Allergen Guide
Valid from
11th November 2026

Pret's Allergen Guide

Ireland & Northern Ireland Pret Shops

We prepare our fresh food and Barista-made drinks in our shops every day. We use many ingredients and shared equipment, and whilst we do our best to manage allergens we cannot guarantee that any of our food or Barista-made drinks are allergen-free or suitable for those with allergies due to the risk of cross-contact. Our vegan food is made to a vegan recipe, but is not suitable for those with milk or egg allergies.

Introduction

Here you'll find a list of all Pret products sold in our shops (for branded products please review the individual product), 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.

While the products in this guide may not contain a specific allergen, we can't guarantee that any of our food is completely free from any allergen.

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, recipes can differ shop to shop.

Where a product contains "**Cereals containing Gluten**' or "**Nuts**", you will find a specific ingredient listed, for example "**Wheat**" or "**Cashews**".

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In line with recommendations from The Vegan Society, we are using the term "**Vegan-friendly**" to label products that are made to a vegan recipe, but may not be made in dedicated vegan sites. In these sites we have as many steps as possible to reduce the risk of cross-contact.

For delivery orders:
We cannot guarantee your meal will not come into contact with other allergens during delivery. Couriers may transport other Pret orders or orders from other businesses along with your Pret order.

The Food Safety Authority of Ireland 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

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 are looking for **please ask the Manager**, they will 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.ie** or contact our Customer Service Team on **0207 827 8801**.

This allergen guide only covers food and drink sold in our Ireland & Northern Ireland Pret Shops.

Contents Key:
✔ (Product Contains)
Y (Suitable For)

Breakfast

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

Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep					
Acai, Banana & Almond Butter Bowl	Y	Y		✔											✔															
Almond Croissant	Y			✔														✔			✔		✔							
Avo & Egg Mayo Baguette	Y																	✔			✔									
Bacon & Egg Mayo Baguette																		✔			✔									
Banana, Honey & Granola Bowl	Y														✔								✔							
Banana & Honey Yoghurt Pot	Y																						✔							
Blueberry & Coconut Balance Bowl	Y														✔								✔							
Breakfast Egg & Avo	Y																	✔			✔									
Breakfast Egg & Bacon																		✔			✔									
Breakfast Egg & Tomato	Y																	✔			✔									
Breakfast Salmon & Egg																		✔			✔	✔								
Butter Croissant	Y																	✔			✔		✔							
Chocolate Croissant	Y																	✔			✔		✔						✔	
Cinnamon Danish	Y																	✔			✔		✔							
Cranberry & Seed Bircher Muesli	Y									✔					✔								✔							
Breakfast Egg & Tomato Baguette	Y																	✔			✔									
Five Berry Bowl	Y														✔								✔							
Five Berry Yoghurt Pot	Y																						✔							
Ham, Cheese, Tomato & Bacon Croissant																		✔			✔		✔							
Mindful Matcha & Banana Bowl	Y														✔								✔							
Mozzarella & Tomato Croissant	Y																	✔			✔		✔							
Pain aux Raisin	Y																	✔			✔		✔							
Pastel de Nata	Y																	✔			✔		✔							
Roasted Tomatoes & Egg Mayo Baguette	Y																	✔			✔									
Sausage & Bacon Ciabatta																✔		✔					✔							
The Big Apple Bowl	Y														✔								✔							
Triple Bacon Ciabatta																✔		✔					✔							
Triple Sausage Ciabatta																✔		✔					✔							
Ultimate Breakfast Ciabatta																✔		✔			✔									
Very Berry Croissant	Y	Y																✔												

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep					
Porridge & Toppers																														
Banana Cinnamon Porridge	Y														✔								✔							
Half Proper Porridge	Y														✔								✔							
Pret's Proper Porridge	Y														✔								✔							
The Big Apple Porridge	Y														✔								✔							
Cranberry Seed Topper	Y	Y																												
Five Berry Seed Topper	Y	Y																												
Honey Topper	Y																													

