

# Pret's Allergen Guide



Allergen Guide 4th June 2024 V1

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 and egg allergies.

# 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.

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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](http://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



# Baguettes & Sandwiches

We prepare our freshly made 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 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 not suitable for those with milk and egg allergies.

Product	Vegetarian	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts				
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep										
<b>Baguettes</b>																																			
Artichoke Antipasti Baguette	Y	Y										✓																							
Artichoke, Tapenade & Olive	Y	Y										✓																							
Herby Avo & Red Pepper Baguette	Y	Y										✓																							
Avo, Olives & Toms	Y	Y										✓																					✓		
Brie, Tomato & Basil	Y											✓																							
Chicken Caesar & Bacon												✓																							
Chicken Salad Baguette												✓																							
Smoked Salmon, Egg Mayo & Avo												✓																							
Italian Prosciutto												✓																							
Mexican Style Avo & Pepper	Y	Y										✓																							
Posh Cheddar & Pickle	Y											✓																							
Free Range Egg Mayo & Smoked Salmon												✓																							
Mozzarella, Roasted Pepper & Pesto Baguette	Y											✓																							✓
Spicy Tuna												✓																							
Sticky Mushroom Bahn Mi	Y	Y										✓																							
Sweet Chilli Chicken Baguette												✓																							
Tuna Mayo & Cucumber												✓																							
Tuna Nicoise												✓																							
Wiltshire-Cured Ham & Greve												✓																							
<b>Sandwiches</b>																																			
BLT												✓																							
Chicken, Avocado & Basil												✓																							
Chicken & Pork Stuffing												✓																							
Chicken Salad												✓																							
Classic Super Club												✓																							
Crayfish & Rocket												✓																							
Free-Range Egg Mayo	Y											✓																							
Ham & Cheese												✓																							
Humous & Veg	Y	Y										✓																							
Kids' Cheese Triangles	Y											✓																							
Kids' Chicken & Cucumber Triangles												✓																							
Kids' Ham Triangles												✓																							
Mature Cheddar & Pickle	Y											✓																							
Scottish Smoked Salmon												✓																							
Super Greens & Reds	Y	Y										✓																							
Tuna Mayo & Cucumber												✓																							
The VLT	Y	Y										✓																							

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# Rolls & Wraps

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 Y (Suitable For)

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep												
<b>Rolls</b>																																					
Egg, Mustard & Tomato Rye Roll	Y												✓			✓		✓																			
Jambon Buerre																																					
Mediterranean Style Tuna Rye Roll													✓			✓		✓			✓	✓															
New Yorker Rye Roll													✓			✓		✓			✓																
Scandi Style Salmon													✓			✓		✓			✓	✓														✓	
Veggie Deli Rye Roll	Y												✓			✓		✓			✓																
<b>Wraps</b>																																					
Avo & Herb Wrap	Y															✓		✓			✓	✓														✓	
Chicken Pesto Wrap																✓		✓			✓	✓														✓	
Chicken Satay Wrap																✓		✓			✓																
Fajita Chicken & Avo Wrap																✓		✓			✓																
Falafel, Avocado & Chipotle Salad Wrap	Y	Y														✓		✓																			✓
Hoisin Duck Salad Wrap																✓		✓			✓																✓
Humous & Chipotle Wrap	Y	Y										✓				✓		✓																			
Thai Style Avo & Slaw Wrap	Y	Y														✓		✓																			✓
Tandoori Bhaji Salad Wrap	Y															✓		✓			✓	✓															✓

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# Breakfast

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep														
				Almond Croissant	Y			✓															✓										✓		✓				
Bacon & Egg Breakfast Roll														✓				✓		✓																			
Breakfast Baguette Free-Range Egg Mayo & Avocado	Y																	✓																					
Breakfast Baguette Free-Range Egg Mayo & Bacon																		✓																					
Breakfast Baguette Roasted Tomatoes & Egg Mayo	Y																	✓																					
Breakfast Baguette Salmon & Egg Mayo																		✓	✓																				
Butter Croissant	Y																	✓			✓																		
Cheese Twist	Y																	✓			✓																		
Chocolate Croissant	Y																	✓			✓																		
Cinnamon Danish	Y																	✓			✓																		
Ham, Cheese, Tomato & Bacon Croissant																		✓			✓																		
Mozzarella & Tomato Croissant	Y																	✓			✓																		
Pain aux Raisin	Y																	✓			✓																		
Pastei de Nata	Y																	✓			✓																		
Porridge Topper - Chocolate, Banana & Coconut	Y	Y																																					
Porridge Topper - Cranberry & Seeds	Y	Y																																					
Porridge Topper - Seed & Fruit	Y	Y																																					
Porridge Topping - Five Berry Compote	Y	Y																																					
Porridge Topping - Honey	Y																																						
Pret's Bacon Breakfast Roll																																							
Pret's Proper Porridge	Y													✓																									
Pret's Protein-Packed Shakshuka	Y																		✓				✓	✓															
Pret's Veggie Breakfast Roll	Y																		✓			✓																	
Sausage & Egg Breakfast Roll																			✓			✓																	
Very Berry Croissant	Y	Y																																					

