

Hot Box Curries		Suitable for														
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		Contains these allergens												
Product	Vegetarians	Vegans	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														
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														
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									
HK-Tomatoes and Cheese(Savory Croissant)	✓			✓	✓		Wheat									
HK-Smoked Salmon and Egg				✓	✓		Wheat									✓

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Rye Rolls	Suitable for															
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
New Yorker Rye Roll			✓		✓		Wheat, Barley, Rye		✓			✓				
Veggie Deli Rye Roll	✓		✓	✓	✓		Wheat, Barley, Rye		✓			✓				

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Breakfast		Suitable for														
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														
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
Ramadan Donut	✓	✓					Wheat		✓							
Easter Donut	✓	✓					Wheat		✓							
Cinnamon Donut	✓	✓					Wheat									

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French Pastries		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	
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					✓					
Cheese Twist	✓			✓	✓		Wheat										
Very Berry Croissant	✓	✓					Wheat										
French Butter Croissant	✓			✓	✓		Wheat										
Almond Croissant	✓			✓	✓		Wheat									Almond	
Chocolate Croissant	✓			✓	✓		Wheat		✓								
Pain Au Raisin	✓			✓	✓		Wheat										
Savory Croissant- Mozzarella & Tomato	✓			✓	✓		Wheat										
Zaatar Croisants	✓		✓	✓	✓		Wheat										

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Bowls/ Pots		Suitable for														
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
Acai Bircher Bowl	✓			✓			Oat						✓			Pecans, Almonds, Cashews
Blue Goodness Bowl	✓			✓			Oat						✓			Cashew, Pecan
Pink Goodness Bowl	✓			✓			Oat									Cashew, Pecan, Almond
Sunshine 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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1-Apr-24

Soup		Suitable for															
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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1-Apr-24

Toasties		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans														
			Sesam e	Milk	Egg	Lupin	Cereals containing gluten	Mollus c	Soya	Peanut	Celery and celeria c	Mustar d	Sulphit e	Crusta cean	Fish	Nuts
Tuna Melt Toastie				✓	✓		Wheat, Barley, Rye Oat		✓			✓			✓	
All Day Breakfast Toastie				✓	✓		Wheat, Barley, Rye Oat		✓			✓				
Mozzarella & Pesto Toastie	✓			✓			Wheat, Barley, Rye Oat									
Chipotle Chicken Toastie				✓			Wheat, Barley, Rye Oat					✓				
Classic Cheese Toastie	✓			✓	✓		Wheat, Barley, Rye Oat		✓			✓				

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1-Apr-24

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 Italian Chicken Salad				✓	✓				✓			✓		
Smoked Salmon & Avocado Salad												✓			✓		
Avocado, Mozzarella & Roasted Pepper Salad	✓			✓								✓				Pinenut	
Crayfish & Avocado Salad												✓		✓			
Pret's Panzanella Shaker	✓			✓			Wheat					✓					
Pret's Caprese Shaker	✓			✓													
Pret's Cobb Shaker				✓	✓		Wheat					✓					
Edamame	✓	✓							✓								
Egg & Avo Protein Pot	✓				✓												
Chicken & Smashed Avo Protein Pot				✓	✓				✓								

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1-Apr-24

Granary		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	
			Chicken Acocado Sandwich			✓	✓		Wheat, Barley		✓			✓			
Summer Chicken Sandwich			✓	✓		Wheat, Barley		✓			✓					Pinenut	
Tuna Mayo Sandwich					✓	Wheat, Barley		✓			✓				✓		
Wild Crayfish and Rocket Sandwich			✓	✓		Wheat, Barley		✓			✓		✓				
Rainbow Sandwich	✓	✓	✓			Wheat, Barley					✓						
BLT				✓	✓	Wheat, Barley		✓			✓						
Mature Cheddar & Pickle Sandwich	✓			✓	✓	Wheat, Barley		✓			✓						
Cracking Egg Salad Sandwich	✓				✓	Wheat, Barley		✓			✓						
Roast Beef & Tomato Tapenade Sandwich				✓		Wheat, Barley											
Classic Super Club				✓	✓	Wheat, Barley		✓			✓						
Smoked Salmon Sandwich				✓		Wheat, Barley									✓		

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1-Apr-24

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	
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		✓			✓					
Pesto Caprese Toasted Baguette	✓			✓	✓		Wheat		✓			✓					
Chipotle Chicken Bacon Toasted Baguette			✓	✓			Wheat, Rye, Barley, Oats					✓					
Salmon, Soft Cheese & Dill Baguette			✓	✓			Wheat, Rye, Barley, Oats									✓	

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1-Apr-24

Kibbled Rye Salad 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
			Chicken Caesar & Bacon Wrap				✓	✓		Wheat, Rye		✓			✓	
Chicken Pesto Rocket Wrap				✓	✓		Wheat, Rye		✓			✓				
Avocado & Herb Salad Wrap	✓			✓	✓		Wheat, Rye		✓			✓				Pinenut

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1-Apr-24

Flat Breads		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
			Avo & Chipotle Flatbread				✓			Wheat					✓	
Tuna Flatbread					✓		Wheat		✓			✓			✓	

