

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 contact 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 risk of cross contact. 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.



| Contents Key: ✔ (Product Contain: Y (Suitable For) | 5) | | | | | |] | Ba | ıg | yu | et | t€ | es | ,] | R | 0] | 115 | 5 (| & | Sa | ar | 10 | W | /1 | cł | 10 | S | | | | |
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| (outdoic for) | | | We | 're pr | oud to | freshl | | | | | | | | | | | | | dients and ipe but is | | | - | | | | | | it our f | ood is | allerge | n free |
| | | < | | | | | Tre | e Nuts | | | | | | С | ereals conta | aining glute | n | | | | | | | Milk | | | | | | | |
| Product | Vegetarians | egan Friendly | Peanut | Almond | Brazil Nuts | Cashews | Hazelnut | Macadamia | Pecan | Pistachio | Walnut | Sesame | Barley | Kamult (Wheat) | Oats | Rye | Spelt (Wheat) | Wheat | Crustacean | Celery and celeriac | Egg | Fish | Cow | Goat | Sheep | Lupin | Molluscs | Mustard | Soya | Sulphites | Pine Nuts |
| Baguettes | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Avo, Olives & Toms | Y | Y | | | | | | | | | | v | | | | | | v | | | | | | | | | | | | | ~ |
| Brie, Tomato & Basil | Y | | | | | | | | | | | | | | | | | ~ | | | | | > | | | | | | | | |
| Chicken Caesar & Bacon | | | | | | | | | | | | v | | | | | | ¥ | | | v | ~ | ~ | | | | | | | | |
| Chicken Salad Baguette | | | | | | | | | | | | | | | | | | ~ | | | ~ | | ~ | | | | | | | | |
| Italian Prosciutto | | | | | | | | | | | | ¥ | | | | | | v | | | ~ | | ~ | | | | | | | | |
| Naked Chicken Katsu | | | | | | | | | | | | <u> </u> | > | | | | | · • | | | v | | | | | | | | ~ | ~ | |
| Posh Cheddar & Pickle (incl. Slim) | Y | | | | | | | | | | | ~ | • | | | | | · • | | | · • | | ~ | | | | | ~ | | | |
| Free Range Egg Mayo & Smoked Salmon | • | | | | | | | | | | | • | | | | | | · | | | ~ | ~ | • | | | | | • | | | |
| Tuna Mayo & Cucumber (incl. Slim) | | | | | | | | | | | | | | | | | | | | | • • | • | | | | | | • | | | |
| Tuna Nicoise | | | | | | | | | | | | ~ | | | | | | | | | * * | * | ~ | | | | | | | | |
| Wiltshire-Cured Ham & Greve | | | | | | | | | | | | • | | | | | | • • | | | ~ | • | • • | | | | | ~ | _ | | |
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| Rolls | V | | r – | | 1 | <u> </u> | | | | | | | | | | | | ~ | 1 | | | | | | | | | | | _ | |
| Aubergine Parmagiana | Y | | | | | | | | | | | ¥ | • | | | • | | | | | | | v | | | | | | | | |
| Jambon Buerre | | | | | | | | | | | | | | | | | | <u> </u> | | | | | ~ | | | | | | | | |
| Mediterranean Style Tuna Losange | | | | | | - | | | | | | | | | | | | • | | | • | ~ | | | | | | | | | |
| New Yorker | | | | | | | | | | | | ~ | ~ | | | > | | ~ | | | • | | | | | | | ~ | | | |
| Pesto & Mozzarella Losange | Y | | | | | | | | | | | | | | | | | ¥ | | | ~ | | > | | | | | | | | ~ |
| Prosciutto & Pesto | | | | | | | | | | | | ~ | > | | | ~ | | ~ | | | ~ | | > | | | | | | | | ~ |
| Scandi Style Salmon | | | | | | | | | | | | v | ~ | | | ~ | | ✓ | | | ~ | ~ | | | | | | ✓ | | ✓ | |
| Sandwiches | | | | | | 1 | T | I | | | | | | | | | | | | | | | | | 1 | 1 | 1 | <u> </u> | 4 | | |
| Best Ever BLT | | | | | | | | | | | | | > | | | | | ~ | | | ~ | | | | | | | | | | |
| Chicken, Avocado & Basil | | | | | | | | | | | | | v | | | | | v | | | v | | v | | | | | | | | |
| Classic Super Club | | | | | | | | | | | | | ~ | | | | | ~ | | | ✓ | | | | | | | | | | |
| Free-Range Egg Mayo | Y | | | | | | | | | | | | v | | | | | v | | | v | | | | | | | v | | | |
| Ham & Cheese | | | | | | | | | | | | | > | | | | | ✓ | | | | | > | | | | | | | | |
| Kid's Cheese | Y | | | | | | | | | | | | v | | | | | ¥ | | | | | v | | | | | | | | |
| Kid's Ham | | | | | | | | | | | | | ~ | | | | | ~ | | | | | ~ | | | | | | | | |
| Mature Cheddar & Pickle | Y | | | | | | | | | | | | v | | | | | v | | | v | | v | | | | | | | | |
| Smashed Avo Open Sandwich | Y | Y | | | | | | | | | | | | | ~ | | | | | | | | | | | | | | | | |
| Scottish Smoked Salmon | | | | | | | | | | | | | > | | | | | v | | | | • | > | | | | | | | | |
| Smoked Salmon & Soft Cheese Open Sandwich | | | | | | | | | | | | | | | ~ | | | | | | | • | > | | | | | | | | |
| Smoky Carrot and Falafel | Y | Y | | | | | | | | | | | • | | | | | ~ | | | | | | | | | | ~ | | | |
| Super Greens & Reds | Y | Y | | | | | | | | | | _ | v | | | | | v | | | | | | | | | | | | | |
| Tuna Mayo & Cucumber | | | | | | | | | | | | _ | • | | | | | ~ | | | ~ | ~ | | | | | | | | | |
| We're proud to freshly pro | epare | our fo | ood in | our s | | | | | | | | | | | | | | | e are una with mill | | | | that o | ur foo | od is a | llerge | n free (| due to | the ris | sk of c | ross- |

| Contents Key ✔ (Product Cont Y (Suitable Fo | ains) | | | | | | | | | | V | V1 | ra | p | S | & | [] | F1 | atl | br | e | a | 15 | | | | | | | | |
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| i (Sultable i S | , | | We | re pro | oud to | freshly | · · | | | | - | | | • • • | | | | | lients and ipe but is | | - | - | | | | ~ | | ıt our f | ood is | allerge | n free |
| | < | Ve | | | | | Tre | ee Nuts | | | | | | С | ereals cont | aining glute | en | | | | | | | Milk | | | | | | | |
| Product | egetarians | gan Friendly | Peanut | Almond | Brazil Nuts | Cashews | Hazelnut | Macadamia | Pecan | Pistachio | | Sesame | Barley | Kamult (Wheat) | Oats | Rye | Spelt (Wheat) | Wheat | Crustacean | Celery and celeriac | Egg | Fish | Cow | Goat | Sheep | Lupin | Molluscs | Mustard | Soya | Sulphites | Pine Nut |
| Wraps & Flatbreads | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Avo & Herb Salad Wrap | Y | | | | | | | | | | | | | | | ¥ | | v | | | ~ | | v | | | | | | | | v |
| Chicken, Pesto & Rocket Salad Wrap | | | | | | | | | | | | | | | | > | | v | | | ~ | | > | | | | | | | | > |
| Falafel , Avocado & Chipotle Salad Wrap | Y | Y | | | | | | | | | | | | | | • | | ~ | | | | | | | | | | | | > | |
| Hoisin Duck Salad Wrap | | | | | | | | | | | | | | | | > | | v | | | ~ | | | | | | | | > | | |
| Humous & Chipotle Wrap | Y | Y | 1 | | | | | | | | | ٢ | | | | > | | • | | | | | | | | | | | | | |
| Sriracha Chicken Salad Wrap | | | | | | | | | | | | | | | | > | | • | | | ~ | | | | | | | | > | | |
| Vegan Hoisin Mushroom Wrap | Y | Y | | | | | | | | | | | | | | > | | < | | | | | | | | | | | ~ | | |

contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk or egg allergies.

| Contents Key: ✔ (Product Contains) Y (Suitable For) | | | | | | | | | | | | | |] | 31 | re | al | kf | Tas | t | | | | | | | | | | | |
|---|-------------|--------------|--------|---|----------|--------|--------|--|--|---|---|--|--|---|----|----|----|----|-------------------------|-----------|-----------|--------|------|---------|-------|--------|---------|---------|----------|----------|---------|
| | | | We' | re prou | ud to fi | reshly | prepar | | | | | | | | | | | | nts and sh but is no | | | | | | | | | ur food | l is all | ergen fi | ree due |
| | 2 | Ve | | Almond Nucle Cashew Hazelnu Macadamia Pecan Pistachio Walt Date Outs Rye Open Wheat Celerica Col Cow Goat Sheep Com Com Com Sheep Com < | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Product | 'egetarians | gan Friendly | Peanut | | | | | | | | | | | | | | | | Soya | Sulphites | Pine Nuts | | | | | | | | | | |
| Almond Croissant | Y | | | ~ | | | | | | 1 | | | | | | | | ~ | | | > | | ~ | | | | | | | | |
| Acai & Almond Butter Bowl | Y | Y | | ~ | | | | | | | | | | | ~ | | | | | | | | | | | | | | | | |
| Bacon & Egg Roll | | | | | | | | | | | | | | | | ~ | | ~ | | | ~ | | > | | | | | | | | |
| Bircher Muesli | Y | | | | | | | | | ~ | | | | | ~ | | | | | | | | > | | | | | | | | |
| Breakfast Free-Range Egg Mayo & Avocado | Y | | | | | | | | | | | | | | | | | ~ | | | ~ | | | | | | | | | | |
| Breakfast Free-Range Egg Mayo & Bacon | | | | | | | | | | | | | | | | | | ~ | | | ~ | | | | | | | | | | |
| Breakfast Salmon & Egg Mayo | | | | 1 | 1 | 1 | | | | 1 | 1 | | | | | | | ~ | | 1 | > | ۲ | | | 1 | | 1 | ~ | | | |
| Cashew and Cocoa Pot | Y | Y | | | | ~ | | | | ~ | | | | | ~ | | | | | | | | | | | | | | | | |
| Cheese Twist | Y | | | | | | | | | | | | | | | | | ~ | | | > | | > | | | | | | | | |
| Chocolate Croissant | Y | | | | | | | | | | | | | | | | | ~ | | | ~ | | ~ | | | | | | ~ | | |
| Cinnamon Danish | Y | | | | | | | | | | | | | | | | | ~ | | | > | | > | | | | | | | | |
| Five Berry Bowl | Y | | | | | | | | | | | | | | ~ | | | | | | | | > | | | | | | | | |
| French Butter Croissant | Y | | | | | | | | | | | | | | | | | ~ | | | > | | > | | | | | | | | |
| Fresh Fruit, Yoghurt & Granola Bowl | Y | | | | | | | | | | | | | | ~ | | | | | | | | > | | | | | | | | |
| Ham, Cheese, Tomato & Bacon Croissant | | | | | | | | | | | | | | | | | | ~ | | | > | | > | | | | | | | | |
| Ham & Egg Breakfast Roll | | | | | | | | | | | | | | | | ~ | | ~ | | | > | | > | | | | | ~ | | | |
| Honey & Granola Pot | Y | | | | | | | | | | | | | | ~ | | | | | | | | > | | | | | | | | |
| Mango & Banana Sunshine Bowl | Y | Y | | | | | | | | | | | | | ~ | | | | | | | | | | | | | | | | |
| Mozzarella & Tomato Croissant | Y | | | | | | | | | | | | | | | | | ~ | | | > | | > | | | | | | | | |
| Pain aux Raisin | Y | | | | | | | | | | | | | | | | | ~ | | | ~ | | ~ | | | | | | | | |
| Pastel de Nata | Y | | | | | | | | | | | | | | | | | ~ | | | > | | > | | | | | | | | |
| Porridge Topping - Berry Compote | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Porridge Topping - Cranberry & Seeds | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Porridge Topping - Honey | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pret's Bacon Roll | | | | | | | | | | | | | | | | ~ | | ~ | | | | | > | | | | | | | | |
| Pret's Proper Porridge | Y | | | | | | | | | | | | | | ~ | | | | | | | | > | | | | | | | | |
| Pret's Sausage Roll | | | | | | | | | | | | | | | | | | ~ | | | > | | > | | | | | | | | |
| Pret's Veggie Roll | Y | | | | | | | | | | | | | | | ~ | | ~ | | | ~ | | ~ | | | | | | | | |
| Sausage & Egg Roll | | | | | | | | | | | | | | | | ~ | | ~ | | | ~ | | • | | | | | | | | |
| Very Berry Croissant | Y | Y | | | | | | | | | | | | | | | | ~ | | | | | | | | | | | | | |
| We're proud to freshly prepare ou | r foo | d in o | ur sho | op kite | | | | | | | | | | | | | | | able to g k or egg | | | at our | food | is alle | ergen | free d | ue to t | the ris | k of ci | ross-co | ntact. |