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Baguettes & Sandwiches

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Baguettes																														
Avo, Olives & Toms	Y	Y										✔						✔												
Avocado, Bacon & Tomato Baguette												✔						✔			✔	✔	✔							
Bacon & Egg Mayo Baguette																		✔			✔									
Beef & Horseradish Baguette												✔						✔			✔		✔					✔		✔
BLT Baguette																		✔			✔									
Brie, Pistachio & Cranberry Baguette	Y									✔		✔						✔			✔		✔							
Chicken Caesar & Bacon Baguette												✔						✔			✔	✔	✔							
Chicken and Stuffing Baguette																		✔			✔									✔
Chipotle Chicken & Feta Baguette												✔						✔						✔	✔					
Ham & Emmental																		✔			✔		✔					✔		
Italian Prosciutto Baguette												✔						✔			✔		✔							
Pole & Line Caught Tuna Mayo & Cucumber Baguette																		✔			✔	✔								
Posh Cheddar & Pickle Baguette	Y											✔						✔			✔		✔							
Pret's Christmas Baguette																		✔			✔									✔
Satay Chicken & Pickled Slaw Baguette													✔					✔			✔								✔	
Salmon, Egg Mayo & Avo Baguette												✔						✔			✔	✔								
Smoked Salmon & Cream Cheese Baguette												✔						✔				✔	✔							
Thai Style Chicken Baguette																		✔					✔						✔	
Tuna & Cucumber													✔					✔			✔	✔								
Sandwiches																														
Beef & Horseradish													✔					✔			✔		✔					✔		✔
Chicken, Avocado & Basil													✔					✔			✔		✔							
Chicken Salad													✔					✔			✔		✔							
Classic Super Club													✔					✔			✔									
Egg Florentine	Y												✔					✔			✔		✔							
Ham & Cheese													✔					✔					✔							

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep					
Humous & Veg	Y	Y										✔	✔					✔												
New Yorker Club Sandwich													✔					✔			✔		✔					✔		
Pret's Christmas Sandwich													✔					✔			✔									✔
Super Greens & Reds	Y	Y											✔					✔												
Kids' Cheese & Tomato Triangles	Y												✔					✔					✔							
Kids' Chicken & Cucumber Triangles													✔					✔			✔									
Kids' Ham Triangles													✔					✔					✔							
Mature Cheddar & Pret Pickle	Y												✔					✔			✔		✔							
Pulled Ham and Pickle													✔					✔			✔									
Smoked Salmon													✔					✔				✔	✔							
Veggie New Yorker	Y												✔					✔			✔		✔					✔		

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Rolls & Wraps

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep					
Wraps & Flatbreads																														
Avocado & Chipotle Chicken Flatbread																		✔					✔							
Chicken Caesar & Roasted Pistachio Flatbread										✔								✔			✔	✔	✔							
Chipotle Chicken & Feta Wrap																✔		✔						✔	✔					
Chicken Pesto & Rocket Wrap																✔		✔			✔		✔							
Hoisin Duck Wrap																✔		✔			✔								✔	
Italian Style Pesto Chicken Flatbread																		✔			✔		✔							
Mediterranean Style Tuna Flatbread																		✔			✔	✔								
Mexican Style Falafel & Avo Flatbread	Y	Y																✔												
Middle Eastern Style Chicken Flatbread												✔	✔					✔												
Satay Chicken & Slaw Wrap													✔			✔		✔											✔	
Rolls																														
Salt Beef Rye Roll													✔			✔		✔			✔						✔			
Scandi Salmon Rye Roll													✔			✔		✔			✔	✔					✔			
Spicy Chicken Rye Roll													✔			✔		✔			✔									

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Cold Drinks

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep					
Apple Juice	Y	Y																												
Coke (all types)	Y	Y																												
Cranberry, Raspberry & Pomegranate Pret Still	Y	Y																												
Easy Greens	Y	Y																												
Ginger Shot	Y	Y																												
Green Tea & Peach Pret Still	Y	Y																												
Hot Shot	Y																													
Lemon & Ginger Pret Still	Y	Y																												
Mango, Passion Fruit & Lime Pret Still	Y	Y																												
Orange Juice	Y	Y																												
Pret Apple Fizz	Y	Y																												
Pret Cumcumber & Mint Seltzer	Y	Y																												
Pret Ginger Beer	Y	Y																												
Pret Grape & Elderflower	Y	Y																												
Pret Lime & Raspberry Seltzer	Y	Y																												
Pret Rhubarb Lemonade	Y	Y																												
Sparkling Spring Water	Y	Y																												
Still Water 500ml	Y	Y																												
Still Water 750ml	Y	Y																												
Tropical, Green Tea & Ginseng																														
Tropical Zest	Y	Y																												

