

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.



PRET'S



ALLERGEN

GUIDE



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.

We're proud to freshly prepare our food in our shop kitchens every day but as we use many ingredients and shared equipment, cross contamination is managed but not to an allergen-free level. Therefore we can't guarantee any of our food is suitable for those with allergies due to the 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.



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 or contact our Customer Service Team on **0207 827 8801**.

This Allergen Guide only covers food and drink sold in our UK shops.



Contents Key: ✓ (Product Contains) Y (Suitable For)			Baguettes, Sandwiches & Wraps																												
We can't guarantee any of our food is 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 milk or egg allergies. Please take care.																															
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						
Baguettes																															
Avo, Olives & Toms	Y	Y											✓						✓												✓
Brie, Pistachio & Cranberry Baguette	Y											✓							✓			✓									
Brie, Tomato & Basil	Y																		✓			✓									
Chicken Caesar & Bacon													✓						✓		✓	✓									
Chicken Salad Baguette																			✓			✓		✓							
Christmas Lunch Baguette																			✓			✓		✓							
Italian Prosciutto													✓						✓			✓		✓						✓	
Jambon Buerre																			✓			✓		✓							
Naked Chicken Katsu																		✓			✓		✓						✓	✓	
Pole & Line Caught Tuna Mayo & Cucumber																			✓		✓	✓									
Posh Cheddar & Pickle	Y												✓						✓			✓		✓					✓		
Wiltshire-Cured Ham & Greve																			✓			✓		✓					✓		
Sandwiches																															
Chicken, Avocado & Basil														✓							✓		✓								
Christmas Lunch														✓						✓		✓		✓						✓	
Classic Super Club														✓							✓										
Free-Range Egg Mayo	Y													✓							✓										
Ham & Cheese														✓									✓					✓			
Kid's Cheese	Y													✓									✓								
Kid's Ham														✓									✓								
Pret's Christmas Sandwich														✓							✓		✓							✓	
Smashed Avo Open Sandwich	Y	Y														✓															
Scottish Smoked Salmon														✓								✓		✓							
Smoked Salmon & Soft Cheese Open Sandwich																✓						✓		✓							
Tuna Mayo & Cucumber														✓							✓	✓									
Vegan Christmas Nut Roast	Y	Y									✓			✓																	
Wraps & Flatbreads																															
Avo & Herb Salad Wrap	Y															✓					✓		✓								✓
Chicken, Pesto & Rocket Flatbread																					✓		✓								✓
Falafel , Avocado & Chipotle Flatbread	Y	Y																												✓	
Hoisin Duck Salad Wrap																✓					✓								✓		
Humous & Chipotle Wrap	Y	Y											✓				✓														
Vegan Christmas Flatbread	Y	Y																													✓
Vegan Hoisin Mushroom Wrap	Y	Y															✓													✓	
We can't guarantee any of our food is 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 milk or egg allergies. Please take care.																															

Contents Key: ✔ (Product Contains) Y (Suitable For)			Breakfast																													
			We can't guarantee any of our food is 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 milk or egg allergies. Please take care.																													
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							
Almond Croissant	Y			✔												✔				✔			✔									
Acai & Almond Butter Bowl	Y	Y		✔											✔																	
Bacon & Egg Roll																✔				✔			✔									
Bircher Muesli	Y														✔								✔									
Breakfast Free-Range Egg Mayo & Avocado	Y																✔			✔												
Breakfast Free-Range Egg Mayo & Bacon																	✔			✔												
Breakfast Salmon & Egg Mayo																	✔			✔	✔								✔			
Breakfast Vegan Baguette	Y	Y															✔													✔		
Coconut Porridge	Y	Y													Y																	
Chocolate Croissant	Y																✔			✔			✔							✔		
Cinnamon Danish	Y																✔			✔			✔									
Five Berry Bowl	Y														✔							✔										
French Butter Croissant	Y																✔			✔			✔									
Fresh Fruit, Yoghurt & Granola Bowl	Y														✔							✔										
Ham, Cheese, Tomato & Bacon Croissant																	✔			✔			✔									
Ham & Egg Breakfast Roll																✔			✔			✔							✔			
Honey & Granola Pot	Y														✔								✔									
Mango & Banana Sunshine Bowl	Y	Y													✔																	
Mozzarella & Tomato Croissant	Y																✔			✔			✔									
Pain aux Raisin	Y																✔			✔			✔									
Porridge Topping - Berry Compote	Y	Y																														
Porridge Topping - Cranberry & Seeds	Y	Y																														
Porridge Topping - Honey	Y																															
Pret's Bacon Roll																✔		✔					✔									
Pret's Proper Porridge	Y														✔								✔									
Pret's Sausage Roll																			✔			✔		✔								
Pret's Veggie Roll	Y														✔					✔			✔									
Pret's Veggie Brioche	Y																			✔			✔									
Sausage & Egg Roll															✔					✔			✔									
Very Berry Croissant	Y	Y															✔															
We can't guarantee any of our food is 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 milk or egg allergies. Please take care.																																