| Contents Key: ✔ (Product Contains) Y (Suitable For) | | | | | | | | | | | | | | С | 0] | ld | D |)ri | nk | S | | | | | | | | | | | |
|---|-------------|----------------|---------|---------|-------------|---------|----------|-----------|---------|-----------|---------|----------|---------|-------------------|---------------------|-----------------------|------------------|--------|-----------------------|---------------------|---------|----------|----------|--------------|----------|----------|-----------|-----------|----------|-----------|-----------|
| | | | We're | e proud | to fresh | ly prep | are our | food in | our sha | p kitcho | | | | | | | | | uipment de for tho | | | | | at our | food is | allerger | ı free dı | ie to the | risk of | cross-c | ontact. |
| Product | Vegetarians | Vegan Friendly | Peanut | Almond | Brazil Nuts | Cashews | | Macadamia | Pecan | Pistachio | Walnut | Sesame | Barley | Kamult (Wheat) | Cereals con Oats | taining gluten Rye | Spelt (Wheat) | Wheat | Crustacean | Celery and celeriac | Egg | Fish | Cow | Milk Goat | Sheep | Lupin | Molluscs | Mustard | Soya | Sulphites | Pine Nuts |
| Apple Juice | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 1 |
| Breakfast Smoothie | Y | | | | 1 | | 1 | | | 1 | | | | | ~ | | | | | | | | > | | | | | | | | í T |
| Coke (all types) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | í |
| Cranberry, Raspberry & Pomegranate Pret Still | Y | Y | | | 1 | | | | | 1 | | | | | | | | | | | | | | | | | | | [| | í T |
| Daily Greens | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | i i |
| Easy Greens | Y | Y | | | 1 | | | | | 1 | | | | | | | | | | | | | | | | | | | [| | í |
| Ginger Shot | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 1 |
| Green Tea & Peach Pret Still | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | i T |
| Pure Pret Green Tea Yoga Bunny | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Hot Shot | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 1 |
| Lemon & Ginger Pret Still | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mango Smoothie | Y | | | | 1 | | | | | 1 | | | | | | | | | | | | | | | | | | | | | í T |
| Mango, Passion Fruit & Lime Pret Still | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Orange Juice (both sizes) | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 1 |
| Pret Apple Fizz | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pret Cumcumber & Mint Seltzer | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 1 |
| Pret Ginger Beer | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 1 |
| Pret Ginger Kombucha | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 1 |
| Pret Grape & Elderflower | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pret Lime & Raspberry Seltzer | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | I |
| Pret Rhubarb Lemonade | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 1 |
| Ready to Drink Black Coffee | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | i |
| Ready to Drink Latte | Y | | | | | | | | | | | | | | | | | | | | | | > | | | | | | | | |
| Ready to Drink Mocha | Y | | | | | | | | | | | | | | | | | | | | | | ۲ | | | | | | 1 | | 1 |
| Roots & Fruits Juice | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 1 |
| Sparkling Spring Water | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Still Water 500ml | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Still Water 750ml | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | i |
| Vitamin Volcano | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 1 |
| We're proud to freshly prepare | e our foo | od in ot | ar shop | kitche | ns ever | y day, | but as v | we use n | nany ir | igredie | nts and | l shared | l equip | ment, v | ve are i | unable | to guai | rantee | that our | food is | allerge | n free o | lue to t | he risl | c of cro | ss-cont | act. Ou | ır vegai | n food i | is made | to a |

vegan recipe but is not suitable for those with milk or egg allergies.

| Contents Key: ✔ (Product Contains) Y (Suitable For) | | | We'ı | e prou | ıd to fr | eshly | | re our fo ue to th | | | | | | | t as we | e use r | | ngredi | ents and | | | | | | | | | ıt our f | ood is | allerge | en free |
|---|-------------|----------------|--------|--------|----------------|---------|----------|-----------------------|-------|-----------|--------|--------|--------|-------------------|--------------|--------------|------------------|--------|------------|---------------------------|-----|------|-----|------|-------|-------|----------|----------|--------|-----------|-----------|
| | | < | | | | | Tre | e Nuts | | | | | | С | ereals conta | aining glute | n | | | | | | | Milk | | | | | | | |
| Product | Vegetarians | 'egan Friendly | Peanut | Almond | Brazil Nuts | Cashews | Hazelnut | Macadamia | Pecan | Pistachio | Walnut | Sesame | Barley | Kamult (Wheat) | Oats | Rye | Spelt (Wheat) | Wheat | Crustacean | Celery and celeriac | Egg | Fish | Cow | Goat | Sheep | Lupin | Molluscs | Mustard | Soya | Sulphites | Pine Nut: |
| Apple | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Banana | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Classic Fruit Salad | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mango & Lime | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Melon & Blueberry | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Seasonal Fruits | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Summer Berries & Nectarine | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Watermelon & Lime | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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| | | | We' | re pro | ud to f | reshly | | | | | | | | | | | | | ents and be but is i | | | | | | | | | at our f | food is | allerge | en free |
| | 1 | Ve | | | | _ | Tr | ee Nuts | | - | | | | С | ereals cont | aining glute | en | | | | | | | Milk | - | | | | | | |
| Product | egetarians | gan Friendly | Peanut | Almond | Brazil Nuts | Cashews | Hazelnut | Macadamia | Pecan | Pistachio | Walnut | Sesame | Barley | Kamult (Wheat) | Oats | Rye | Spelt (Wheat) | Wheat | Crustacean | Celery and celeriac | Egg | Fish | Cow | Goat | Sheep | Lupin | Molluscs | Mustard | Soya | Sulphites | Pine Nuts |
| Chipotle, Mozzarella Hot Baguette | Y | | | | | | | | | | | ~ | | | | | | ~ | | | | | > | | | | | | | | |
| Falafel & Halloumi Hot Wrap | Y | | | | | | | | | | | | | | | ~ | | > | | | | | ~ | ~ | ~ | | | | | | |
| Feta & Red Pepper Omelette | Y | | | | | | | | | | | | | | | | | | | | < | | | ~ | v | | | | | | |
| Macaroni Cheese Kale & Cauli | Y | | | | | | | | | | | | | | | | | ~ | | | | | v | | | | | | | | |
| Macaroni Cheese Prosciutto | | | | | | | | | | | | | | | | | | ~ | | | | | ~ | | | | | | | | |
| Meatless Meatball Hot Wrap | Y | Y | | | | | | | | | | | | | | V | | ~ | | | | | | | | | | | | | |
| Posh Prosciutto Hot Baguette | | | | | | | | | | | | ~ | | | | | | > | | | | | > | | | | | | | | |
| Spicy Chicken Enchilada Bake | | | | | | | | | | | | | | | | ~ | | > | | ~ | | | < | | | | | | • | | |
| Spicy Chicken Hot Wrap | | | | | | | | | | | | | | | | V | | ~ | | | | | ~ | | | | | | | | |
| Swedish Meatball Hot Wrap | | | | | | | | | | | | | | | | ~ | | ~ | | | | | < | | | | | | | | |
| Focaccia & Toasties | | | | | | | | | | | | | | | | | | | 1 | | | | | | | | | | | | |
| Brie & Bacon Toasted Focaccia | | | | | | | | | | | | | | | | | | ~ | | | | | ~ | | | | | | | v | |
| Mozzarella, Pesto & Roasted Tomato Focaccia | | | | | | | | | | | | | | | | | | > | | | | | < | | | | | | | | ~ |
| Classic Cheese Toastie | | | | | | | | | | | | | > | | ~ | ~ | | > | | | < | | < | | | | | ~ | | | |
| Ham, Cheese & Mustard Toastie | | | | | | | | | | | | | ~ | | • | V | | • | | | • | | ~ | | | | | v | | | |
| Tuna Melt Toastie | | | | | | | | | | | | | > | | < | ~ | | ~ | | | < | > | ~ | | | | | | | | |
| Soup | | | | | | | | | | | | | | | | | | | 1 | | | | | | | | | | | | I |
| Chicken, Broccoli & Brown Rice | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pret's Chicken Katsu Curry Soup | | | | | | | | | | | | | | | | | | | | | | | | | | | | | v | | |
| Chicken Laksa Soup | | | | | | | | | | | | | | | | | | | | | | | | | | 1 | 1 | ~ | ~ | | |
| Creamy Chicken & Veg Soup | | | | | | | | | | | | | | | | | | | | ~ | | | • | | | | | | | | |
| Pea & Mint Soup | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pret's Mushroom Risotto Soup | Y | Y | | | | | | | | | | | | | | | | | | • | | | | | | | | | ✓ | | |
| Red Thai Veg Soup | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | • | | |
| Souper Tomato | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pot Pie Top | Y | | | | | | | | | | | | | | | | | > | | | • | | > | | | | | | | | |
| Stone Baked Losange | Y | Y | | | | | | | | | | | | | | | | > | | | | | | | | | | | | | |
| Pizza | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mozzarella & Prosciutto Pizza | | | | | | | | | | | | | | | | | | > | | | | | > | | | | | | | | |
| Tomato, Mozzarella & Pesto | Y | | | | | | | | | | | | | | | | | ¥ | | | | | > | | | | | | | | > |
| We're proud to freshly pr | epare | our f | ood in | our s | | | | | | | | | | | | | | | e are un with mil | | | | | our fo | ood is | allerg | gen fre | e due | to the | risk o | f cross- |