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# Cold Drinks

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (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	Y																																						
Lemon & Ginger Pret Still	Y	Y																																						
Mango Smoothie	Y																																							
Mango, Passion Fruit & Lime Pret Still	Y	Y																																						
Orange Juice	Y																																							
Pret Apple Fizz	Y	Y																																						
Pret Cucumber & 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																																						
Raspberry, Dragonfruit & Yuzu Juice	Y	Y																																						
Reusable Aluminium Water Bottle	Y	Y																																						
Sparkling Spring Water	Y	Y																																						
Still Water 500ml	Y	Y																																						
Still Water 750ml	Y	Y																																						
Vitamin Volcano	Y	Y																																						

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# Fruit & Pots

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep														
<b>Fruit</b>																																							
Apple	Y	Y																																					
Banana	Y	Y																																					
Easy Peeler	Y	Y																																					
Fruit Salad	Y	Y																																					
Mango & Lime	Y	Y																																					
Melon & Blueberry	Y	Y																																					
Superfruit Salad	Y	Y																																					
Watermelon & Lime	Y	Y																																					
<b>Pots</b>																																							
Acai & Almond Butter Bowl	Y	Y		✓																																			
Banana, Honey & Yogurt Pot	Y																																						
Bircher Muesli	Y																																						
Yogurt & Five Berry Pot	Y																																						
Five Berry Bowl	Y																																						
Kids' Mango & Banana Yogurt Pot	Y																																						
Mango & Banana Sunshine Bowl	Y	Y																																					
The Big Apple Bowl	Y																																						

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# Pret's Hot

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep												
Chicken & Pork Stuffing Hot Baguette											✓					✓			✓			✓		✓									✓				
Chipotle Chicken & Feta Hot Ciabatta																✓			✓			✓		✓	✓	✓											
Chipotle Chicken Mozzarella & Feta Hot Baguette											✓								✓					✓	✓												
Falafel & Halloumi Hot Wrap	Y															✓			✓			✓	✓	✓													
Garlic & Herb Swirl	Y																		✓				✓		✓												
Italian Style Chicken & Basil Hot Wrap																✓			✓				✓		✓												
Kale Macaroni Cheese	Y																		✓					✓													
Macaroni Cheese Prosciutto																			✓					✓													
Meatball & Mozzarella Risotto Bake																			✓					✓													
Meatless Meatball Marinara Hot Ciabatta	Y															✓			✓			✓		✓													
Meatless Meatball Hot Wrap	Y	Y														✓			✓				✓		✓												
Prosciutto & Mozzarella Hot Baguette											✓								✓					✓													
Pret's Sausage Roll																			✓				✓		✓												
Swedish Meatball Hot Wrap																✓			✓				✓		✓												
Tomato, Red Pepper & Mozzarella Hot Baguette	Y										✓								✓					✓													
Tuna Melt Hot Baguette											✓								✓			✓		✓													
<b>Toasties</b>																																					
All Day Breakfast Toastie																✓			✓			✓		✓													
Chicken & Prosciutto Toastie																✓			✓			✓		✓													
Classic Cheese Toastie																✓			✓			✓		✓										✓			
Creamy Mushroom Toastie																✓			✓			✓		✓													
Halloumi, Red Pepper & Basil Toastie																✓			✓				✓		✓	✓											
Ham & Cheese Toastie																✓			✓			✓		✓											✓		
Kid's Pizza Toastie																✓			✓				✓		✓												
Onion Bhajji Melt Toastie																✓			✓				✓		✓												
Tuna Melt Toastie																✓			✓			✓		✓													

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep											
<b>Soup</b>																																				
Butternut Masala Soup	Y	Y																																		
Chicken Laksa																																				
Lasagne Soup																																				
Red Thai Veg Soup	Y	Y																																		
Souper Greens	Y	Y																																		
Souper Tomato	Y	Y																																		
Spicy Lemongrass Chicken Broth																																				
Sunshine Dhal	Y	Y																																		
Soup White Baguette	Y	Y																																		
Barley & Rye Soup Roll	Y	Y																																		