Contents Key: ✓ (Product Contains) Y (Suitable For)			Cold Drinks																													
			We can't guarantee any of our food is 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 milk or egg allergies. Please take care.																													
Product	Vegan bunns	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							
Apple Juice	Y	Y																														
Coke (all types)	Y	Y																														
Cranberry, Raspberry & Pomegranate Pret Still	Y	Y																														
Daily Greens	Y	Y																														
Ginger Shot	Y	Y																														
Green Tea & Peach Pret Still	Y	Y																														
Pure Pret Green Tea Yoga Bunny	Y	Y																														
Hot Shot	Y																															
Lemon & Ginger Pret Still	Y	Y																														
Mango Smoothie	Y																															
Mango, Passion Fruit & Lime Pret Still	Y	Y																														
Orange Juice (both sizes)	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																														
Ready to Drink Black Coffee	Y	Y																														
Ready to Drink Latte	Y																													✓		
Ready to Drink Mocha	Y																													✓		
Roots & Fruits Juice	Y	Y																														
Sparkling Spring Water	Y	Y																														
Still Water 500ml	Y	Y																														
Still Water 750ml	Y	Y																														
Vitamin Volcano	Y																															

We can't guarantee any of our food is 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 milk or egg allergies. Please take care.

<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			<div>Fruit</div> <div>We can't guarantee any of our food is 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 milk or egg allergies. Please take care.</div>																											
			Tree Nuts										Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya
Product	Vegetarians	Vegan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Barley		Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Cow					Goat	Sheep					
				Apple	Y	Y																								
Banana	Y	Y																												
Mango & Lime	Y																													
Melon & Blueberry	Y	Y																												
Pret's Fruit Salad	Y	Y																												
Superfruit Salad	Y	Y																												
Watermelon & Lime Pot	Y																													
<div>We can't guarantee any of our food is 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 milk or egg allergies. Please take care.</div>																														

<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			<div>Pret's Hot</div> <div>We can't guarantee any of our food is 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 milk or egg allergies. Please take care.</div>																													
			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	Kamut (Wheat)	Oats		Rye	Spelt (Wheat)	Wheat	Cow	Goat	Sheep														
Product	Vegetarians	Vegan Friendly																														
Chipotle, Mozzarella Hot Baguette	Y										✓						✓							✓								
Chicken & Chilli Burrito															✓		✓		✓					✓						✓		
Christmas Stuffing Mac and Cheese																	✓							✓							✓	
Falafel & Halloumi Hot Wrap	Y														✓		✓							✓	✓	✓						
Macaroni Cheese Kale & Cauli	Y																✓							✓								
Macaroni Cheese Prosciutto																	✓							✓								
Meatless Meatball Hot Wrap	Y	Y														✓		✓														
Meatless Meatball Protein Pot	Y	Y																														
Pigs in Blankets Hot Roll																✓						✓							✓			
Posh Prosciutto Hot Baguette											✓						✓							✓								
Spicy Chicken Enchilada Bake																	✓		✓					✓						✓		
Spicy Chicken Hot Wrap																	✓							✓								
Swedish Meatball Hot Wrap																	✓							✓								
Focaccia & Toasties																																
Brie & Bacon Toasted Focaccia																	✓							✓							✓	
Firecracker Chicken Toasted Focaccia																		✓			✓											
Mozzarella, Pesto & Roasted Tomato Focaccia																		✓						✓								✓
Classic Cheese Toastie													✓		✓	✓		✓			✓			✓				✓				
Ham, Cheese & Mustard Toastie													✓		✓	✓		✓			✓			✓				✓				
Tuna Melt Toastie													✓		✓	✓		✓			✓	✓		✓								
Turkey & Trimmings Toastie													✓		✓	✓		✓					✓							✓		
Soup																																
Chicken, Broccoli & Brown Rice																																
Pret's Chicken Katsu Curry Soup																														✓		
Chicken Laksa Soup																													✓	✓		
EAT.'s Chicken Pot Pie (excludes pot pie top))																			✓				✓									
Pea & Mint Soup	Y	Y																														
Pret's Mushroom Risotto Soup	Y	Y																												✓		
Red Thai Veg Soup	Y	Y																												✓		
Souper Tomato	Y	Y																														
Pot Pie Top	Y																✓			✓			✓									
Stone Baked Losange	Y	Y															✓															
Turkey and Ham Soup																																
We can't guarantee any of our food is 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 milk or egg allergies. Please take care.																																