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Fruit

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep					
Medley Pot	Y																													
Mango and Lime Pot	Y																													

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Pret's Hot

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep					
Hot Baguettes																														
Chipotle Chicken, Mozzarella & Feta Hot Baguette												✔						✔					✔	✔	✔					
Chipolte Mozzarella Hot Baguette	Y											✔						✔					✔							
Christmas Hot Baguette												✔						✔			✔		✔							✔
Mozzarella, Pepper & Tomato Hot Baguette	Y											✔						✔					✔							
Prosciutto & Mozzarella Hot Baguette												✔						✔					✔							
Hot Ciabattas																														
Warm Chicken Caesar & Bacon Ciabatta																		✔			✔	✔	✔						✔	
Warm Three Cheese & Tomato Ciabatta	Y																	✔					✔						✔	
Hot Wraps																														
Falafel & Halloumi Hot Wrap	Y															✔		✔					✔	✔	✔					
Italian Style Chicken Hot Wrap																✔		✔					✔							
Pret's Meatball Hot Wrap																✔		✔					✔							
Spicy Chicken Hot Wrap																✔		✔					✔							
Hot Bakes																														
Bacon, Cheese & Jalapeno Pastry																		✔			✔		✔							
Feta & Red Pepper Frittata	Y																				✔		✔	✔	✔					
Pigs in Blankets Hot Roll																✔		✔			✔							✔		
Spinach & Feta Pastry	Y																	✔			✔		✔	✔	✔					
Toasties																														
Classic Cheese Bloomer Toastie													✔		✔	✔		✔			✔		✔					✔		
Chipotle Chicken & Feta Toastie													✔		✔	✔		✔					✔							
Ham, Cheddar & Mustard Bloomer Toastie													✔		✔	✔		✔			✔		✔					✔		
Mediterranean Style Chicken Bloomer Toastie													✔		✔	✔		✔					✔	✔	✔				✔	
Mozzarella & Pesto Bloomer Toastie													✔		✔	✔		✔					✔							
Tuna & Emmental Bloomer Toastie													✔		✔	✔		✔			✔	✔	✔							
Turkey & Trimmings Toastie													✔		✔	✔		✔			✔		✔							✔

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Soup																														
Barley & Rye Roll Soup Bread	Y	Y											✔			✔		✔												
Butter Chicken Masala Soup																							✔							
Butternut Masala Soup	Y	Y																												
Christmas Ham Hock Soup																														
Christmas Ham Hock Side Soup	Y	Y																												
Creamy Roast Chicken Soup																							✔							
Lentil & Bacon Side Soup																				✔			✔					✔		
Mushroom Risotto Soup	Y	Y																											✔	
Rich Garam Masala Lentil Soup	Y	Y																												
Small Tomato Soup Cup	Y	Y																												
Soup Baguette	Y	Y																✔												
Souper Tomato Soup	Y	Y																												
Thai Chicken Curry Soup																				✔		✔								

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Platters

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep					
All Time Classics Platter													✔					✔			✔	✔	✔							
Baguette Selection Platter												✔						✔			✔	✔	✔					✔		
Best of Pret Platter													✔					✔			✔	✔	✔							
Breakfast Bowl Selection Platter	Y			✔						✔					✔								✔							
Brownie Bar Bag	Y																	✔			✔		✔						✔	
Five Berry & Bircher Bowl Platter	Y									✔					✔								✔							
Love Bar Bag	Y			✔						✔					✔								✔						✔	
Pret Bar Platter	Y														✔			✔					✔							
Sweet Pastry Selection Platter	Y			✔														✔			✔		✔						✔	
Veggie Selection Platter	Y												✔					✔			✔		✔							