| Contents Key: ✔ (Product Contains) Y (Suitable For) | | | We' | re pro | oud to t | freshly | | re our fo due to the | | | | hens e | very d | lay, bu | t as w | e use n | nany i | ngredi | | share | d equi | pment | | | | | | at our | food is | s allerg | en free |
|---|-------------|---------------|--------|--------|----------------|---------|------------|-------------------------|-------|-----------|--------|--------|--------|-------------------|-------------|---------------|------------------|--------|------------|---------------------------|--------|-------|-----|------|-------|-------|----------|---------|---------|-----------|-----------|
| | | < | | | | | Tr | ee Nuts | | | | | | C | Cereals con | taining glute | en | | | | | | | Milk | | | | | | | |
| Product | Vegetarians | egan Friendly | Peanut | Almond | Brazil Nuts | Cashews | s Hazelnut | Macadamia | Pecan | Pistachio | Walnut | Sesame | Barley | Kamult (Wheat) | Oats | Rye | Spelt (Wheat) | Wheat | Crustacean | Celery and celeriac | Egg | Fish | Cow | Goat | Sheep | Lupin | Molluscs | Mustard | Soya | Sulphites | Pine Nuts |
| Coffee - Classic Blend Ground | Y | Y | | | | | 1 | | | 1 | | | | | | | | | | | | | | | | | | | | | |
| Coffee - Espresso Beans | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Coffee - Single Origin Ground | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pret at Home Bircher Museli | Y | Y | | | | | | | | | | | | | v | | | | | | | | | | | | | | | ~ | |
| Pret at Home Dark Chocolate & Almond Granola | Y | Y | | > | | | | | | | | | | | > | | | | | | | | | | | | | | • | | |
| Pret at Home Classic Granola | Υ | Y | | | | | | | | | | | | | > | | | | | | | | | | | | | | | | |
| Pret at Home Chipotle Ketchup | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pret at Home Korean Style Ketchup | Υ | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| Contents Key: ✔ (Product Contains) Y (Suitable For) | | | | | | | | | | | | S | Sa | la | ıd | 8 | X | P | la | tte | er | S | | | | | | | | | |
|---|-------------|----------------|--------|--------|----------------|---------|----------|-----------|-------|-----------|--------|----------|--------|-------------------|--------------|--------------|------------------|-------|--------------------------|---------------------------|-----|------|-----|------|-------|-------|----------|----------|----------|-----------|-----------|
| (| | | We' | re pro | ud to f | freshly | | | | | - | | | • • | | | | | ients and pe but is 1 | | | | | | | | | at our 1 | food is | allerge | en free |
| | | ~ | | | | | Tr | ee Nuts | | | | | | C | cereals cont | aining glute | en | | | | | | | Milk | | | | | | | |
| Product | Vegetarians | √egan Friendly | Peanut | Almond | Brazil Nuts | Cashews | Hazelnut | Macadamia | Pecan | Pistachio | Walnut | Sesame | Barley | Kamult (Wheat) | Oats | Rye | Spelt (Wheat) | Wheat | Crustacean | Celery and celeriac | Egg | Fish | Cow | Goat | Sheep | Lupin | Molluscs | Mustard | Soya | Sulphites | Pine Nuts |
| Chef's Italian Chicken Salad | | | | | | | | | | ~ | | | | | | | | | | | ~ | < | ۲ | | | | | | | | |
| Crayfish Salad Bowl | | | | | | | | | | | | | | | | | | | ~ | | | | | | | | | | | | |
| Egg & Spinach Protein Pot | Y | | | | | | | | | | | | | | | | | | | | ~ | | | | | | | | | | |
| Humous and Falafel Mezze | Y | Y | | | | | | | | | | ~ | | | | | | | | | | | | | | | | | | | |
| Miso Chicken and Greens Salad Bowl | | | | | | | | | | | | ~ | | | | | | > | | | ~ | | | | | | | | ~ | | |
| Pesto Pasta Salad | Y | | | | | | | | | | | | | | | | | ~ | | | | | < | | | | | | | v | ~ |
| Salmon & Mango Salad Bowl | | | | | | | | | | | | | | | | | | | | | | ٢ | | | | | | | < | ~ | |
| Smoked Salmon Protein Box | | | | | | | | | | | | | | | | | | | | | < | K | | | | | | | • | | |
| Smoked Salmon & Egg Protein Pot | | | | | | | | | | | | | | | | | | | | | ✓ | • | | | | | | | | | |
| Tamari and Ginger Aubergine Salad Bowl | Y | Y | | | | | | | | | | v | | | | | | > | | | | | | | | | | | v | | |
| Tuna Nicoise Salad | | | | | | | | | | | | | | | | | | | | | ✓ | • | | | | | | | | | |
| Dressing | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ceviche Dressing | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| French Dressing | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Green Dressing | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | < | | |
| Tamari & Ginger | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | > | | |
| Picnic Platters | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Humous & Crudités Platter | Y | Y | | | | | | | | | | ~ | | | | | | | | | | | | | | | | | | | |
| Ploughman's Platter | | | | | | | | | | | | | | | | | | | | | • | | • | | | | | | | | |
| Smoked Salmon & Avo Platter | | | | | | | | | | | | | | | | | | | | | | ٢ | ۲ | | | | | | | | |

| Contents Key: ✓ (Product Contains) Y (Suitable For) | | | We | renro | and to | fresh | vnron | are our f | ood in | ourst | uan kit | chons | ovorv | dav bi | | | | | S | lshara | d equi | nment | wo gi | ra una | ble to | marai | nteo th | at our | food is | allerg | on froe |
|---|----------|-------------------|--------|----------|----------------|----------|----------|------------------------|--------|-----------|---------|--------|--------|-------------------|-------------|---------------|------------------|-------|------------|--------------|--------|-------|-------|--------|--------|-------|----------|---------|----------|-----------|-----------|
| | | | www. | ie pre | uu 10 | II esiir | | due to th | | | | | | | | | | | | | | | | | | | | | 1000 15 | ancigo | in nee |
| | Veg | | | | | | Т | ree Nuts | | | | | | C | Cereals con | taining glute | en | | | Celery | | | | Milk | | | | | | | |
| Product | etarians | Vegan Friendly | Peanut | Almond | Brazil Nuts | Cashews | Hazelnut | Macadamia | Pecan | Pistachio | Walnut | Sesame | Barley | Kamult (Wheat) | Oats | Rye | Spelt (Wheat) | Wheat | Crustacean | and celeriac | Egg | Fish | Cow | Goat | Sheep | Lupin | Molluscs | Mustard | Soya | Sulphites | Pine Nuts |
| Almond Butter Protein Ball | Y | Y | | v | | | | | | | | | | | | | | | | | | | | | | | | | ~ | | |
| Easy Peasy Almond Squeezy | Y | Y | | v | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chilli, Bean & Seed Tortilla Chips | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cranberries in Coats | Y | | | | | | | | | | | | | | | | | | | | | | • | | | | | | | | 1 |
| Salted Crunchy Corn | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dark Chocolate Salted Almonds | Y | Y | | > | | | | | | | | | | | | | | | | | | | | | | | | | < | | |
| Mature Cheddar & Red Onion Crisps | Y | | | | | | | | | | | | | | | | | | | | | | > | | | | | | | | |
| Milk Chocolate Bar | Y | | | | | | | | | | | | | | | | | | | | | | > | | | | | | ~ | | |
| Fruit, Nuts & Chocolate | Y | | | v | | | | | | | | | | | | | | | | | | | > | | | | | | v | | |
| Pret A Mango | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sea Salt Popcorn | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sea Salt & Cider Vinegar Crisps | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sea Salt Crisps | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Smoked Chipotle Crisps | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sweet & Salt Popcorn | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vegetable Crisps | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 1 |
| We're proud to fre | shly p | orepar | e our | food i | | - | | ens every t. Our ve | | | | | · · | - | | | | | | | | | | | our fo | od is | allerge | en free | e due t | to the r | isk of |

| Contents Key: ✓ (Product Contains) | | | | | | | | | | | | | | SV | VE | e | t | Τ | re | at | S | | | | | | | | | | |
|--|-----------|-------------------|--------|----------|----------------|---------|----------|-----------|----------|-----------|----------|--------|--------|-------------------|--------------|---------------|------------------|----------|------------------------|-----------------|----------|------|----------|------|--------|-------|----------|----------|----------|-----------|-----------|
| Y (Suitable For) | | | We | 're pro | ud to | freshly | | | | | - | | every | day, bi | ut as w | e use i | many i | ngred | ients and pe but is | l share | d equi | - | | | | 0 | | at our : | food is | allerge | n free |
| | Veç | Π, | | | | | Tr | ee Nuts | | | | | | C | Cereals cont | taining glute | en | | | Celerv | | | | Milk | | | | | | | 1 |
| Product | jetarians | Vegan Friendly | Peanut | Almond | Brazil Nuts | Cashews | Hazelnut | Macadamia | Pecan | Pistachio | Walnut | Sesame | Barley | Kamult (Wheat) | Oats | Rye | Spelt (Wheat) | Wheat | Crustacean | and celeriac | Egg | Fish | Cow | Goat | Sheep | Lupin | Molluscs | Mustard | Soya | Sulphites | Pine Nuts |
| Almond Butter Bite | Y | | | v | | | | | | | | | | | | | | | | | | | | | | | | | v | | |
| Caramel Waffle | Y | | | | | | | | | | | | | | | | | ~ | | | | | < | | | | | | < | | 1 |
| Choc Bar | Y | | | | | | | | | | | | | | | | | ~ | | | | | < | | | | | | < | | 1 |
| Chocolate Brownie Bar | Y | | | | | | | | | | | | | | | | | > | | | v | | v | | | | | | v | | 1 |
| Chocolate Chunk Cookie | Y | | | | | | | | | | | | | | | | | • | | | | | v | | | | | | | | |
| Chocolate Moose | Y | | | | | | | | | | | | | | | | | | | | | | ~ | | | | | | ~ | | 1 |
| Chocolate Praline Cookie | Y | | | | | | ~ | | | | | | | | | | | > | | | | | v | | | | | | i i | | |
| Coconut Bite | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | ~ | | i |
| Dark Chocolate & Almond Butter Cookie | Y | Y | | ~ | | | | | | | | | | | | | | > | | | | | | | | | | | | | |
| Dark Chocolate Corn Cakes | Y | | | | | | | | | | | | | | | | | | | | | | v | | | | | | v | | 1 |
| Dark Chocolate with Sea Salt | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | v | | |
| Double Berry Muffin | Y | | | | | | | | | | | | | | | | | > | | | v | | ~ | | | | | | | | 1 |
| Fruit, Oat & Spelt Cookie | Y | | | | | | | | | | | | | | v | | v | • | | | | | v | | | | | | | | |
| Ginger Snap Biscuit | Y | | | | | | | | | | | | | | | | | • | | | | | v | | | | | | 1 | | |
| Hazelnut Truffles | Y | Y | | | | | v | | | | | | | | | | | | | | | | | | | | | | | | |
| Lemon Cheesecake | Y | | | | | | | | | | | | | | | | | > | | | ~ | | ~ | | | | | | 1 | | 1 |
| Love Bar | Y | | | v | | | | | | v | | | | | ~ | | | | | | | | v | | | | | | v | | 1 |
| Nut Bar | Y | | | v | | | | | | | | | | | | | | | | | | | | | | | | | v | | 1 |
| Nutty Salted Caramel Brownie | Y | | | v | | | | | | | v | | | | | | | • | | | v | | v | | | | | | v | | 1 |
| Popcorn bar | Y | | | | | | | | | | | | | | | | | | | | | | v | | | | | | v | | 1 |
| Pret's Gingerbread Melvin | Y | | | | | | | | | | | | | | | | | • | | | v | | | | | | | | | | |
| Pret's Pecan & Caramel Cookie | Y | | | | | | | | v | | | | | | | | | > | | | | | ✓ | | | | | | v | | |
| Pret Bar | Y | | | | | | | | | | | | | | ~ | | | > | | | | | ~ | | | | | | | | [|
| Pret's Shortbread | Y | | | | | | | | | | | | | | | | | > | | | | | ~ | | | | | | | | |
| Raspberry & Almond Bakewell Tart | Y | | | v | | | | | | | | | | | | | | v | | | • | | ~ | | | | | | | | |
| We're proud to fre | shly p | orepar | e our | food i | | | | | | | | | | | | | | | ent, we those w | | | | | | our fo | od is | allerg | en free | due t | o the r | isk of |