Pret At Home

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

We can't guarantee any of our food is 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 milk or egg allergies. Please take care.

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						
Coffee - Classic Blend Ground	Y	Y																												
Coffee - Espresso Beans	Y	Y																												
Coffee - Single Origin Ground	Y	Y																												
Pret at Home Bircher Museli	Y	Y													✓														✓	
Pret at Home Dark Chocolate & Almond Granola	Y	Y		✓											✓													✓		
Pret at Home Classic Granola	Y	Y													✓															
Pret at Home Oat & Coconut Crunch Granola	Y	Y													✓															
Pret's Organic Aluminium Capsules Classic Blend	Y	Y																												
Pret's Organic Aluminium Capsules Espresso Blend	Y	Y																												

We can't guarantee any of our food is 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 milk or egg allergies. Please take care.

Contents Key: ✓ (Product Contains) Y (Suitable For)			Salad & Platters																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																							
			We can't guarantee any of our food is 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 milk or egg allergies. Please take care.																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																							
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																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																								</

We can't guarantee any of our food is 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 milk or egg allergies. Please take care.

Contents Key: ✓ (Product Contains) Y (Suitable For)			Snacks																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																	
			We can't guarantee any of our food is 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 milk or egg allergies. Please take care.																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																	
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																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																		</

Contents Key: ✓ (Product Contains) Y (Suitable For)			Sweet Treats																													
			We can't guarantee any of our food is 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 milk or egg allergies. Please take care.																													
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							
Almond Butter Bite	Y			✓																										✓		
Banana Cake	Y																	✓			✓		✓							✓		
Caramel Waffle	Y																	✓					✓							✓		
Carrot Cake	Y											✓						✓			✓		✓							✓		
Choc Bar	Y																	✓					✓							✓		
Chocolate Brownie Bar	Y																	✓			✓		✓							✓		
Chocolate Chunk Cookie	Y																	✓					✓									
Chocolate Moose	Y																						✓							✓		
Chocolate Praline Cookie	Y						✓											✓					✓									
Coconut Bite	Y	Y																												✓		
Dark Chocolate & Almond Butter Cookie	Y	Y		✓														✓														
Dark Chocolate Corn Cakes	Y																							✓						✓		
Dark Chocolate with Sea Salt	Y																													✓		
Double Berry Muffin	Y																	✓			✓		✓									
Fruit, Oat & Spelt Cookie	Y														✓		✓	✓					✓									
Ginger Snap Biscuit	Y																	✓					✓									
Hazelnut Truffles	Y	Y					✓																									
Lemon Cheesecake	Y																	✓			✓		✓									
Love Bar	Y			✓								✓			✓								✓							✓		
Mince Pie	Y																	✓			✓		✓									
Nut Bar	Y			✓																		✓								✓		
Nutty Salted Caramel Brownie	Y			✓								✓						✓			✓		✓							✓		
Popcorn bar	Y																						✓							✓		
Pret's Gingerbread Melvin																		✓			✓											
Pret's Pecan & Caramel Cookie	Y									✓								✓					✓							✓		
Pret Bar	Y														✓			✓					✓									
Pret's Shortbread	Y																	✓					✓									
Christmas Tiffin	Y										✓							✓					✓							✓		

We can't guarantee any of our food is 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 milk or egg allergies. Please take care.

