish Pot					✓							✓		✓		
Japanese Potato Salad Pot			✓		✓				✓			✓				
Espresso Mocha Protein Ball	✓	✓								✓						COCONUT CASHEW

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Sweet Treats		Suitable for		9th November 2022												
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			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		✓						
Mince Pie	✓			✓	✓			WHEAT		✓						
Ginger Man	✓			✓	✓			WHEAT								
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, PISTACHIO
Popcorn bar	✓			✓						✓						

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Wraps		Suitable for															9th November 2022
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 & Chipotle Chicken Flatbread				✓				WHEAT						✓			
Avocado & Herb Salad Wrap	✓		✓	✓	✓			WHEAT, RYE		✓				✓	✓		Pine Nuts
Mediterranean Tuna Flat Bread					✓			WHEAT		✓				✓	✓		✓

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Coffee Products	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
Coffee Classic Ground 200g	✓	✓														
Coffee Espresso Beans 450g	✓	✓														
Coffee Single Origin Ground 200g	✓	✓														

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Kids Cheese	✓			✓			WHEAT, BARLEY									
Kids Egg Mayo	✓				✓		WHEAT, BARLEY		✓			✓	✓			
Kids Tuna Mayo					✓		WHEAT, BARLEY		✓			✓	✓		✓	

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