| Contents Key: ✔ (Product Contains) Y (Suitable For) | | | | | | | | | | B | a 1 | ris | st | a | P ² | re | p | a 1 | ree | 1 | D | ri | n | k | 5 | | | | | | |
|--|-------------|----------------|--------|--------|----------------|---------|----------|----------------------|-------|-----------|------------|--------|--------|-------------------|-----------------------|--------------|------------------|------------|-------------------------|---------------------------|-----|------|----------|------|-------|-------|----------|---------|----------|-----------|-----------|
| | | | We'r | e prou | d to fi | reshly | prepai | re our foo to the | | | | | | | | | | | nts and s e but is n | | | | | | | | | our foo | d is all | ergen fr | ree due |
| | - | Ve | | | | T | Tr | ee Nuts | 1 | 1 | I | | | C | Cereals cont | aining glute | n | | | | | | | Milk | | | | | | | |
| Product | /egetarians | Vegan Friendly | Peanut | Almond | Brazil Nuts | Cashews | Hazelnut | Macadamia | Pecan | Pistachio | Walnut | Sesame | Barley | Kamult (Wheat) | Oats | Rye | Spelt (Wheat) | Wheat | Crustacean | Celery and celeriac | Egg | Fish | Cow | Goat | Sheep | Lupin | Molluscs | Mustard | Soya | Sulphites | Pine Nuts |
| Coffee | | | | | | | • | | | | • | | | | | | | | | | | | | | | | | | | | |
| Americano Black (add milk or milk alernative if White Americano) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cappuccino Semi Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | ٢ | | | | | | | | |
| 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 alemative if White Americano) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Flat White Semi Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | < | | | | | | | | |
| Flat White Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | < | | | | | | | | |
| Flat White Soya (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | K | | |
| Flat White Rice Coconut (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Flat White Oat (instead of milk) | Y | Y | | | | | | | | | | | | | ٢ | | | | | | | | | | | | | | | | |
| Latte Semi Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | ٢ | | | | | | | | |
| Latte Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | ٢ | | | | | | | | |
| Latte Soya (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | ٢ | | |
| Latte Oat (instead of milk) | Y | Y | | | | | | | | | | | | | ~ | | | | | | | | | | | | | | | | |
| Latte Rice Coconut (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Macchiato Semi Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | ٢ | | | | | | | | |
| Macchiato Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | ٢ | | | | | | | | |
| Macchiato Soya (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | K | | |
| Macchiato Oat (instead of milk) | Y | Y | | | | | | | | | | | | | • | | | | | | | | | | | | | | | | |
| Macchiato Rice Coconut (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mocha Semi Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | ٢ | | | | | | | | |
| Mocha Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | V | | | | | | | | |
| Mocha Soya (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | < | | |

| Contents Key: ✔ (Product Contains) Y (Suitable For) | | | | | | | | | | B | a] | r1 | st | a | P | re | ep | a] | re | d | D | r | n | k | 5 | | | | | | |
|---|-------------|---------------|---------|---------|----------------|---------|----------|------------------------|-------|-----------|--------|--------|--------|-------------------|-------------|---------------|------------------|-------|-----------------------|---------------------------|-----|--------|-------------|---------|--------|--------|----------|---------|---------|-----------|-----------|
| | | | We'r | e prou | ıd to fi | reshly | prepa | re our foo to the | | | | | | | | | | | nts and e but is 1 | | | | | | | | | our foo | d is al | lergen fi | ree due |
| | _ | ~ | | | | | TI | ree Nuts | | - | - | | | (| Cereals con | taining glute | en | | | | | | | Milk | | | | | | | |
| Product | /egetarians | sgan Friendly | Peanut | Almond | Brazil Nuts | Cashews | Hazelnut | Macadamia | Pecan | Pistachio | Walnut | Sesame | Barley | Kamult (Wheat) | Oats | Rye | Spelt (Wheat) | Wheat | Crustacean | Celery and celeriac | Egg | Fish | Cow | Goat | Sheep | Lupin | Molluscs | Mustard | Soya | Sulphites | Pine Nuts |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pumpkin Spice Latte Semi Skimmed | Y | | | | | | | | | | | | | | | | | | | | | | ~ | | | | | | | | |
| Pumpkin Spice Latte Skimmed | Y | | | | | | | | | | | | | | | | | | | | | | > | | | | | | | | |
| Pumpkin Spice Latte Rice Coconut (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pumpkin Spice Latte Oat (instead of milk) | Y | Y | | | | | | | | | | | | | ~ | | | | | | | | | | | | | | | | |
| Pumpkin Spice Latte Soya (instead of milk) | Y | Y | | | | | | | | | | | | | | | 1 | | | | | | | | | | | | ~ | | |
| Turmeric Latte Rice Coconut (instead of Milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Frappés | | | | | | | | | | | 1 | 1 | 1 | | | | | | 1 | | | | | | | | | | | | |
| Classic Frappé Semi Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | K | | | | | | | | |
| Classic Frappé Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | K | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | K | | | | | | | | |
| Vanilla Shake Semi Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | > | | | | | | | | |
| Vanilla Shake Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | > | | | | | | | | |
| Frappé Mix | Y | | | | | | | | | | | | | | | | | | | | | | > | | | | | | | | |
| We're proud to fresh | ly pre | pare o | ur food | d in ou | ır shop |) kitch | ens evo | ery day, l vegan fo | | | | | | | | | | | | | | hat ou | r food | is alle | rgen f | ree du | e to the | risk of | cross- | contact. | Our |

| Contents Key: ✓ (Product Contains) Y (Suitable For) | | | | | | | | | | B | a | ri | st | a | P | re | p | a1 | re | d | D | r | n | k | S | | | | | | |
|---|-------------|-----------------|--------|---------|----------------|---------|-------|------------------------|---------|-----------|--------|--------|--------|-------------------|-------------|-----|------------------|--------|-----------------------|---------------------------|-----|--------|----------|---------|-------------------|--------|----------|-----------|----------|-----------|-----------|
| | | | We'ı | e prou | ud to f | reshly | prepa | re our foo to the | | | | | | | | | | | nts and e but is r | | | | | | | | | our foo | d is all | ergen fr | ree due |
| | | $\leq \epsilon$ | | 1 | | | TI | ree Nuts | TISK UI | CI 055 | conta | | l vega | | Cereals con | | <u> </u> | recipt | , out is i | lot suit | | | | Milk | , v ₅₅ | aner 5 | 0.51 | | | | |
| Product | Vegetarians | egan Friendly | Peanut | Almond | Brazil Nuts | Cashews | | Macadamia | Pecan | Pistachio | Walnut | Sesame | Barley | Kamult (Wheat) | Oats | Rye | Spelt (Wheat) | Wheat | Crustacean | Celery and celeriac | Egg | Fish | Cow | Goat | Sheep | Lupin | Molluscs | Mustard | Soya | Sulphites | Pine Nuts |
| Iced Drinks | | | | | | | | Ļ | | | | | | | | | | | | | | | | | | | | | | | |
| Iced Latte Semi Skimmed Milk | Y | | | | | | | | | | | | | | | | | | | | | | V | | | | | | | | |
| Iced Latte Skimmed Milk | Y | | | | | | | | | | | | | | | | | | | | | | v | | | | | | | | |
| Iced Latte Soya (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | • | | |
| Iced Latte Rice Coconut (instead of milk) | Y | Y | | | | | | | | | | 1 | | | | | | | | | | | | | | | | | | | |
| Iced Latte Oat (instead of milk) | Y | Y | | | | | | | | | | | | | ~ | | | | | | | | | | | | | | | | |
| Iced Mocha Semi Skimmed Milk | Y | | | | | | | | | | | | | | | | | | | | | | ~ | | | | | | | | |
| Iced Mocha Skimmed Milk | Y | | | | | | | | | | | | | | | | | | | | | | ~ | | | | | | | | |
| Iced Mocha Soya (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | > | | |
| Iced Mocha Rice Coconut (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Iced Mocha Oat (instead of milk) | Y | Y | | | | | | | | | | | | | ~ | | | | | | | | | | | | | | | | |
| Iced White Americano Semi Skimmed Milk | Y | | | | | | | | | | | | | | | | | | | | | | v | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Hot Chocolate | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Hot Chocolate Semi Skimmed Milk | Y | | | | | | | | | | | | | | | | | | | | | | > | | | | | | | | |
| Hot Chocolate Skimmed Milk | Y | | | | | | | | | | | | | | | | | | | | | | > | | | | | | | | |
| Hot Chocolate Soya (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | ٢ | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | V | | | | | | | | |
| Hot Chocolate Hazelnut Skimmed | Y | | | | | | | | | | | | | | | | | | | | | | v | | | | | | | | |
| Hot Chocolate Hazelnut Soya | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | < | | |
| Hot Chocolate Hazelnut Rice-Coconut | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Hot Chocolate Hazelnut Oat | Y | Y | | | | | | | | | | | | | > | | | | | | | | | | | | | | | | |
| We're proud to fresh | ly pre | pare o | ur foo | d in ou | ur shoj | p kitch | | ery day, t vegan fo | | | | | | | | | | | | | | hat ou | r food | is alle | rgen fi | ree du | e to the | risk of o | cross-o | contact. | Our |