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# Salads

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			Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep									
Chef's Italian Chicken Salad																							✓	✓	✓									
Chargrilled Pepper & Feta Pasta Salad	Y																✓								✓	✓							✓	
Chicken & Avo Protein Bowl											✓												✓									✓		
Chicken Satay Salad											✓																					✓		
Egg & Spinach Protein Pot	Y																						✓											
Humous & Falafel Mezze	Y	Y									✓																							
Kids' Humous & Cucumber Bowl	Y	Y									✓																							
Pesto, Pasta & Mozzarella	Y															✓									✓							✓	✓	
Petite Super Club Salad																							✓	✓	✓							✓	✓	
Petite Crayfish & Avo Salad																	✓																	
Petite Green Goddess Salad	Y																									✓	✓				✓			
Petite Tricolore Salad	Y																								✓									
Salmon & Mango Salad																								✓							✓	✓		
Smoked Salmon Protein Bowl																							✓	✓							✓	✓		
Smoked Salmon & Egg Protein Pot																							✓	✓										
Tuna Nicoise Salad																							✓	✓										
<b>Dressing</b>																																		
Green Dressing	Y	Y																														✓		
Balsamic Dressing	Y	Y																														✓		
Chilli & Lime Dressing	Y	Y																																
French Dressing	Y	Y																																

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# Snacks

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep														
Almond Butter Protein Ball	Y	Y	✓																															✓					
BBQ Popped Chickpea Chips	Y	Y																																					
Chilli, Bean & Seed Tortilla Chips	Y	Y																																					
Cranberries in Coats	Y																							✓															
Dark Chocolate Salted Almonds	Y	Y	✓																																		✓		
Fruit & Seed Bite	Y	Y																																					
Fruit, Nuts & Chocolate	Y		✓																																			✓	
Mature Cheddar & Red Onion Crisps	Y																																						
Milk Chocolate Bar	Y																																					✓	
Salted Caramel Dessert Pot	Y																																					✓	
Pret A Mango	Y	Y																																					
Salted Crunchy Corn	Y	Y																																					
Sea Salt & Cider Vinegar Crisps	Y	Y																																					
Sea Salt Crisps	Y	Y																																					
Sea Salt Popcorn	Y	Y																																					
Smoked Chipotle Crisps	Y	Y																																					
Sweet & Salt Popcorn	Y	Y																																					
Smoky Sweet Crunch Mix	Y					✓																																✓	

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# Barista Prepared Drinks

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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	Pine Nuts									
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep															
Coffee																																								
Americano Black	Y	Y																																						
Americano Semi Skimmed milk	Y																																							
Americano Skimmed milk	Y																																							
Americano Soya (instead of milk)	Y	Y																																						
Americano Coconut (instead of milk)	Y	Y																																						
Americano Oat (instead of milk)	Y	Y																																						
Cappuccino Semi Skimmed milk	Y																																							
Cappuccino Skimmed milk	Y																																							
Cappuccino Soya (instead of milk)	Y	Y																																						
Cappuccino Coconut (instead of milk)	Y	Y																																						
Cappuccino Oat (instead of milk)	Y	Y																																						
Espresso	Y	Y																																						
Filter - Black Coffee (add milk or milk alternative if White Americano)	Y	Y																																						
Flat White Semi Skimmed milk	Y																																							
Flat White Skimmed milk	Y																																							
Flat White Soya (instead of milk)	Y	Y																																						
Flat White Coconut (instead of milk)	Y	Y																																						
Flat White Oat (instead of milk)	Y	Y																																						
Latte Semi Skimmed milk	Y																																							
Latte Skimmed milk	Y																																							
Latte Soya (instead of milk)	Y	Y																																						
Latte Oat (instead of milk)	Y	Y																																						
Latte Coconut (instead of milk)	Y	Y																																						