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Y (Suitable For)

Salad

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Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep					
Classic Green Side Salad	Y																						✔							
Chef's Italian Chicken Salad										✔											✔	✔	✔							
Chicken & Edamame Protein Pot																													✔	
Chicken, Pesto & Mozzarella Protein Plate																							✔							
Egg & Spinach Protein Pot	Y																				✔									
Humous & Falafel Salad	Y	Y										✔	✔			✔		✔												
Kids' Humous & Cucumber Bowl	Y	Y										✔																		
Middle Eastern Style Chicken Protein Plate										✔		✔												✔	✔					
Chicken Satay & Slaw Salad																					✔								✔	
Prosciutto, Chicken & Avo Salad																					✔									
Romesco Style Butter Bean & Feta Salad	Y																							✔	✔				✔	
Smoked Salmon & Egg Protein Plate																					✔	✔							✔	
Smoked Salmon & Egg Protein Pot																					✔	✔								
Smoked Salmon, Egg & Avocado Salad																					✔	✔								
Tuna Nicoise Salad																					✔	✔								
Dressing																														
French Dressing	Y	Y																												

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Snacks

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep					
Chilli, Bean & Seed Tortilla Chips	Y	Y																												
Cranberries in Coats	Y																						✔							
Dark Chocolate Salted Almonds	Y	Y		✔																									✔	
Mature Cheddar & Red Onion Crisps	Y																						✔							
Fruit, Nuts & Chocolate	Y			✔																			✔						✔	
Pret A Mango	Y	Y																												
Sea Salt 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																												

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Sweet Treats

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep					
Banofee Pot	Y														✔								✔							
Berry Muffin	Y																	✔			✔		✔							
Caramelised Biscuity Bar	Y																	✔					✔						✔	
Choc Bar	Y																	✔					✔						✔	
Chocolate Brownie Bar	Y																	✔			✔		✔						✔	
Chocolate Chunk Cookie	Y																	✔					✔							
Chocolate, Hazelnut & Praline Cookie	Y						✔											✔					✔						✔	
Chocolate Pistachio Croissant Roll	Y									✔								✔			✔		✔						✔	
Dark Chocolate	Y																												✔	
Dark Chocolate Corn Cakes	Y																												✔	
Dubai Style Chocolate Pot	Y									✔													✔							
Fruit, Oat & Spelt Cookie	Y														✔		✔	✔					✔							
Jaffa Loaf Cake	Y												✔					✔			✔		✔						✔	
Loaded Chocolate Chunk Banana Bread	Y			✔														✔			✔		✔						✔	
Love Bar	Y			✔						✔					✔								✔						✔	
Milk Chocolate	Y																						✔						✔	
Nutty Pistachio & Almond Loaf Cake	Y			✔						✔											✔		✔						✔	
Popcorn bar	Y																						✔						✔	
Pret Bar	Y														✔			✔					✔							
Pret's Chocolate Brownie Swirl	Y																	✔			✔		✔							
Triple Chocolate Cookie	Y																	✔					✔						✔	
Triple Chocolate Crunch Loaf Cake	Y												✔					✔			✔		✔						✔	
Raspberry & White Chocolate Cookie	Y																	✔					✔						✔	
Zingy Lemon & Almond Loaf Cake	Y			✔																	✔		✔						✔	

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep					
Coffee																														
Americano Black	Y	Y																												
Americano Whole/Low Fat milk	Y																						✔							
Americano Coconut (instead of milk)	Y	Y																												
Americano Oat (instead of milk)	Y	Y													✔															
Americano Soya (instead of milk)	Y	Y																											✔	
Cappuccino Whole/Low Fat milk	Y																						✔							
Cappuccino Coconut (instead of milk)	Y	Y																												
Cappuccino Oat (instead of milk)	Y	Y													✔															
Cappuccino Soya (instead of milk)	Y	Y																											✔	
Espresso	Y	Y																												
Filter - Black Coffee (add milk or milk alernative if White Filter)	Y	Y																												
Flat White Whole/Low Fat milk	Y																						✔							
Flat White Coconut (instead of milk)	Y	Y																												
Flat White Oat (instead of milk)	Y	Y													✔															
Flat White Soya (instead of milk)	Y	Y																											✔	
Latte Whole/Low Fat milk	Y																						✔							
Latte Coconut (instead of milk)	Y	Y																												
Latte Oat (instead of milk)	Y	Y													✔															
Latte Soya (instead of milk)	Y	Y																											✔	
Macchiato Whole/Low Fat milk	Y																						✔							
Macchiato Coconut (instead of milk)	Y	Y																												
Macchiato Oat (instead of milk)	Y	Y													✔															
Macchiato Soya (instead of milk)	Y	Y																											✔	

