

Baguettes		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
			Brie, Tomato & Basil Baguette	✓			✓			WHEAT						
Chicken Caesar Baguette			✓	✓	✓		WHEAT, RYE, OAT, BARLEY		✓			✓			✓	
Chipotle Mozzarella Hot Baguette	✓		✓	✓			WHEAT, RYE, OAT, BARLEY					✓				
Egg Mayo & Roasted Tomato	✓				✓		WHEAT		✓			✓				
Ham & Greve Baguette				✓	✓		WHEAT		✓			✓				
Hot Chilli Chicken Baguette					✓		WHEAT		✓			✓				
Posh Prosciutto Baguette			✓	✓			WHEAT, RYE, OAT, BARLEY									
Posh Cheddar & Pickle Baguette	✓		✓	✓	✓		WHEAT, RYE, OAT, BARLEY		✓			✓	✓			
Roasted Portobello & Cheese Baguette	✓			✓	✓		WHEAT		✓			✓				
Spicy Chicken Baguette			✓	✓			WHEAT, RYE, OAT, BARLEY					✓				
Smoked Salmon, Soft Cheese & Dill Baguette			✓	✓			WHEAT, RYE, OAT, BARLEY								✓	
Smoked Salmon & Egg Mayo					✓		WHEAT		✓			✓			✓	

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Breakfast		Suitable for		Contains these allergens													V11-16.10.2023
Product	Vegetarian	Vegan															
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Dairy and cereals	Mustard	Sulphites	Crustacean	Fish	Nuts	
Bacon & Egg Brioche				✓	✓			WHEAT		✓							
Bacon Brioche				✓	✓			WHEAT		✓							
Ham & Egg Brioche				✓	✓			WHEAT		✓			✓				
Banana & Honey Muesli	✓			✓													
Cranberry Yoghurt Bowl	✓			✓													
Briocher Muesli	✓			✓													PISTACHIO
Croissant Almond	✓			✓	✓			WHEAT									ALMOND
Croissant Chocolate	✓			✓	✓			WHEAT		✓							HAZELNUT
Coconut Chia Seed Bowl	✓	✓															ALMOND
Almond Butter Yoghurt Pot	✓			✓													ALMOND
Sausage & Egg Brioche				✓	✓			WHEAT		✓				✓			
Five Berry Bowl	✓			✓													
Five Berry Flat Pot	✓			✓													
Mozzarella & Tomato Croissant	✓			✓	✓			WHEAT									
Ham and Greve Hot Croissant				✓	✓			WHEAT									
Salmon and Egg Hot Croissant				✓	✓			WHEAT								✓	
Cheddar and Tomatoes Hot Croissant	✓			✓	✓			WHEAT									
Pain au Raisin	✓			✓	✓			WHEAT									
Plain Croissant	✓			✓	✓			WHEAT									
Phil's Veggie Brioche	✓			✓	✓			WHEAT		✓							
Very Berry Croissant	✓	✓						WHEAT									
Blue Goodness	✓			✓													
Pink Goodness	✓			✓													ALMOND
Yellow Goodness	✓			✓										✓			ALMOND

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Cold Drinks		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
			ABC - Apple Beetroot Carrot	✓	✓											
Water - Aqua Panna 500ml Still	✓	✓														
Coke (All types)	✓	✓														
Juice - Fresh Lemon & Mint	✓	✓														
Heineken Beer	✓	✓					BARLEY									
Juice - Orange	✓	✓														
Juice - Pink Grapefruit	✓	✓														
Radiance	✓	✓									✓					
Restorative	✓	✓														
Water - San Pellegrino 500ml Sparkling	✓	✓														
Tiger Beer	✓	✓					BARLEY									
Ultra Boost	✓	✓														
Water - Desa 500ml Still	✓	✓														
Juice - Watermelon	✓	✓														

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Fruit		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Apple	✓	✓														
Banana	✓	✓														
Dragon Fruit Salad	✓	✓														
Melon Trio	✓	✓														
Papaya & Lime	✓	✓														
Pineapple & Lime	✓	✓														

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Pret's Hot		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
All Day Breakfast Hot Wrap				✓	✓			WHEAT, RYE		✓			✓			
Avocado, Cheddar & Chipotle Toasted Tortilla	✓			✓				WHEAT, RYE					✓			
Brie, Avocado & Tomato Toastie	✓			✓				WHEAT, OAT, RYE, BARLEY								
Chicken Caesar & Avocado Toasted Tortilla				✓	✓			WHEAT, RYE, BARLEY		✓			✓			✓
Chicken, Avocado & Basil Toastie				✓	✓			WHEAT, OAT, RYE, BARLEY		✓			✓			
Chicken Chipotle Hot Wrap				✓				WHEAT, RYE					✓			
Chipotle Chicken Toasted Tortilla				✓				WHEAT, RYE					✓			
Eggs Florentine Toasted Tortilla	✓			✓	✓			WHEAT, RYE		✓			✓			
Mozzarella & Pesto Toastie	✓			✓				WHEAT, BARLEY								
Spicy Mediterranean Hot Wrap	✓			✓				WHEAT, RYE					✓	✓		
Egg, Cheddar & Tomato Toastie	✓			✓	✓			WHEAT, OAT, RYE, BARLEY		✓			✓			
Chipotle Chicken Toastie				✓				WHEAT, OAT, RYE, BARLEY					✓	✓		
Ham, Cheese & Mustard Toastie				✓	✓			WHEAT, OAT, RYE, BARLEY		✓			✓			
Classic Cheese Toastie	✓			✓	✓			WHEAT, OAT, RYE, BARLEY		✓			✓			