| Contents Key: ✓ (Product Contains) Y (Suitable For) | | | | | | | | | | | | | | | | | | | re | | | | | | | | | | | | |
|---|-------------|---------------|--------|--------|----------------|-----------------|------------------|---------------------|-------------------|------------------|------------------|-------------------|-----------------|-------------------|-------------------|------------------|------------------|---------------|-----------------------|---------------------------|-----------------|-------------------|------------------|-----------------|-----------------|------------------|--------------------|-----------------|-----------------|-----------|-----------|
| | | | We' | re pro | oud to | fresh allerg | ly pre en fre | pare ou e due to | r food the ris | in ou sk of c | r shop cross- |) kitch contac | ens ev t. Ou | very d r vega | ay, bu in food | t as w l is m | 'e use ade to | many a veg | / ingred gan recij | ients a pe but | ind sh is no | ared o t suita | equipı ble fo | ment, r thos | we ar e with | e unal 1 milk | ble to g or egg | uaran allerg | tee tha ies. | it our f | food is |
| | / | Ś | | | | | Tr | ee Nuts | | | | | | (| Cereals cont | aining glute | n | | | | | | | Milk | | | | | | | |
| Product | /egetarians | ıgan Friendly | Peanut | Almond | Brazil Nuts | Cashews | Hazelnut | Macadamia | Pecan | Pistachio | Walnut | Sesame | Barley | Kamult (Wheat) | Oats | Rye | Spelt (Wheat) | Wheat | Crustacean | Celery and celeriac | Egg | Fish | Cow | Goat | Sheep | Lupin | Molluscs | Mustard | Soya | Sulphites | Pine Nuts |
| Smoothies | | | | 1 | | 1 | | I | <u> </u> | | Į | | | | | | | | | | | | | | | | | | | | |
| Berries and Cherries | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sweet Greens | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tropical Peach | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cold Brew | | | - | | 7 | | 7 | | | | | - | | ī | | | | | 1 | | | | | | | | | | | | |
| Cold Brew (no milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cold Brew Semi Skimmed Milk | Y | | | | | | | | | | | | | | | | | | | | | | ٢ | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Syrups & Toppings | | | | | , | | | | | | | | | | | | | | | | | | | | | | | | | | |
| All Syrups | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Caramel Sauce | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Whipped Cream | Y | | | | | | | | | | | | | | | | | | | | | | < | | | | | | | | |
| Milk shot | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Semi Skimmed | Y | | | | | | | | | | | | | | | | | | | | | | ~ | | | | | | | | |
| Skimmed | Υ | | | | | | | | | | | | | | | | | | | | | | • | | | | | | | | |
| Soya (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | > | | |
| Rice Coconut (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Oat (instead of milk) | Y | Y | | | | | | | | | | | | | ~ | | | | | | | | | | | | | | 1 | | |
| Tea | | | | | | | | | | | | | | | | | | | 1 | | | | | | | | | | | | |
| Ceylon Breakfast (add milk or milk alemative if White) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Earl Grey (add milk or milk alernative if White) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Peppermint (add milk or milk alernative if White) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tropical Green (add milk or milk alernative if White) | Y | γ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| Contents Key: ✔ (Product Contains) Y (Suitable For) | | | We' | 're pro | | | | pare ou e due to | r food | in ou | r shop | kitch | iens e | very d | lay, bi | it as v | ve use | many | | ients a | and sl | ared | equip | ment, | we ar | | | | | at our f | ood is |
|---|----------|----------------|----------|---------|----------------|---------|----------|---------------------|--------|-----------|--------|--------|--------|-------------------|-------------|---------------|----------------------|-------|------------|--------------|----------|--------|---------|----------|----------|----------|----------|---------|----------|-----------|-----------|
| | Vege | Fri | | | | | Tr | ree Nuts | | | | | | (| Cereals con | taining glute | en | | | Celery | | | | Milk | | | | | | 1 | |
| Product | etarians | egan iendly | Peanut | Almond | Brazil Nuts | Cashews | Hazelnut | Macadamia | Pecan | Pistachio | Walnut | Sesame | Barley | Kamult (Wheat) | Oats | Rye | Spelt (Wheat) | Wheat | Crustacean | and celeriac | Egg | Fish | Cow | Goat | Sheep | Lupin | Molluscs | Mustard | Soya | Sulphites | Pine Nuts |
| Milk / instead of milk cup | 1 | | 1 | | | 1 | 1 | • | | | 1 | 1 | 1 | 1 | 1 | 1 | | | | | 1 | 1 | 1 | 1 | 1 | 1 | | 1 | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | ~ | | | | | | | | |
| We're proud to freshly | prepar | e our fo | ood in o | our sho | p kitch | ens eve | ry day, | , but as wo | | | | | | | | | nable to ilk or e | | | t our fo | od is al | lergen | free du | ie to th | e risk o | f cross- | contact. | Our ve | gan foo | d is mad | e to a |

EGGIE PRETS 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 contact 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 risk of cross contact. 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.



| Contents Key: ✓ (Product Conta | - | | | | | B | Bag | gue | ette | es, | R | 0 | lls | , S | Sai | nd | W | ic | hes | & | t V | Vr | ap |) S | | | | | | | |
|---|-------------|---------------|--------|---------|------------|--------|----------|-----------|-------|-----------|--------|--------|----------|-------------------|-------------|---------------|------------------|----------|---------------------------|---------------------------|----------|------|----------|------------|--------|-------|---------|-----------|----------|-----------|----------|
| Y (Suitable For) | | | We'ı | re proi | ud to fi | reshly | prepai | | | | | | | | | | | | ents and s be but is n | | | | | | | | | our food | d is all | ergen f | ree due |
| | | < | | | | | Tr | ree Nuts | | | | | | С | ereals cont | taining glute | en | | | | | | | Milk | | | | 1 | | | |
| Product | Vegetarians | ∍gan Friendly | Peanut | Almond | Brazil Nut | Cashew | Hazelnut | Macadamia | Pecan | Pistachio | Walnut | Sesame | Barley | Kamult (Wheat) | Oats | Rye | Spelt (Wheat) | Wheat | Crustacean | Celery and celeriac | Egg | Fish | Cow | Goat | Sheep | Lupin | Mollusc | Mustard | Soya | Sulphites | Pine Nut |
| Baguettes | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Artichoke, Olives & Tapenade | Y | Y | | | | | | | | | | > | | | | | | > | | | | | | | | | | 1 | | | |
| Aubergine Banh Mi | Y | Y | | | | | | | | | | | | | | | | ~ | | | | | | | | | | 1 | ~ | | |
| Avo, Olives & Toms | Y | Y | | | | | | | | | | ~ | | | | | | ~ | | | | | | | | | | | | | ~ |
| Brie, Tomato & Basil | Y | | | | | | | | | | | | | | | | | ~ | | | | | ~ | | | | | 1 | | | |
| Cheddar, Mustard & Pickles | Y | | | | | | | | | | | > | | | | | | • • | | | ~ | | • | | | | | ~ | | | |
| Vegan Chuna Mayo & Cucumber | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | - | |
| Vegan Eggless Mayo & Cress | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | ¥ | ~ | - | |
| Rolls | | | | | | | | <u> </u> | | | | | | | | | | | <u> </u> | | | | | | | | | | | | |
| All Day Vegan Breakfast | Y | Y | | | | | | | | | | ~ | | | | ~ | | ¥ | | | | | | | | | | | v | | |
| Aubergine Parmagiana | Y | | | | | | | | | | | ~ | • | | | ~ | | ¥ | | | | | ~ | | | | | | • | | |
| Pesto & Mozzarella Losange | Y | | | | | | | | | | | - | | | | · · | | ¥ | | | ¥ | | ~ | | | | | | | | ~ |
| Scandi Style Smoked Carrot and Eggless Tofu Mavo | Y | Y | | | | | | [| | | | > | | | | > | | ~ | | | | | | | | | | | ~ | | |
| Sandwiches | | | | | 1 | | | 1 | | | | · | . · | | | · | | · · | 1 | | | | | | | | | | | | |
| Kid's Cheese Sandwich | Y | | | | | | | | | | | | v | | | | | v | | | | | v | | | | | | | | |
| Humous & Roasted Peppers Open Sandwich | Y | | | 1 | | | | | 1 | | | > | 1 | | ۲ | | | | | | | | | ۲ | > | | | í | | | ~ |
| Sliced Egg & Cress | Y | | | | | | | | | | | | ~ | | | | | v | | | v | | | | | | | ~ | | | |
| Smashed Avocado Open Sandwich | Y | Y | | | | | | | | | | | | | • | | | | | | | | | | | | | | | | |
| Smoky Carrot and Falafel | Y | Y | | | | | | | | | | | • | | | | | • | | | | | | | | | | ~ | | | |
| The VLT | Y | Y | | 1 | | | | | 1 | | | | ~ | | | | | ~ | | | | | | | | | | i | | | |
| Wraps & Flatbreads | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Avo & Chickpeas Caesar Wrap | Y | Y | | | | | | | | | | | | | | ~ | | ~ | | | | | | | | | | ~ | v | | |
| Dukkah Spiced Squash & Feta Flatbread | Y | | | | | | | | | | | | | | | | | ~ | | | | | < | < | > | | | | | | |
| Falafel, Avocado & Chipotle Wrap | Y | Y | | | | | | | | | | | | | | > | | v | | | | | | | | | | l | | ~ | |
| Hoisin Mushroom Wrap | Y | Y | | | | | | | | | | | | | | > | | v | | | | | | | | | | | v | | |
| Humous & Chipotle Wrap | Y | Y | | | | | | | | | | > | | | | > | | v | | | | | | | | | | | | | |
| Mexican Avocado Flatbread | Y | Y | | | | | | | | | | | | | | | | v | | | | | | | | | | | | | |
| Sunshine 'N'Spice Wrap | Y | Y | | | | | | | | | | | | | | > | | v | | | | | | | | | | | | | |
| Vegan Chilli Wrap | Y | Y | | | | | | | | | | | | | | > | | • | | ~ | | | | | | | | | v | v | |
| We're proud to freshly | prep | are ou | ır foo | d in o | | | | | | | | | | | | | | | we are u se with n | | | | | our f | ood is | aller | gen fre | ee due te | o the r | isk of | cross- |

| Contents Key: ✓ (Product Contains) | | | | | | | | | | | | H | 3r | ea | ak | cf | as | st | | | | | | | | | | | | | |
|--|-------------|---------------|-----------------|---------|------------|--------|----------|-----------|-------|-----------|--------|--------|--------|-------------------|--------------|--------------|------------------|--------|--------------------------|---------------------------|-----|--------|------|---------|-------|--------|---------|---------|--------|-----------|----------|
| Y (Suitable For) | | | We ³ | re pro | ud to f | reshly | | | | | | | | | | | | | lients and ipe but is | | | | | | | | | nat our | food | is allerg | en fre |
| | | Ve | | | | | Т | ree Nuts | | | | | - | C | Cereals cont | aining glute | ท | | | | | | | Milk | | | | | | | |
| Product | /egetarians | igan Friendly | Peanut | | Brazil Nut | Cashew | Hazelnut | Macadamia | Pecan | Pistachio | Walnut | Sesame | Barley | Kamult (Wheat) | Oats | Rye | Spelt (Wheat) | Wheat | Crustacean | Celery and celeriac | Egg | Fish | Cow | Goat | Sheep | Lupin | Mollusc | Mustard | Soya | Sulphites | Pine Nut |
| Acai & Almond Butter Bowl | Y | Y | | ~ | | | | | | | | | | | ~ | | | | | | | | | | | | | | | | |
| Bircher Muesli | Y | | | | | | | | | • | | | | | > | | | | | | | | > | | | | | | | | |
| Breakfast Baguette - Eggless Mayo & Avocado | Y | Y | | | | | | | | | | | | | | | | > | | | | | | | | | | | • | | |
| Breakfast Baguette - Eggless Mayo & Roasted Tomato | Y | Y | | | | | | | | | | | | | | | | > | | | | | | | | | | | > | | |
| Cashew and Cocoa Pot | Y | Y | | | | ~ | | | | ~ | | | | | > | | | | | | | | | | | | | | | | |
| Coconut Porridge | Y | Y | | | | | | | | | | | | | > | | | | | | | | | | | | | | | | |
| Five Berry Bowl | Y | | | | | | | | | | | | | | * | | | | | | | | > | | | | | | | | |
| Five Berry Pot | 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 | | | | | | | | | | | | | | > | | | | | | | | > | | | | | | | | |
| Pret's Veggie Brioche | Y | | | | | | | | | | | | | | | | | > | | | > | | > | | | | | | | | |
| Pret's Veggie Roll | Y | | | | | | | | | | | | | | | • | | ~ | | | ~ | | ~ | | | | | | | | |
| Smoothie Bowl - Apricot and Pistachio Overnight Oats | Y | Y | | | | | | | | • | | | | | > | | | | | | | | | | | | | | | ~ | |
| Smoothie Bowl - Cocoa, Nuts & Berries | Y | Y | | ~ | | ~ | | | • | | | | | | > | | | | | | | | | | | | | | | | |
| Smoothie Bowl - Mango & Banana Sunshine | Y | Y | | | | | | | | | | | | | ~ | | | | | | | | | | | | | | | | |
| Spicy Egg Brioche | Y | 1 | | | 1 | | | | | 1 | | | | | | | | ~ | | | ~ | | > | | | 1 | | | | | |
| Vegan Almond Croissant | Y | Y | | ~ | | | | | | | | | | | | | | ~ | | | | | | | | | | | | | |
| Vegan Breakfast Baguette | Y | Y. | | | | | | | | | | | | | | | | ~ | | | | | | | | | | | ~ | | |
| Vegan Chocolate Croissant | Y | Y | | | | | | | | | | | | | | | | • | | | | | | | | | | | | | |
| Vegan Plain Croissant | Y | Y | | | 1 | | | | | | | | | | | | | • • | | | | | | | | | | | • | | |
| Very Berry Croissant | Y | Y | | | | | | | | | | | | | | | | ~ | | | | | | | | | | | | | |
| Wey Berry Crossant | _ | | our sh | lop kit | | | | | | | | | | | | | | re un | able to g lk or egg | | | at our | food | is alle | rgen | free d | ue to | the ris | k of c | ross-col | ntaci |