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep					
Mocha Whole/Low Fat milk	Y																						✔							
Mocha Coconut (instead of milk)	Y	Y																												
Mocha Oat (instead of milk)	Y	Y													✔															
Mocha Soya (instead of milk)	Y	Y																											✔	
Other Hot Drinks																														
Caramel LatteWhole/Low Fat Milk	Y																						✔							
Caramel Latte Coconut (instead of Milk)	Y	Y																												
Caramel Latte Oat (instead of Milk)	Y	Y													✔															
Caramel Latte Soya (instead of Milk)	Y	Y																											✔	
Chai Latte Whole/Low Fat Milk	Y																						✔							
Chai Latte Coconut (instead of Milk)	Y	Y																												
Chai Latte Oat (instead of Milk)	Y	Y													✔															
Chai Latte Soya (instead of Milk)	Y	Y																											✔	
Chocolate Orange Latte with Choc Cream Whole/Low Fat Milk	Y																						✔							
Chocolate Orange Latte with Choc Cream Coconut (instead of milk)	Y																						✔							
Chocolate Orange Latte with Choc Cream Oat (instead of milk)	Y														✔								✔							
Chocolate Orange Latte with Choc Cream Soya (instead of milk)	Y																						✔						✔	
Dirty Chai Latte Whole/Low Fat Milk	Y																						✔							
Dirty Chai Latte Coconut (instead of Milk)	Y	Y																												
Dirty Chai Latte Oat (instead of Milk)	Y	Y													✔															
Dirty Chai Latte Soya (instead of Milk)	Y	Y																											✔	
Gingerbread Latte Whole/Low Fat Milk	Y																						✔							
Gingerbread Latte Coconut (instead of milk)	Y	Y																												
Gingerbread Latte Oat (instead of milk)	Y	Y													✔															
Gingerbread Latte Soya (instead of milk)	Y	Y																											✔	
Matcha Latte Whole/Low Fat Milk	Y																						✔							
Matcha Latte Coconut (instead of Milk)	Y	Y																												
Matcha Latte Oat (instead of Milk)	Y	Y													✔															
Matcha Latte Soya (instead of Milk)	Y	Y																											✔	

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep					
Pumpkin Spiced Latte Whole/Low Fat Milk	Y																						✔							
Pumpkin Spiced Latte Coconut (instead of milk)	Y	Y																												
Pumpkin Spiced Latte Oat (instead of milk)	Y	Y													✔															
Pumpkin Spiced Latte Soya (instead of milk)	Y	Y																											✔	
Toasted Marshmallow Latte Whole/Low Fat Milk	Y																						✔							
Toasted Marshmallow Latte Coconut (instead of milk)	Y	Y																												
Toasted Marshmallow Latte Oat (instead of milk)	Y	Y													✔															
Toasted Marshmallow Latte Soya (instead of milk)	Y	Y																											✔	
Vanilla Matcha Latte Whole/Low Fat Milk (instead of coconut)	Y																						✔							
Vanilla Matcha Latte Coconut	Y	Y																												
Vanilla Matcha Latte Oat (instead of coconut)	Y	Y													✔															
Vanilla Matcha Latte Soya (instead of coconut)	Y	Y																											✔	

