

Hot Box Curries

Suitable for

6-Sep-23

Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Butter Chicken Rice Bowl				✓												Cashew Almond
Indian Paneer Rice Bowl	✓			✓												
Thai Green Vegetable Curry Rice Bowl	✓	✓	✓													
Chilli Con Carne Rice Bowl							Wheat				✓					

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Brioche

Suitable for

6-Sep-23

Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Feta & Spinach Brioche	✓			✓	✓		Wheat									
Chicken Sausage and Egg Brioche				✓	✓		Wheat									
Egg & Bacon Brioche				✓	✓		Wheat									
Egg Tomatoes Brioche	✓			✓	✓		Wheat		✓			✓				
Egg Salmon Brioche				✓	✓		Wheat		✓			✓			✓	

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Breakfast Baguettes		Suitable for															6-Sep-23
Product	Vegetarians	Vegans	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Egg Mayo and Roasted Tomato Baguette	✓				✓		Wheat		✓			✓					
Smoked Salmon and Egg Mayo Baguette					✓		Wheat		✓			✓				✓	

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Hot Croissants		Suitable for															6-Sep-23
Product	Vegetarians	Vegans	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
HK-Tomatoes and Cheese(Savory Croissant)	✓			✓	✓		Wheat										
HK-Smoked Salmon and Egg				✓	✓		Wheat									✓	

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Hot Breakfast Croissants

Suitable for

6-Sep-23

Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
HK - Scrambled Eggs and Portobello Mushroom	✓			✓	✓		Wheat									
HK - Scrambled Eggs and Chicken				✓	✓		Wheat									

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Rye Rolls		Suitable for															6-Sep-23
Product	Vegetarians	Vegans	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Scyndi Style Salmon Rye Roll			✓		✓		Wheat, Barley, Rye		✓			✓				✓	
Aubergine Parmigiana Rye Roll	✓		✓	✓			Wheat, Barley, Rye										

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Breakfast		Suitable for															6-Sep-23
Product	Vegetarians	Vegans	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Pret's Soya Porridge	✓	✓					Oat		✓								
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French Pastries		Suitable for															6-Sep-23
Product	Vegetarians	Vegans	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Vanilla Donut	✓	✓					Wheat										Almond
Super Chocolate Donut	✓	✓					Wheat										Almond
Cinnamon Donut	✓	✓					Wheat										

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French Pastries

Suitable for

6-Sep-23

Product	Vegetarians	Vegans	Contains these allergens												
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish
Chocolate Chubk Cookie	✓			✓			Wheat								
Fruit,Oat & Spelt Cookie	✓			✓			Wheat, Oat								
Dark Chocolate & Almond Butter Cookie	✓	✓					Wheat								Almond
Double Berry Muffin	✓			✓	✓		Wheat								
Chicken & Mushroom Turnover				✓			Wheat		✓			✓			
Bacon & Cheese Turnover				✓			Wheat					✓			
Garlic & Parsley Swirl	✓			✓	✓		Wheat								
Cheese Twist	✓			✓	✓		Wheat								
Tomato Twist	✓			✓	✓		Wheat								
Very Berry Croissant	✓	✓					Wheat								
French Butter Croissant	✓			✓	✓		Wheat								
Almond Croissant	✓			✓	✓		Wheat								Almond
Chocolate Croissant	✓			✓	✓		Wheat		✓						
Pain Au Raisin	✓			✓	✓		Wheat								
Sausage and Onion Roll				✓	✓		Wheat								
Savory Croissant- Mozzarella & Tomato	✓			✓	✓		Wheat								
Zaatar Croissants	✓		✓	✓	✓		Wheat								

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Bowls/ Pots		Suitable for															6-Sep-23
Product	Vegetarians	Vegans	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Five Berry Breakfast Bowl	✓			✓				Oat								Cashew, Pecan	
Berry Yoghurt Parfait	✓			✓				Oat								Cashew, Pecan	
Banana & Honey Bowl	✓			✓				Oat								Cashew, Pecan	
Bircher Muesli Bowl	✓			✓				Oat								Pistachio, Cashew, Pecan	
Blue Goodness Bowl	✓			✓				Oat					✓			Cashew, Pecan	
Pink Goodness Bowl	✓			✓				Oat								Cashew, Pecan, Almond	
Yellow Goodness Bowl	✓			✓				Oat					✓			Cashew, Pecan	

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Fruits	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	
			Banana	✓	✓												
Pomegranate Pot	✓	✓															
Pear & Grapes	✓	✓															
Mango and Lime	✓	✓															
Superfruit Salad	✓	✓															