Г

| Contents Key: ✓ (Product Contains) | | | | | | | | | | | (| \mathbb{C} | 510 | d | D | Dr | in | k | S | | | | | | | | | | | | |
|---|-------------|---------------|------|----------|-----------|----------|-------------|-------------------------|--------------------|--------------------|-------------------|-------------------|--------------------|-------------------|--------------------|---------------------|------------------|-------------------|--------------------------|---------------------------|--------|------------------|------------------|--------------------|-------------------|------------------|-------------------|---------|---------|-----------|----------|
| Y (Suitable For) | | | W | e're pro | ud to i | freshly | prepa di | re our foo ue to the | od in c risk of | our sho f cross | op kitc -conta | hens e ict. Ot | every d 1r vega | lay, bu n food | it as w I is ma | e use 1 ide to : | nany∶ a vega | ingred in reci | lients and ipe but is | l share not su | d equi | pment for the | , we a ose wi | ire una ith mil | able to k or e | guara gg alle | ntee tl rgies. | nat oui | food i | is allerg | en free |
| | _ | Ś | | | | | Tr | ree Nuts | | | | | | C | Cereals con | aining glute | n | | | | | | | Milk | | | | | | | |
| Product | /egetarians | sgan Friendly | Pean | Almond | Brazil Nu | t Cashew | Hazelnut | Macadamia | Pecan | Pistachio | Walnut | Sesame | Barley | Kamult (Wheat) | Oats | Rye | Spelt (Wheat) | Wheat | Crustacean | Celery and celeriac | Egg | Fish | Cow | Goat | Sheep | Lupin | Mollusc | Mustard | Soya | Sulphites | Pine Nut |
| Apple Juice | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Blend Me Drink Me - Cocoa, Almond Butter & Banana | Y | Y | | - | | | | | | | | | | | > | | | | | | | | | | | | | | | | |
| Breakfast Smoothie | Y | | | | | | | | | | | | | | > | | | | | | | | > | | | | | | | | |
| Coke (all types) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cranberry & Raspberry Pure Pret Still | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Greens | Y | Y | | | | 1 | | | | | | | | | | | | | | | | | | | 1 | | | | | | |
| Easy Greens | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ginger Shot | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Green Tea & Peach Pret Still | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pure Pret Green Tea Yoga Bunny | Y | Y | | | | | | | | | | | | | | | | | | | | | | | 1 | | | | | | |
| Hot Shot | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lemon & Ginger Pret Still | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mango Smoothie | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mango, Passion Fruit & Lime Pret Still | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Orange Juice (both sizes) | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pret Apple Fizz | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pret Cumcumber & Mint Seltzer | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pret Ginger Beer | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pret Ginger Kombucha | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pret Grape & Elderflower | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pret Lime & Raspberry Seltzer | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pret Rhubarb Lemonade | Y | Y | | | | 1 | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ready to Drink Black Coffee | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ready to Drink Latte | Y | | | | | 1 | | | | | | | | | | | | | | | | | > | | | | | | | | |
| Ready to Drink Mocha | Y | | | | | | | | | | | | | | | | | | | | | | > | | | | | | | | |
| Roots & Fruits Juice | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sparkling Spring Water | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Still Water 500ml | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Still Water 750ml | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vitamin Volcano | Y | | | | | 1 | | | | | | | | | | | | | | | | | | | | | | | | | |
| We're proud to freshly prepare | our fo | od in (| our | shop ki | | | | | | | | | | | | | | | able to g lk or egg | | | at oui | r food | is all | ergen | free c | lue to | the ri | sk of c | ross-co | ntact. |

| Contents Key: ✔ (Product Contains) Y (Suitable For) | | | We | 're pro | oud to | freshly | | re our foc ue to the p | | | | | very d | | t as w | e use 1 | many i | | | | | | | | | | | t our f | òod is | allerger | n free |
|---|-------------|---------------|--------|---------|------------|---------|----------|-----------------------------------|-------|-----------|--------|--------|--------|-------------------|-------------|--------------|------------------|-------|------------|---------------------------|-----|------|-----|--------|---------|--------|---------|---------|---------|-----------|----------|
| | | < | | | | | Tr | ee Nuts | | | | | | C | ereals cont | aining glute | en | | | | | | | Milk | | | | | | | |
| Product | Vegetarians | egan Friendly | Peanut | Almond | Brazil Nut | Cashew | Hazelnut | Macadamia | Pecan | Pistachio | Walnut | Sesame | Barley | Kamult (Wheat) | Oats | Rye | Spelt (Wheat) | Wheat | Crustacean | Celery and celeriac | Egg | Fish | Cow | Goat | Sheep | Lupin | Mollusc | Mustard | Soya | Sulphites | Pine Nut |
| Apple | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Banana | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Classic Fruit Salad | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mango & Lime | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Melon & Blueberry | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Summer Berries & Nectarine | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Watermelon & Lime | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| We're proud to freshly | prepa | re ou | r food | in ou | - | | | ery day, [.] vegan fo | | | | | | | | | | | | | | | | our fo | od is : | allerg | en free | due to |) the r | isk of c | ross- |

| Contents Key: ✔ (Product Contains) Y (Suitable For) | | | | | | | | | | | | P | r | eť | S | H | Ic | ot | | | | | | | | | | | | | |
|---|-------------|---------------|--------|--------|------------|--------|----------|-----------|-------|-----------|--------|--------|----------|-------------------|-------------|--------------|------------------|-------|--------------------------|---------------------------|----------|------|-----|----------|-------|-------|---------|----------|-----------|-----------|----------|
| f (Suitable For) | | | We' | re pro | ud to f | reshly | prepare | | | | | | | | | | | | ents and s e but is n | | | | | | | | | our food | l is alle | ergen fre | e due to |
| | | < | | | | - | Tre | e Nuts | | | | | | С | ereals cont | aining glute | n | - | | | | | | Milk | | | | | | | |
| Product | √egetarians | egan Friendly | Peanut | Almond | Brazil Nut | Cashew | Hazelnut | Macadamia | Pecan | Pistachio | Walnut | Sesame | Barley | Kamult (Wheat) | Oats | Rye | Spelt (Wheat) | Wheat | Crustacean | Celery and celeriac | Egg | Fish | Cow | Goat | Sheep | Lupin | Mollusc | Mustard | Soya | Sulphites | Pine Nut |
| Falafel & Halloumi Hot Wrap | Y | | | | | | | | | | | | | | | > | | > | | | | | ~ | ~ | ~ | | | | | | |
| Feta & Red Pepper Omelette | Y | | | | | | | | | | | | | | | | | | | | ~ | | | ~ | ~ | | | | | | |
| Meatless Meatball & Feta Hot Rice Bowl | Y | | | | | | | | | | | | | | | | | | | | | | | ~ | ~ | | | | | | |
| Meatless Meatball Hot Wrap | Y | Y | | | | | | | | | | | | | | > | | > | | | | | | | | | | | | | |
| Meatless Meatball Protein Pot | 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 | | | | | | | | | | | | ~ | | ~ | ~ | | ~ | | | ~ | | ~ | | | | | v | | | |
| Halloumi, Red Pepper & Basil Toastie | Y | | 1 | | | 1 | | | | | | | ~ | | ¢ | > | | > | | | | | ~ | ~ | - | | | | | | |
| Mozzarella, Pesto & Roasted Tomatoes Foacaccia | Y | | | | | | | | | | | | | | | | | ¥ | | | | | ~ | | | | | | | | ~ |
| Creamy Mushroom Focaccia | Y | | | | | | | | | | | | | | | | | ~ | | | | | ~ | | | | | | ~ | | |