Contents Key: ✓ (Product Contains) Y (Suitable For)			Barista Prepared Drinks																														
			We can't guarantee any of our food is 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 milk or egg allergies. Please take care.																														
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 (add milk or milk alternative if White Americano)	Y	Y																															
Cappuccino Semi Skimmed milk	Y																							✓									
Cappuccino Skimmed milk	Y																							✓									
Cappuccino Soya (instead of milk)	Y	Y																												✓			
Cappuccino Rice 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 Rice 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 Rice Coconut (instead of milk)	Y	Y																															
Macchiato Semi Skimmed milk	Y																							✓									
Macchiato Skimmed milk	Y																							✓									
Macchiato Soya (instead of milk)	Y	Y																												✓			
Macchiato Oat (instead of milk)	Y	Y												✓																			
Macchiato Rice Coconut (instead of milk)	Y	Y																															
Mocha Semi Skimmed milk	Y																							✓									
Mocha Skimmed milk	Y																							✓									
Mocha Soya (instead of milk)	Y	Y																												✓			

We can't guarantee any of our food is 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 milk or egg allergies. Please take care.

Contents Key: ✓ (Product Contains) Y (Suitable For)			Barista Prepared Drinks																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																		
			We can't guarantee any of our food is 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 milk or egg allergies. Please take care.																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																		
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																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																			

Contents Key: ✓ (Product Contains) Y (Suitable For)			Barista Prepared Drinks																														
			We can’t guarantee any of our food is 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 milk or egg allergies. Please take care.																														
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								
Iced Drinks																																	
Iced Latte Semi Skimmed Milk	Y																								✓								
Iced Latte Skimmed Milk	Y																								✓								
Iced Latte Soya (instead of milk)	Y	Y																												✓			
Iced Latte Rice Coconut (instead of milk)	Y	Y																															
Iced Latte Oat (instead of milk)	Y	Y												✓																			
Iced Mocha Semi Skimmed Milk	Y																								✓								
Iced Mocha Skimmed Milk	Y																								✓								
Iced Mocha Soya (instead of milk)	Y	Y																												✓			
Iced Mocha Rice Coconut (instead of milk)	Y	Y																															
Iced Mocha Oat (instead of milk)	Y	Y												✓																			
Iced White Americano Semi Skimmed Milk	Y																								✓								
Iced White Americano Skimmed Milk	Y																								✓								
Iced White Americano Oat (instead of milk)	Y	Y												✓																			
Iced White Americano Soya (instead of milk)	Y	Y																												✓			
Iced White Americano Rice Coconut (instead of milk)	Y	Y																															
Turmeric Iced Latte Rice Coconut	Y	Y																															
Hot Chocolate																																	
Hot Chocolate Semi Skimmed Milk	Y																								✓								
Hot Chocolate Skimmed Milk	Y																								✓								
Hot Chocolate Soya (instead of milk)	Y	Y																												✓			
Hot Chocolate Rice Coconut (instead of milk)	Y	Y																															
Hot Chocolate Oat (instead of milk)	Y	Y												✓																			
Hot Chocolate Powder	Y	Y																															
Hot Chocolate Hazelnut	Y																								✓								
Hot Chocolate Hazelnut Skimmed	Y																								✓								
Hot Chocolate Hazelnut Soya	Y	Y																												✓			
Hot Chocolate Hazelnut Rice-Coconut	Y	Y																															
Hot Chocolate Hazelnut Oat	Y	Y												✓																			

We can't guarantee any of our food is 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 milk or egg allergies. Please take care.