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

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Sandwiches		Suitable for															V11-16.10.2023
Product	Vegetarians	Vegans	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Chicken Avocado Granary				✓	✓		WHEAT, BARLEY		✓			✓					
Classic Super Club Granary					✓		WHEAT, BARLEY		✓			✓					
Wild Crayfish & Rocket Granary					✓		WHEAT, BARLEY		✓			✓	✓				
Cracking Egg Salad Granary	✓				✓		WHEAT, BARLEY		✓			✓					
Ham & Cheese Granary				✓			WHEAT, BARLEY										
Mature Cheddar Granary	✓			✓	✓		WHEAT, BARLEY		✓			✓	✓				
Smoked Salmon				✓			WHEAT, BARLEY								✓		
Brie & Cranberry	✓			✓			WHEAT, BARLEY										
Christmas Lunch Chicken Sandwich				✓	✓		WHEAT, BARLEY		✓			✓					
Egg Mayo & Tomato Granary	✓				✓		WHEAT, BARLEY		✓			✓					
The Pret Christmas Lunch				✓	✓		WHEAT, BARLEY		✓			✓					
Brie and Cranberry Granary	✓			✓			WHEAT, BARLEY									PINENUTS	

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Pret Snacks		Suitable for		Contains these allergens													
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
			Pret A Mango	✓	✓												
Tyrrells Lightly Sea Salted Crisps	✓																
Tyrrells Mature Cheddar & Chives Crisps	✓			✗													
Tyrrells Sea Salt & Cider Vinegar Crisps	✓	✓					BARLEY										
Tyrrells Sea Salt & Cracked Black Pepper Crisps	✓																

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Sweet Treats		Suitable for		Contains these allergens												V11-16.10.2023
Product	Vegetarians	Vegans														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Brownie Bar	✓			✓	✓			WHEAT		✓						
Choc Bar	✓			✓				WHEAT		✓						
Chocolate Chunk Cookie	✓			✓				WHEAT								
Dark Chocolate Almond Butter Cookies	✓	✓						WHEAT								ALMONDS
Cheese Twist	✓			✓	✓			WHEAT								
Egg Tart	✓			✓	✓			WHEAT								
Fruit, Oat & Spelt Cookie	✓			✓				WHEAT, OAT, SPELT								
Love Bar	✓			✓				OATS		✓						PISTACHIO, ALMONDS
Muffin Double Berry	✓			✓	✓			WHEAT								
Muffin Chocolate	✓			✓	✓			WHEAT		✓						HAZELNUT
Popcorn bar	✓			✓						✓						
Christmas Tiffin	✓			✓				WHEAT		✓						PISTACHIO
Mince Pies	✓			✓	✓			WHEAT								

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

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Macchiato Rice Coconut	✓	✓															
Macchiato Soya	✓	✓						✗									
Macchiato Oat	✓	✓															
Macchiato Almond	✓	✓															ALMOND
Mocha Milk	✓			✗													
Mocha Rice Coconut	✓	✓															
Mocha Soya	✓	✓						✗									
Mocha Oat	✓	✓															
Mocha Almond	✓	✓															ALMOND

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Iced Mocha Rice Coconut	✓	✓															
Iced Mocha Soya	✓	✓						✓									
Iced Mocha Oat	✓	✓															
Iced Mocha Almond	✓	✓															ALMOND
Smoothie - Berries and Cherries	✓	✓															
Smoothie - Tropical Peach	✓	✓															
Smoothie - Sweet Green	✓	✓															

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Barista Prepared Drinks

Suitable for

V11-16.10.2023

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

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	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Milk Cup																
Babyccino	✓			✗												
Milk Whole	✓			✗												
Milk Semi-Skimmed	✓			✗												
Rice Coconut	✓	✓														
Soya	✓	✓						✗								
Oat	✓	✓														
Almond	✓	✓														ALMOND
Syrups																
Syrup Shot - Caramel	✓	✓														
Syrup Shot - Hazelnut	✓	✓														HAZELNUT
Syrup Shot - Vanilla	✓	✓														
Tea																
English Breakfast Tea Milk	✓			✗												
English Breakfast Tea Rice-Coconut	✓	✓														
English Breakfast Tea Soya	✓	✓						✗								
English Breakfast Tea Oat	✓	✓														
English Breakfast Tea Almond	✓	✓														ALMOND
Earl Grey Tea Milk	✓			✗												
Earl Grey Tea Rice-Coconut	✓	✓														
Earl Grey Tea Soya	✓	✓						✗								
Earl Grey Tea Oat	✓	✓														
Earl Grey Tea Almond	✓	✓														ALMOND
Green Tea	✓	✓														
Peppermint Tea	✓	✓														

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