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**Y (Suitable For)**

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio		Walnut	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)					Wheat	Cow	Goat							Sheep				
Macchiato Semi Skimmed milk	Y																					✓													
Macchiato Skimmed milk	Y																						✓												
Macchiato Soya (instead of milk)	Y	Y																												✓					
Macchiato Oat (instead of milk)	Y	Y														✓																			
Macchiato Coconut (instead of milk)	Y	Y																																	
Mocha Semi Skimmed milk	Y																						✓												
Mocha Skimmed milk	Y																						✓												
Mocha Soya (instead of milk)	Y	Y																												✓					
Mocha Coconut (instead of milk)	Y	Y																																	
Mocha Oat (instead of milk)	Y	Y														✓																			
<b>Other Hot Drinks</b>																																			
Chai Latte Semi Skimmed Milk	Y																																✓		
Chai Latte Skimmed Milk	Y																																	✓	
Chai Latte Coconut (instead of Milk)	Y	Y																																	
Chai Latte Soya (instead of Milk)	Y	Y																																✓	
Chai Latte Oat (instead of Milk)	Y	Y														✓																			
Dirty Chai Latte Semi Skimmed Milk	Y																																	✓	
Dirty Chai Latte Skimmed Milk	Y																																		✓
Dirty Chai Latte Coconut (instead of Milk)	Y	Y																																	
Dirty Chai Latte Soya (instead of Milk)	Y	Y																																	✓
Dirty Chai Latte Oat (instead of Milk)	Y	Y														✓																			
Matcha Latte Semi Skimmed Milk	Y																																		✓
Matcha Latte Skimmed Milk	Y																																		✓
Matcha Latte Coconut (instead of Milk)	Y	Y																																	

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep									
Matcha Latte Soya (instead of Milk)	Y	Y																														✓		
Matcha Latte Oat (instead of Milk)	Y	Y																																
<b>Iced Drinks</b>																																		
Iced Latte Semi Skimmed Milk	Y																																	
Iced Latte Skimmed Milk	Y																																	
Iced Latte Soya (instead of milk)	Y	Y																																
Iced Latte Coconut (instead of milk)	Y	Y																																
Iced Latte Oat (instead of milk)	Y	Y																																
Iced Chai Latte Semi Skimmed Milk	Y																																	
Iced Chai Latte Skimmed Milk	Y																																	
Iced Chai Latte Coconut (instead of Milk)	Y	Y																																
Iced Chai Latte Soya (instead of Milk)	Y	Y																																
Iced Chai Latte Oat (instead of Milk)	Y	Y																																
Iced Dirty Chai Latte Semi Skimmed Milk	Y																																	
Iced Dirty Chai Latte Skimmed Milk	Y																																	
Iced Dirty Chai Latte Coconut (instead of Milk)	Y	Y																																
Iced Dirty Chai Latte Soya (instead of Milk)	Y	Y																																
Iced Dirty Chai Latte Oat (instead of Milk)	Y	Y																																
Iced Matcha Latte Semi Skimmed Milk	Y																																	
Iced Matcha Latte Skimmed Milk	Y																																	
Iced Matcha Latte Coconut (instead of Milk)	Y	Y																																
Iced Matcha Latte Soya (instead of Milk)	Y	Y																																
Iced Matcha Latte Oat (instead of Milk)	Y	Y																																

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep									
Hot Chocolate Hazelnut	Y																					✓												
Hot Chocolate Hazelnut Skimmed	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																																
Syrups & Toppings																																		
All Syrups	Y	Y																																
Whipped Cream	Y																					✓												
Milk shot																																		
Semi Skimmed	Y																					✓												
Skimmed	Y																					✓												
Soya (instead of milk)	Y	Y																												✓				
Coconut (instead of milk)	Y	Y																																
Oat (instead of milk)	Y	Y																					✓											
Tea																																		
Ceylon Breakfast (add milk or milk alternative if White)	Y	Y																																
Earl Grey (add milk or milk alternative if White)	Y	Y																																
Peppermint (add milk or milk alternative if White)	Y	Y																																
Tropical Green (add milk or milk alternative 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																												✓				
Coconut (instead of milk) cup	Y	Y																																
Oat (instead of milk) cup	Y	Y																					✓											

Babyccino	Y																					✓							
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Seasonal Drinks

Gingerbread Latte Semi Skimmed Milk	Y																					✓						
Gingerbread Latte Skimmed Milk	Y																					✓						
Gingerbread Latte Coconut (instead of Milk)	Y	Y																										
Gingerbread Latte Soya (instead of Milk)	Y	Y																								✓		
Gingerbread Latte Oat (instead of Milk)	Y	Y								✓																		
Salted Caramel Latte Semi Skimmed Milk	Y																					✓						
Salted Caramel Latte Skimmed Milk	Y																					✓						
Salted Caramel Latte Coconut (instead of Milk)	Y	Y																										
Salted Caramel Latte Soya (instead of Milk)	Y	Y																								✓		
Salted Caramel Latte Oat (instead of Milk)	Y	Y								✓																		
Merry Berry Hot Chocolate Semi Skimmed Milk	Y																					✓						
Merry Berry Hot Chocolate Skimmed Milk	Y																					✓						
Merry Berry Hot Chocolate Coconut (instead of Milk)	Y	Y																										
Merry Berry Hot Chocolate Soya (instead of Milk)	Y	Y																								✓		
Merry Berry Hot Chocolate Oat (instead of Milk)	Y	Y								✓																		

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