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Soup		Suitable for		6-Sep-23													
Product	Vegetarians	Vegans	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Malaysian Chicken Soup																✓	
Carrot and Coriander Soup	✓			✓								✓					
Chicken Laksa						Wheat			✓							✓	
Thai Red Chicken Curry Soup									✓		✓				✓	✓	
Souper Tomato Soup	✓	✓															
Chicken Multigrain Soup						Wheat, Barley					✓						
Veggie Tom Yum	✓	✓							✓								
Curried Lentil, Sweet Potatoe & Quiona Soup	✓			✓							✓						
Chicken Shitake Miso Mushrooms									✓								
Rye Roll	✓	✓	✓			Wheat, Rye, Barley											
Soup Bread	✓	✓	✓			Wheat, Rye, Barley, Oat											

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Toasties

Suitable for

6-Sep-23

Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Mollusc	Soya	Peanut	Celery and celeriac	Mustard	Sulphite	Crustacean	Fish	Nuts
Tuna Melt Toastie				✓	✓		Wheat, Barley, Rye Oat		✓			✓			✓	
Chicken, Avocado & Basil Toastie				✓	✓		Wheat, Barley, Rye Oat		✓			✓				
Classic Cheese Toastie	✓			✓	✓		Wheat, Barley, Rye Oat		✓			✓				

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Salads		Suitable for															6-Sep-23
Product	Vegetarians	Vegans	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Chef's Italian Chicken Salad				✓	✓				✓			✓				✓	Pistachio
Smoked Salmon & Avocado Salad												✓				✓	
Avocado, Mozzarella & Roasted Pepper Salad	✓			✓								✓					Pinenut
Crayfish & Avocado Salad												✓			✓		
Edamame	✓	✓							✓								
Egg & Avo Protein Pot	✓				✓												
Chicken & Smashed Avo Protein Pot				✓	✓				✓								
Chicken Tikka Salad Bowl				✓													Almond

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Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Chicken Acocado Sandwich				✓	✓		Wheat, Barley		✓			✓				
Summer Chicken Sandwich				✓	✓		Wheat, Barley		✓			✓				Pinenut
Tuna Mayo Sandwich					✓		Wheat, Barley		✓			✓		✓		
Wild Crayfish and Rocket Sandwich				✓	✓		Wheat, Barley		✓			✓	✓			
Mature Cheddar & Pickle Sandwich	✓			✓	✓		Wheat, Barley		✓			✓				
Cracking Egg Salad Sandwich	✓				✓		Wheat, Barley		✓			✓				
Beef and Horseradish Sandwich				✓	✓		Wheat, Barley					✓	✓			
Classic Super Club				✓	✓		Wheat, Barley		✓			✓				
Smoked Salmon Sandwich				✓			Wheat, Barley								✓	
Veggie New Yorker Sandwich	✓		✓	✓	✓		Wheat, Barley		✓			✓				

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Baguettes		Suitable															6-Sep-23
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 Ceasar and Bacon Baguette			✓	✓	✓		Wheat, Rye, Barley, Oats		✓			✓			✓		
Tuna Mayo & Cucumber Baguette					✓		Wheat		✓			✓			✓		
Posh Cheddar & Pickle Baguette	✓		✓	✓	✓		Wheat, Rye, Barley, Oats		✓			✓					
Chicken Salad Baguette				✓	✓		Wheat		✓			✓					
Italian Beef Premium Baguette				✓	✓		Wheat		✓			✓					
Salmon, Soft Cheese & Dill Baguette			✓	✓			Wheat, Rye, Barley, Oats								✓		
Portobello Mushroom Toasted Baguette	✓			✓	✓		Wheat		✓			✓					
Spicy Chicken Toasted Baguette			✓	✓			Wheat, Rye, Barley, Oats					✓					

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Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Chicken Tikka Wrap				✓			Wheat, Rye									Almond, Cashew
Avocado & Herb Salad Wrap	✓			✓	✓		Wheat, Rye		✓			✓				Pinenut

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Flat Breads		Suitable for														6-Sep-23	
Product	Vegetarians	Vegans	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Avo & Chipotle Flatbread				✓				Wheat					✓				
Tuna Flatbread					✓			Wheat		✓			✓				✓

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Gluten Free Open Sandwich		Suitable															6-Sep-23
Product	Vegetarians	Vegans	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Pret's Multigrain Open Sandwich- Smashed Avo	✓	✓					GF Oat										
Pret's Multigrain Open Sandwich- Smoked Samon & Soft Cheese				✓			GF Oat								✓		

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Hot 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
			Halloumi & Falafel Hot Wrap	✓			✓			Wheat, Rye						
Chipotle Chicken Hot Wrap				✓			Wheat, Rye					✓				
Meatball Hot Wrap				✓			Wheat, Rye		✓			✓				