| Contents Key: ✔ (Product Contains) Y (Suitable For) | | | We' | re pro | ud to freshl | / prepare | | | ur shoj | o kitch | iens ev | ery da | ay, but | as we | use m | nany in | gredie | 1C ents and sh e but is no | | | | | | | | | our foc | od is al | lergen fi | ree due |
|---|-------------|----------------|--------|--------|------------------|------------|-----------|-------|-----------|---------|---------|--------|-------------------|--------------|--------------|------------------|--------|---|---------------------------|-----|------|-----|------|-------|-------|---------|---------|----------|-----------|----------|
| | | Ve | | | | Tre | e Nuts | | | | | | (| Cereals cont | aining glute | en | | | | | | | Milk | | | | | | | |
| Product | Vegetarians | legan Friendly | Peanut | Almond | Brazil Nut Cashe | w Hazelnut | Macadamia | Pecan | Pistachic | Walnut | Sesame | Barley | Kamult (Wheat) | Oats | Rye | Spelt (Wheat) | Wheat | Crustacean | Celery and celeriac | Egg | Fish | Cow | Goat | Sheep | Lupin | Mollusc | Mustard | Soya | Sulphites | Pine Nut |
| Coffee - Classic Blend Ground | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Coffee - Espresso Beans | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Coffee - Single Origin Ground | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pret at Home Bircher Museli | Y | Y | | | | | | | | | | | | > | | | | | | | | | | | | | | | ۲ | |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| Contents Key: ✔ (Product Contains) ⁄ (Suitable For) | | | | | | | | | | | | | K | Sa | ala | ac | 1 | | | | | | | | | | | | | | |
|---|-------------|---------------|--------|---------|------------|----------|---------------------|--------------------|-------|-----------|--------|--------|--------|-------------------|--------------|--------------|------------------|-------|-------------------------|---------------------------|-----|------|-----|------|-------|-------|---------|------------|----------|-----------|---------|
| | | | We | 're pro | oud to | freshly | ⁷ prepar | e our foo the r | | | | | | | | | | | nts and sl but is no | | | | | | | | | ır food is | s allerg | en free o | lue to |
| | _ | < | | | | | Т | ree Nuts | | | | | | C | Cereals cont | aining glute | en | | | | | | | Milk | | | | | | | |
| Product | /egetarians | agan Friendly | Peanut | Almond | Brazil Nut | t Cashew | Hazelnut | Macadamia | Pecan | Pistachio | Walnut | Sesame | Barley | Kamult (Wheat) | Oats | Rye | Spelt (Wheat) | Wheat | Crustacean | Celery and celeriac | Egg | Fish | Cow | Goat | Sheep | Lupin | Mollusc | Mustard | Soya | Sulphites | Pine Nu |
| gg & Spinach Pot | Y | | | | | | | | | | | | | | | | | | | | ~ | - | | | | | | | | | |
| lexican Inspired Salad Bowl | Y | | | | | | | | | | | | | | | | | | | | | | | > | • | | | | | ~ | |
| liso Aubergine Salad Bowl | Y | | | | | | | | | | | > | | | | | | > | | | ~ | | | | | | | | ~ | | |
| larinated Tofu Poke Bowl | Y | Y | | | | | | | | | | > | | | | | | | | | | | | | | | | | ~ | | |
| esto Pasta and Mozzarella Salad | Y | | | | | | | | | | | | | | | | | > | | | | | ۲ | | | | | | | v | ~ |
| ticky Mushroom Salad Bowl | Y | Y | | | | | | | | | | | | | | | | > | | | | | | | | | | | ~ | | |
| weet Potato Falafel Mezze Salad | Y | Y | | | | | | | | | | > | ~ | | | | | | | | | | | | | | | | | | |
| amari & Ginger Mushroom Poke Bowl | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | ~ | ~ | |
| Dressings | | | | 1 | | | | <u>,</u> | | | | | | | | | | | | | | | | | | | | | | | |
| aesar Dressing | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | ~ | > | | |
| rench Dressing | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| amari & Ginger Dressing | Y | v | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| Contents Key: ✔ (Product Contains) Y (Suitable For) | | | | | | | | | | | | | | n | | | | | | | | | | | | | | | | | |
|---|-----------|-------------|--------|--------|----------------|---------|------------|-------------------------|-------|-----------|--------|--------|--------|-------------------|-------------|---------------|------------------|-------|------------|--------|-----|------|-----|------|-------|-------|----------|---------|--------|-----------|-----------|
| | | | We' | re pro | oud to | freshly | | are our fo ue to the | | | | | | | | | | | | | | | | | | | | at our | food i | s allerg | en free |
| | Ve | Vega | | | | | Т | ree Nuts | | | | | | C | Cereals con | taining glute | en | | | Celery | | | | Milk | | | | | | | |
| Product | getarians | an Friendly | Peanut | Almond | Brazil Nuts | Cashew | s Hazelnut | Macadamia | Pecan | Pistachio | Walnut | Sesame | Barley | Kamult (Wheat) | Oats | Rye | Spelt (Wheat) | Wheat | Crustacean | and | Egg | Fish | Cow | Goat | Sheep | Lupin | Molluscs | Mustard | Soya | Sulphites | Pine Nut: |
| Snacks | - | | | | | | - | - | | | | | | | | | | | | | | | | | | | | | | | |
| Almond Butter Protein Ball | Y | Y | | ~ | | | | | | | | | | | | | | | | | | | | | | | | | • | | |
| Easy Peasy Almond Squeezy | Y | Y | | ~ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chilli, Bean & Seed Tortilla Chips | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Almond Butter Bites | Y | | | ~ | | | | | | | | | | | | | | | | | | | | | | | | | • | | |
| Cranberries in Coats | Y | | | | | | | | | | | | | | | | | | | | | | ۲ | | | | | | | | |
| Salted Crunchy Corn | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dark Chocolate Salted Almonds | Y | Y | | ~ | | | | | | | | | | | | | | | | | | | | | | | | | ~ | | |
| Mature Cheddar & Red Onion Crisps | Y | | | | | | | | | | | | | | | | | | | | | | ~ | | | | | | | | |
| Fruit, Nuts & Chocolate | Y | | | ~ | | | | | | | | | | | | | | | | | | | ۲ | | | | | | ٢ | | |
| Pret A Mango | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sea Salt & Cider Vinegar Crisps | Υ | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sea Salt Crisps | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sea Salt Popocrn | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Smoky Chipotle Crisps | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sweet & Salt Popcorn | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vegetable Crisps | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk or egg allergies.

| Contents Key: (Product Contains) | | | | | | | | | | | | Sv | Ve | ee | t | T | re | ea | ts | | | | | | | | | | | | |
|---|------------|--------------|--------|----------|------------|----------|----------|-----------|-------|-----------|----------|--------|--------|-------------------|--------------|---------------|------------------|----------|--------------------------|---------------------------|----------|------|-----|-------|--------|--------|---------|---------|--------|-----------|----------|
| Y (Suitable For) | | | We' | re pro | ud to f | freshly | | | | | | | | | | | | | dients and ipe but is | | | | | | | | | at our | food i | s allerge | en free |
| | < | Vej | | | | | т | ree Nuts | | | | | | C | Cereals cont | taining glute | in . | | | | | | | Milk | | | | | | | |
| Product | egetarians | gan Friendly | Peanut | Almond | Brazil Nut | t Cashew | Hazelnut | Macadamia | Pecan | Pistachio | Walnut | Sesame | Barley | Kamult (Wheat) | Oats | Rye | Spelt (Wheat) | Wheat | Crustacean | Celery and celeriac | Egg | Fish | Cow | Goat | Sheep | Lupin | Mollusc | Mustard | Soya | Sulphites | Pine Nut |
| Sweet Treats | | | | | | | | 1 | | | | | | | | | | | | | | | | | | | | | | | |
| Almond Butter Bites | Y | | | v | | | | | | | | | | | | | | | | | | | | | | | | | < | | |
| Banana Cake | Y | | | | | | | | | | | | | | | | | < | | | > | | > | | | | | | < | | |
| Caramel Waffle | Y | | | | | | | | | | | | | | | | | ~ | | | | | ~ | | | | | | • | | |
| Carrot Cake | Y | | | | | | | | | | ~ | | | | | | | ~ | | | ~ | | ~ | | | | | | ~ | | |
| Choc Bar | Y | | | | | | | | | | | | | | | | | v | | | | | > | | | | | | ~ | | |
| Chocolate Brownie Bar | Y | | | | | | | | | | | | | | | | | ~ | | | > | | > | | | | | | • | | |
| Chocolate Moose | Y | | | | | | | | | | | | | | | | | | | | | | * | | | | | | ٢ | | |
| 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 | | | | | ~ | | | | | | | | | | | | | | | | | | | | | | | | |
| Lemon Cheesecake | Y | | | | | | | | | | | | | | | | | ~ | | | > | | > | | | | | | | | |
| Love Bar | Y | | | ~ | | | | | | ~ | | | | | ~ | | | | | | | | ~ | | | | | | ~ | | |
| Milk Chocolate Bar | Y | | | | | | | | | | | | | | | | | | | | | | ~ | | | | | | ~ | | |
| Popcorn Bar | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | ~ | | |
| Pret Bar | Y | | | | | | | | | | | | | | ~ | | | ~ | | | | | v | | | | | | | | |
| Pret's Nut Bar | Y | | | ~ | - | | | | | | | | | | | | | | | | | | | | | | | | v | | |
| Pret's Gingerbread Biscuits | Y | | | | | | | | | | | | | | | | | ~ | | | ~ | | | | | | | | · | | |
| Pret's Vegan Raspberry & Coconut Muffin | Y | Y | 1 | ~ | | | | | | 1 | | | | | | | | - | | | - | | | | | | | | ٢ | | |
| Pret's Ultimate Vegan Brownie | Y | Y | | ~ | | | | | | | | | | | | | | | | | | | | | | | | | • | | |
| Raspberry & Almond Bakewell Tart | Y | | | ~ | | | | | | | | | | | | | | ~ | | | > | | ~ | | | | | | | | |
| Vegan Banana & Walnut Muffin | Y | Y | | · · | | | | | | | ~ | | | | | | | ~ | | | <u> </u> | | · · | | | | | | ۲ ۲ | | |
| Vegan Hazelnut & Caramel Brownie | Y | Y | | ~ | | | ~ | | | | • | | | | | | | - | | | | | | | | | | | ~ | | |
| Vegan Choca Mocha Muffin | Y | Y | | ⊢ • | | | | | | | | | ~ | | | | | ~ | | | | | | | | | | | · | | |
| We're proud to freshly | | | r food | in ou | | | | | | | | | gredi | | | | | nent, v | we are un se with m | | | | | our f | ood is | allerg | en fre | e due | to the | risk of | cross |

| Contents Key: ✓ (Product Contains) | | | | | | | | | | B | a 1 | | st | a | P | re | p | a 1 | ce | 1 | D | ri | n | ks | 5 | | | | | | |
|---|-------------|----------------|---|---------|----------|------------|----------|--------------------------|-------|-----------|------------|--------|--------|-------------------|-------------|--------------|------------------|------------|------------|---------------------------|-----|------|----------|------|--------|---------|---------|----------|----------|-----------|----------|
| Y (Suitable For) | | | We | 're pro | oud to | o freshly | | are our fo lue to the | | | | | | | | | | | | | | | | | | | | at our f | food is | allerger | n free |
| | < | Ve | | | 1 | | Т | ree Nuts | | 1 | | | | С | ereals cont | aining glute | en | | | | | | | Milk | | | | | | | |
| Product | √egetarians | /egan Friendly | Peanut | Almond | Brazil N | lut Cashew | Hazelnut | Macadamia | Pecan | Pistachio | Walnut | Sesame | Barley | Kamult (Wheat) | Oats | Rye | Spelt (Wheat) | Wheat | Crustacean | Celery and celeriac | Egg | Fish | Cow | Goat | Sheep | Lupin | Mollusc | Mustard | Soya | Sulphites | Pine Nut |
| Coffee | | | Y M | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Americano Black (add milk or milk alernative 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 | | | | | | | | | | | | | ۲ | | | | | | | | | | | | | | | | |
| Espresso | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Filter - Black Coffee (add milk or milk alernative if White Americano) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Flat White Semi Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | V | | | | | | | | |
| Flat White Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | v | | | | | | | | |
| Flat White Soya (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | v | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | V | | | | | | | | |
| Latte Soya (instead of milk) | Y | Y | | 1 | | | | | | | | | | | | | | | | | | | | | | | | | ~ | | |
| Latte Oat (instead of milk) | Y | Y | | | | | | | | | | | | | ~ | | | | | | | | | | | | | | | | |
| Latte Rice Coconut (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Macchiato Semi Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | V | | | | | | | | |
| Macchiato Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | v | | | | | | | | |
| Macchiato Soya (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | v | | |
| 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're proud to free | | | e our | food i | | | | ns every . Our ve | | | | | | | | | | | | | | | | | our fo | od is a | allerge | n free | | the ris | sk of |