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1-Apr-24

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 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	
			Cold Press Orange Juice	✓	✓												
Cold Pressed Pomegranate Juice	✓	✓															
Pineapple Powow	✓	✓															
Root Reboot	✓	✓															
CUCUMBER AND MINT SELTZER	✓	✓															
PP APPLE FIZZ 2019	✓	✓															
PP RHUBARB LEMONADE	✓	✓															
Pink Lemonaid	✓	✓															
Blue Lemonaid	✓	✓															
Black Lemonaid	✓	✓															
Sunny Dayz	✓	✓															
Essential Green	✓	✓									✓						
Ginger Shot	✓	✓									✓						
Tumeric Shot	✓	✓															
San Pelegrino 500ml	✓	✓															
Aqua Morelli Still Large	✓	✓															
Aqua Morelli Still Small	✓	✓															
Eira Still Small	✓	✓															
Eira Still Large	✓	✓															
Arwa 500ml	✓	✓															
Coke	✓	✓															
Coke Zero	✓	✓															
Sprite	✓	✓															
Coconut Water	✓	✓															

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Snacks & Desserts		Suitable for		Contains these allergens													
Product	Vegetarians	Vegans															
			Sesam e	Milk	Egg	Lupin	Cereals containing gluten	Mollus cs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Sea Salt Crisps	✓	✓															
Mature Cheddar Crisps	✓			✓													
Sweet Chilli Crisps	✓	✓							✓								
Pret Crisps - Sea Salt & Black Pepper	✓	✓															
Pret Crisps - Sea Salt & Cider Vinegar	✓	✓					Wheat										
Pret Crisps - Cheese & Chives	✓			✓													
Pret Nuts , Fruits & Chocolate	✓			✓					✓								Almonds
Caramel Waffle	✓			✓			Wheat		✓								
Cranberries in Coats	✓			✓													
Pret Dark Chocolate Almonds	✓	✓							✓								Almonds
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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	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Extra Shot	✓	✓														
Filter- Black	✓	✓														
Filter- White	✓	✓		✓												
Americano Black	✓	✓														
Americano White																
Pret's Matcha Latte	✓			✓												
Pret's Mumbai Chai Latte	✓			✓												
Latte	✓			✓												
Grapefruit Green Tea	✓	✓														
Grapefruit Iced Green Tea	✓	✓														
Grapefruit Tea	✓	✓														
Grapefruit Iced Tea	✓	✓														
Cappuccino	✓			✓												
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	✓			✓												
Syrup Vanilla	✓	✓														
Syrup Caramel	✓	✓														
Classic Frappe	✓			✓												
Salted Caramel Frappe	✓			✓												
Chocolate Frappe	✓			✓												
Berries & Cherries Smoothie	✓	✓														
Sweet Greens Smoothie	✓	✓									✓					
Tropical Peach Smoothie	✓	✓														

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	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Spanish Latte	✓			✓												
Caramel Oat Latte	✓	✓					Oat									
Iced Spanish Latte	✓			✓												

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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
Peru Single Origin (200g Ground)	✓	✓														
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Alcohol Range (Airport stores only)	Suitable for		Contains these allergens													
Product	Vegetarians	Vegans														
			Sesam e	Milk	Egg	Lupin	Cereals containing gluten	Mollus cs	Soya	Peanut	Celery and celeriac	Mustar d	Sulphit es	Crusta cean	Fish	Nuts
Tiger Beer	✓	✓					Barley									
Amstel Light	✓	✓					Barley									
Heineken Beer	✓	✓					Barley									
Sea Change Pinot Grigio	✓	✓											✓			
Sea Change Sparkling Wine	✓	✓											✓			
Sea Change Rose	✓	✓											✓			
Vu du Can Malbec	✓	✓											✓			

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Platters		Suitable for		Contains these allergens													
Product	Vegetarian	Vegan	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
			All Time Classic Platter			✓	✓		Wheat, Barley		✓			✓			
Chef's Italian Chicken Salad Platter				✓	✓				✓			✓				✓	Pistachios
Chicken Supreme Platter				✓	✓		Wheat, Barley		✓			✓					Pinenuts
Chocolate Chunk Cookie Bag	✓			✓			Wheat										
Fish Selection Platter				✓	✓		Wheat, Barley		✓			✓		✓		✓	
Rye Roll Platter			✓	✓	✓		Wheat, Rye, Barley		✓			✓					
Coffee Box	✓	✓															
Tea Box	✓	✓															
Veggie Lover Mixed Platter	✓	✓	✓	✓	✓		Wheat, Rye, Barley, Oats		✓			✓					
Vegetarian Platter	✓	✓		✓	✓		Wheat, Barley		✓			✓					
Vegan Donuts Platter	✓	✓					Wheat										Almonds
Sweet Pastry Selection Box	✓			✓	✓		Wheat		✓								Almonds
Salmon & Avocado Salad Platter													✓			✓	
Meat Baguette Platter			✓	✓	✓		Wheat, Rye, Barley, Oats		✓			✓				✓	
Love Bar Bag	✓			✓			Oat		✓								Almonds, Pistachios
Cookie Platter Small/Large	✓			✓			Wheat, Oat										Almonds
Avocado Mozzarella Salad Platter	✓			✓								✓					Pinenuts
Baguette Selection Platter			✓	✓	✓		Wheat, Rye, Barley, Oats		✓			✓				✓	
Bar Platter	✓			✓	✓		Wheat, Oat		✓								Almonds, Pistachios
Best of Pret Platter				✓	✓		Wheat, Barley		✓			✓				✓	Pinenuts
Breakfast Baguette Selection Platter					✓		Wheat		✓			✓				✓	
Breakfast Brioche Platter				✓	✓		Wheat		✓			✓				✓	
Brownie Bag	✓			✓	✓		Wheat		✓								

We can't guarantee any of our products are suitable for those with allergies due to a high risk of cross contamination. Our vegan products are made to a vegan recipe but are not suitable for those with dairy and egg allergies. Please take care.