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Drinks		Suitable		Contains these allergens													
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
			Cold Press Orange Juice	✓	✓												
Cold Pressed Pomegranate Juice	✓	✓															
Pineapple Powow	✓	✓															
Root Reboot	✓	✓															
Pink Lemonaid	✓	✓															
Blue Lemonaid	✓	✓															
Black Lemonaid	✓	✓															
Sunny Dayz	✓	✓															
Essential Green	✓	✓									✓						
Hit Me Shot	✓	✓									✓						
Wake Me Shot	✓	✓															
San Pelegrino 500ml	✓	✓															
Aqua Morelli Still	✓	✓															
Aqua Morelli Still	✓	✓															
Arwa 500ml	✓	✓															
Coke	✓	✓															
Coke Zero	✓	✓															
Sprite	✓	✓															
Nai's- Jasmine White Tea	✓	✓															
Na's Hibiscous Flower Tea	✓	✓															
Nai's Moroccan Mint Tea	✓	✓															
Nai's Ginger Green Tea	✓	✓															
Coconut Water	✓	✓															

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Snacks & Desserts		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
Sea Salt Crisps	✓	✓														
Mature Cheddar Crisps	✓			✓												
Sweet Chilli Crisps	✓	✓							✓							
Pret Nuts , Fruits & Chocolate	✓			✓					✓							Almonds
Hazelnut Truffle	✓	✓														Hazelnut
Cranberries in Coats	✓			✓												
Pret Dark Chocolate Almonds	✓	✓							✓							Almonds
Espresso Mocha Protein Ball	✓	✓							✓							Coconut, Cashew
Coco-nut Protein Ball	✓	✓							✓							Coconut, Cashew
Pret a Mango	✓	✓														
Choc Bar	✓			✓			Wheat		✓							
Popcorn Bar	✓			✓					✓							
Love Bar	✓			✓			Oat		✓							Almond Pistachio
Honey Cake	✓			✓	✓		Wheat									
Vegan Lotus Biscoff Cake	✓	✓					Wheat		✓							
Chocolate Brownie	✓			✓	✓		Wheat		✓							

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MTS 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
Extra Shot	✓	✓														
Spanish Latte	✓			✓												
Caramel Oat Latte	✓	✓					Oat									
Pumpkin Spiced Latte - Full Fat Milk	✓			✓												
Pumpkin Spiced Latte - Low Fat Milk	✓			✓												
Pumpkin Spiced Latte - Soy Milk	✓	✓							✓							
Pumpkin Spiced Latte - Almond Milk	✓	✓														Almonds
Pumpkin Spiced Latte - Coconut Milk	✓	✓														
Pumpkin Spiced Latte - Oat Milk	✓	✓					Oat									
Filter- Black	✓	✓														
Filter- White	✓			✓												
Americano Black	✓	✓														
Americano White																
Pret's Matcha Latte	✓			✓												
Pret's Chai Latte	✓			✓												
Latte	✓			✓												
Cappucino	✓			✓												
Mocha	✓			✓												
Organic Chocolate	✓			✓												
Macchiato	✓			✓												
Flat White	✓			✓												
Rice Coconut Milk	✓	✓														
Oat Milk	✓	✓					Oat									
Soya Milk	✓	✓							✓							
Cup of Milk 80z	✓			✓												
Hot Tea- Breakfast	✓			✓												
Hot Tea- Earl Grey	✓			✓												
Hot Tea- Green	✓	✓														
Hot Tea- Peppermint	✓	✓														
Iced Latte	✓			✓												
Iced Black Americano	✓	✓														
Iced White Americano	✓			✓												
Iced Filter	✓	✓														
Iced Mocha	✓			✓												
Iced Chocolate	✓			✓												
Iced Chai Latte	✓			✓												
Iced Matcha Latte	✓			✓												
Iced Spanish Latte	✓			✓												
Syrup Vanilla	✓	✓														
Syrup Caramel	✓	✓														
Classic Frappe	✓			✓												
Salted Caramel Frappe	✓			✓												
Chocolate Frappe	✓			✓												
Berries & Cherries Smoothie	✓	✓														
Sweet Greens Smoothie	✓	✓									✓					
Tropical Peach Smoothie	✓	✓														

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6-Sep-23

CPG goods		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
			Espresso (450g Whole Bean)	✓	✓											
Classic Blend (200g Ground)	✓	✓														
Peru Single Origin (200g Ground)	✓	✓														

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Alcohol Range (Airport stores only)

Suitable for

6-Sep-23

Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Tiger Beer	✓	✓					Barley									
Amstel Light	✓	✓					Barley									
Heineken Beer	✓	✓					Barley									
Vu du Can Sauvignon Blanc	✓	✓											✓			
Vu du Can Rose Wine	✓	✓											✓			
Vu du Can Malbec	✓	✓											✓			
Vu du Can Sparkling Wine	✓	✓											✓			

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