| Contents Key: ✔ (Product Contains) Y (Suitable For) | | | | | | | | | | B | a 1 | | sta | a | P | re | p | a 1 | cec | 1 | D | ri | n | ks | 5 | | | | | | |
|---|-------------|---------------|---------|--------|----------------|---------|----------|--------------------------|-------|-----------|------------|--------|--------|-------------------|------------|---------------|------------------|------------|------------|---------------------------|-----|------|----------|------|--------|---------|----------|----------|--------|-----------|-----------|
| | | | We' | re pro | oud to | freshly | | are our fo lue to the | | | | | | | | | | | | | | | | | | | | at our f | ood is | allerge | n free |
| | | < | | | | | Ti | ree Nuts | | | | | | C | ereals con | taining glute | en | | | | | | | Milk | | | | | | | |
| Product | Vegetarians | egan Friendly | Peanut | Almond | Brazil Nuts | Cashews | Hazelnut | Macadamia | Pecan | Pistachio | Walnut | Sesame | Barley | Kamult (Wheat) | Oats | Rye | Spelt (Wheat) | Wheat | Crustacean | Celery and celeriac | Egg | Fish | Cow | Goat | Sheep | Lupin | Molluscs | Mustard | Soya | Sulphites | Pine Nuts |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pumpkin Spice Latte Semi Skimmed | Y | | | | | | | | | | | | | | | | | | | | | | < | | | | | | | | |
| Pumpkin Spice Latte Skimmed | Y | | | | | | | | | | | | | | | | | | | | | | < | | | | | | | | |
| Pumpkin Spice Latte Rice Coconut (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pumpkin Spice Latte Oat (instead of milk) | Y | Y | | | | | | | | | | | | | > | | | | | | | | | | | | | | | | |
| Pumpkin Spice Latte Soya (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | > | | |
| Frappés & Shakes | | 1 | 1 | | - | | 1 | - | 1 | | 1 | - | 1 | | | | 1 | 1 | | 1 | | | 1 | | | 1 | | | | | |
| Classic Frappé Semi Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | V | | | | | | | | |
| Classic Frappé Skimmed milk | Y | | | | | | | | | | | | | | _ | | | | | | | | > | | | | _ | | | | |
| Chocolate Frappé Semi Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | V | | | | | | | | |
| Chocolate Frappé Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | v | | | | | | | | |
| Mocha Frappé Semi Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | ¥ | | | | | | | | |
| Mocha Frappé Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | V | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | v | | | | | | | | |
| Vanilla Shake Semi Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | V | | | | | | | | |
| Vanilla Shake Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | > | | | | | | | | |
| Frappé Mix | Y | | | | | | | | | | | | | | | | | | | | | | V | | | | | | | | |
| We're proud to fres | shly p | repare | e our f | food i | | | | ns every . Our ve | | | | | | | | | | | | | | | | | our fo | od is a | llerge | n free | due to | the ris | sk of |

| Contents Key: ✓ (Product Contains) Y (Suitable For) | | | We | 're pro | ud to f | freshly | | re our fo ue to the | ood in o | our sho | op kite | chens e | every c | lay, bu | t as w | e use 1 | many i | ingred | | l share | d equi | pmen | t, we a | re una | ble to | | | nt our f | òod is | allerge | n free |
|---|-------------|-------------|--------|---------|------------|---------|----------|------------------------|----------|-----------|---------|---------|---------|-------------------|-------------|---------|------------------|---------|------------|---------------------------|---------|------|----------|--------|---------------------|-------|---------|----------|--------|-----------|----------|
| | / | Ś | | | | | | ee Nuts | TISK O | 1 01033 | conta | | n vege | | ereals cont | | | ii reer | 90 0 at 15 | not su | intuore | | | Milk | x or e _g | | 15105. | | | | |
| Product | /egetarians | an Friendly | Peanut | Almond | Brazil Nut | Cashew | Hazelnut | Macadamia | Pecan | Pistachio | Walnut | Sesame | Barley | Kamult (Wheat) | Oats | Rye | Spelt (Wheat) | Wheat | Crustacean | Celery and celeriac | Egg | Fish | Cow | Goat | Sheep | Lupin | Mollusc | Mustard | Soya | Sulphites | Pine Nut |
| Iced Drinks | | | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | ۲ | | | | | | | | | | | | | | | | |
| lced Mocha Semi Skimmed Milk | Y | | | | | | | | | | | | | | | | | | | | | | • | | | | | | | | |
| Iced Mocha Skimmed Milk | Y | | | | | | | | | | | | | | | | | | | | | | ~ | | | | | | | | |
| Iced Mocha Soya (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | ٢ | | |
| Iced Mocha Rice Coconut (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Iced Mocha Oat (instead of milk) | Y | Y | | | | | | | | | | | | | ٢ | | | | | | | | | | | | | | | | |
| Iced White Americano Semi Skimmed Milk | Y | | | | | | | | | | | | | | | | | | | | | | < | | | | | | | | |
| Iced White Americano Skimmed Milk | Y | | | | | | | | | | | | | | | | | | | | | | K | | | | | | | | |
| Iced White Americano Oat (instead of milk) | Y | Y | | | | | | | | | | | | | < | | | | | | | | | | | | | | | | |
| Iced White Americano Soya (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | ٢ | | |
| Iced White Americano Rice Coconut (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Turmeric Iced Latte Rice Coconut | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cold Brew | | | 1 | | | | | | 1 | | | | | | | | | | | | | | | | | 1 | | | | | |
| Cold Brew (no milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cold Brew Semi Skimmed Milk | Y | | | | | | | | | | | | | | | | | | | | | | ~ | | | | | | | | |
| Cold Brew Skimmed Milk | Y | | | | | | | | | | | | | | | | | | | | | | V | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| Contents Key: ✔ (Product Contains) Y (Suitable For) | | | | | | | | | - | B | a 1 | ris | st | a | P 1 | re | p | a 1 | cec | 1 | D | ri | n | ks | 5 | | | | | | |
|---|--------|-------------------|---------|--------|----------------|---------|----------|------------------------|-------------------|--------------------|------------------|--------------------|--------------------|-------------------|--------------|--------------|------------------|--------------------|------------------------|-------------------|-------------------|-----------------|-------------------|--------|--------------------|------------------|--------------------|----------|---------|-----------|-----------|
| | | | We' | re pro | ud to f | freshly | d | re our fo ue to the | od in o risk o | our sho f cross | op kite -cont | chens o act. Oi | every o 1r vega | an food | d is ma | ide to | a vega | ingred in recij | ients and pe but is | l share not su | ed equ iitable | ipmen for th | t, we a ose wi | th mil | ible to k or eş | guara gg alle | ntee tha rgies. | at our f | food is | allerge | en free |
| Product | Vegeta | Vegan Friendly | Peanut | | | 1 | Tr | ee Nuts | | 1 | 1 | Sesame | | 1 | Cereals cont | taining glut | r | 1 | Crustacean | Celery and | Egg | Fish | | Milk | 1 | Lupin | Molluscs | Mustard | Soya | Sulphites | Pine Nuts |
| TIOduct | arians | yan ndly | 1 ounat | Almond | Brazil Nuts | Cashews | Hazelnut | Macadamia | Pecan | Pistachio | Walnut | oodamo | Barley | Kamult (Wheat) | Oats | Rye | Spelt (Wheat) | Wheat | ordotaooan | celeriac | -99 | | Cow | Goat | Sheep | Edpin | 1110110000 | maotara | 00)4 | oupritoo | 1 mo Hato |
| Hot Chocolate | | | | | | | | • | | | | | | | | | | | | | | | | | | | | | | | |
| Hot Chocolate Semi Skimmed Milk | Y | | | | | | | | | | | | | | | | | | | | | | < | | | | | | | 1 | |
| Hot Chocolate Skimmed Milk | Y | | | | | | | | | | | | | | | | | | | | | | < | | | | | | | | |
| Hot Chocolate Soya (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | ¥ | | |
| Hot Chocolate Rice Coconut (instead of milk) | Y | Y | | | | | | | | | | | | 1 | | | | 1 | | | | | | | | | | | | | |
| Hot Chocolate Oat (instead of milk) | Y | Y | | | | | | | | | | | | | ~ | | | | | | | | | | | | | | | | |
| Hot Chocolate Powder | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Hot Chocolate Hazelnut | Y | - | | | | | | | | | | | | | | | | | | | | | V | | | | | | | | |
| Hot Chocolate Hazelnut Skimmed | Y | | | | | | | | | | | | | 1 | | | | | | | | | < | | | | | | | | |
| Hot Chocolate Hazelnut Soya | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | > | | |
| Hot Chocolate Hazelnut Rice-Coconut | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Hot Chocolate Hazelnut Oat | Y | Y | | | | | | | | | | | | | ~ | | | | | | | | | | | | | | | | |
| Smoothies | | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Duration and Observation | | | | | | | | | | | | | 1 | | | | | | | | | | | | | | | | | | |
| Berries and Cherries | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sweet Greens | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tropical Peach | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | L | |

| Contents Key: ✔ (Product Contains) Y (Suitable For) | | | | | | | | | - | B | a 1 | | sta | a | P 1 | re | p | a 1 | e | 1] | D | ri | n | ks | 5 | | | | | | |
|--|-----------------|-------------------|---------|---------|----------------|---------|---|------------------------|-------|-----------|------------|--------|--------|------------------------|---------------------|---------------------|------------------|------------|------------|---------------------------|-----|------|-----|--------------|---------|---------|----------|----------|--------|-----------------|-----------|
| | | | We' | 're pro | ud to | freshly | | re our fo ue to the | | | | | | | | | | | | | | | | | | | | ıt our f | ood is | allerge | n free |
| Product | Vegetaria ns | Vegan Friendly | Peanut | Almond | Brazil Nuts | Cashews | 1 | ee Nuts Macadamia | Pecan | Pistachio | Walnut | Sesame | Barley | C Kamult (Wheat) | ereals cont Oats | aining glute Rye | Spelt (Wheat) | Wheat | Crustacean | Celery and celeriac | Egg | Fish | Cow | Milk Goat | Sheep | Lupin | Molluscs | Mustard | Soya | Sulphites | Pine Nuts |
| Syrups & Toppings | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| All Syrups | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Caramel Sauce | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Whipped Cream | Y | | | | | | | | | | | | | | | | | | | | | | ~ | | | | | | | | |
| Milk shot | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Semi Skimmed | Y | | | | | | | | | | | | | | | | | | | | | | • | | | | | | | | |
| Skimmed | Y | | | | | | | | | | | | | | | | | | | | | | < | | | | | | | | |
| Soya (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | > | $\neg \uparrow$ | |
| Rice Coconut (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Oat (instead of milk) | Y | Y | | | | | | | | | | | | | ~ | | | | | | | | | | | | | | | | |
| Tea | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ceylon Breakfast (add milk or milk alernative if White) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Earl Grey (add milk or milk alernative if White) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Peppermint (add milk or milk alernative if White) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tropical Green (add milk or milk alernative 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 | | | | | | | | | | | | | | | | | | | | | | < | | | | | | | | |
| We're proud to fres | hly pı | repar | e our i | food i | | | | ns every Our ve | | | | | | | | | | | | | | | | | our foo | od is a | llergei | 1 free | due to | the ris | sk of |