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep					
Iced Drinks																														
Iced Latte Whole/Low Fat Milk	Y																													
Iced Latte Coconut (instead of milk)	Y	Y																												
Iced Latte Oat (instead of milk)	Y	Y													✔															
Iced Latte Soya (instead of milk)	Y	Y																											✔	
Iced Chai Latte Whole/Low Fat Milk	Y																						✔							
Iced Chai Latte Coconut (instead of Milk)	Y	Y																												
Iced Chai Latte Oat (instead of Milk)	Y	Y													✔															
Iced Chai Latte Soya (instead of Milk)	Y	Y																											✔	
Iced Dirty Chai Latte Whole/Low Fat Milk	Y																						✔							
Iced Dirty Chai Latte Coconut (instead of Milk)	Y	Y																												
Iced Dirty Chai Latte Oat (instead of Milk)	Y	Y													✔															
Iced Dirty Chai Latte Soya (instead of Milk)	Y	Y																											✔	
Iced Matcha Latte Whole/Low Fat Milk	Y																						✔							
Iced Matcha Latte Coconut (instead of Milk)	Y	Y																												
Iced Matcha Latte Oat (instead of Milk)	Y	Y													✔															
Iced Matcha Latte Soya (instead of Milk)	Y	Y																											✔	
Iced Mocha Whole/Low Fat Milk	Y																						✔							
Iced Mocha Coconut (instead of milk)	Y	Y																												

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep					
Iced Mocha Oat (instead of milk)	Y	Y													✔															
Iced Mocha Soya (instead of milk)	Y	Y																											✔	
Iced Pumpkin Spiced Latte Whole/Low Fat Milk	Y																						✔							
Iced Pumpkin Spiced Latte Coconut (instead of milk)	Y	Y																												
Iced Pumpkin Spiced Latte Oat (instead of milk)	Y	Y													✔															
Iced Pumpkin Spiced Latte Soya (instead of milk)	Y	Y																											✔	
Iced White Americano Whole/Low Fat Milk	Y																						✔							
Iced White Americano Coconut (instead of milk)	Y	Y																												
Iced White Americano Oat (instead of milk)	Y	Y													✔															
Iced White Americano Soya (instead of milk)	Y	Y																											✔	
Hot Chocolate																														
Hot Chocolate Whole/Low Fat Milk	Y																						✔							
Hot Chocolate Soya (instead of milk)	Y	Y																											✔	
Hot Chocolate Coconut (instead of milk)	Y	Y																												

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep					
Hot Chocolate Oat (instead of milk)	Y	Y													✔															
Hot Chocolate Powder	Y	Y																												
Hot Chocolate Hazelnut Whole/Low Fat Milk	Y																						✔							
Hot Chocolate Hazelnut Soya (instead of milk)	Y	Y																											✔	
Hot Chocolate Hazelnut Coconut (instead of milk)	Y	Y																												
Hot Chocolate Hazelnut Oat (instead of milk)	Y	Y													✔															
Orange Hot Chocolate with Choc Cream Whole/Low Fat Milk	Y																						✔							
Orange Hot Chocolate with Choc Cream Soya (instead of milk)	Y																						✔						✔	
Orange Hot Chocolate with Choc Cream Coconut (instead of milk)	Y																						✔							
Orange Hot Chocolate with Choc Cream Oat (instead of milk)	Y														✔								✔							
Toasted Marshmallow Hot Chocolate Whole/Low Fat Milk	Y																						✔							
Toasted Marshmallow Hot Chocolate Coconut (instead of milk)	Y	Y																												
Toasted Marshmallow Hot Chocolate Oat (instead of milk)	Y	Y													✔															
Toasted Marshmallow Hot Chocolate Soya (instead of milk)	Y	Y																											✔	
Syrups & Toppings																														
All Syrups	Y	Y																												
Chocolate Cream	Y																						✔							
Whipped Cream	Y																						✔							
Milk shot																														
Low Fat	Y																						✔							
Whole Milk	Y																						✔							
Soya (instead of milk)	Y	Y																											✔	
Coconut (instead of milk)	Y	Y																												
Oat (instead of milk)	Y	Y													✔															

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep					
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																														
Low Fat milk cup	Y																						✔							
Whole Milk milk cup	Y																						✔							
Soya (instead of milk) cup	Y	Y																											✔	
Coconut (instead of milk) cup	Y	Y																												
Oat (instead of milk) cup	Y	Y													✔															
Babyccino	Y																						✔							

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