Contents Key: ✓ (Product Contains) Y (Suitable For)			Barista Prepared Drinks																												
			We can't guarantee any of our food is 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 milk or egg allergies. Please take care.																												
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						
Smoothies																															
Berry Blast	Y	Y																													
Mango & Pineapple	Y	Y																													
Strawberry & Banana	Y	Y																													
Cold Brew																															
Cold Brew (no milk)	Y	Y																													
Cold Brew Semi Skimmed Milk	Y																						✓								
Cold Brew Skimmed Milk	Y																						✓								
Cold Brew Soya (instead of milk)	Y	Y																											✓		
Cold Brew Oat (instead of milk)	Y	Y												✓																	
Cold Brew Rice Coconut (instead of milk)	Y	Y																													
Syrups & Toppings																															
All Syrups	Y	Y																													
Caramel Sauce	Y	Y																													
Whipped Cream	Y																							✓							
Milk shot																															
Semi Skimmed	Y																							✓							
Skimmed	Y																							✓							
Soya (instead of milk)	Y	Y																												✓	
Rice 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																													
We can't guarantee any of our food is 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 milk or egg allergies. Please take care.																															

Contents Key: ✓ (Product Contains) Y (Suitable For)			Barista Prepared Drinks																													
			We can't guarantee any of our food is 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 milk or egg allergies. Please take care.																													
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							
Milk / instead of milk cup																																
Semi Skimmed milk cup	Y																							✓								
Skimmed milk cup	Y																							✓								
Soya (instead of milk) cup	Y	Y																											✓			
Rice Coconut (instead of milk) cup	Y	Y																														
Oat (instead of milk) cup	Y	Y												✓																		
Babyccino	Y																							✓								
Seasonal Drinks																																
Gingerbread Latte Semi Skimmed Milk	Y																							✓								
Gingerbread Latte Skimmed Milk	Y																							✓								
Gingerbread Latte Oat (instead of milk, no cream)	Y	Y												✓																		
Gingerbread Latte Oat (instead of milk, with cream)	Y													✓										✓								
Gingerbread Latte Rice-coco (instead of milk, no cream)	Y	Y																														
Gingerbread Latte Rice-coco (instead of milk, with cream)	Y																							✓								
Gingerbread Latte Soya (instead of milk, no cream)	Y	Y																												✓		
Gingerbread Latte Soya (instead of milk, with cream)	Y																							✓						✓		
Lovebar Latte Semi Skimmed Milk	Y																							✓								
Lovebar Latte Skimmed Milk	Y																							✓								
Lovebar Latte Oat (instead of milk, no cream)	Y	Y												✓																		
Lovebar Latte Oat (instead of milk, with cream)	Y													✓										✓								
Lovebar Latte Rice-coco (instead of milk, no cream)	Y	Y																														
Lovebar Latte Rice-coco (instead of milk, with cream)	Y																							✓								
Lovebar Latte Soya (instead of milk, no cream)	Y	Y																												✓		
Lovebar Latte Soya (instead of milk, with cream)	Y																							✓						✓		
Popcorn Hot Chocolate Semi Skimmed Milk	Y																							✓								
Popcorn Hot ChocolateLatte Skimmed Milk	Y																							✓								
Popcorn Hot Chocolate Oat (instead of milk, no cream)	Y	Y												✓																		
Popcorn Hot Chocolate Oat (instead of milk, with cream)	Y													✓										✓								
Popcorn Hot Chocolate Rice-coco (instead of milk, no cream)	Y	Y																														
Popcorn Hot Chocolate Rice-coco (instead of milk, with cream)	Y																							✓								
Popcorn Hot Chocolate Soya (instead of milk, no cream)	Y	Y																												✓		
Popcorn Hot Chocolate Soya (instead of milk, with cream)	Y																							✓						✓		
We can't guarantee any of our food is 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 milk or egg allergies. Please take care.																																

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.



VEGGIE PRET'S



ALLERGEN GUIDE



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.

We're proud to freshly prepare our food in our shop kitchens every day but as we use many ingredients and shared equipment, cross contamination is managed but not to an allergen-free level. Therefore we can't guarantee any of our food is suitable for those with allergies due to the 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.



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 or contact our Customer Service Team on **0207 827 8801**.

This Allergen Guide only covers food and drink sold in our UK shops.



<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			<div>Baguettes, Sandwiches & Wraps</div> <div>We can’t guarantee any of our food is 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.</div>																													
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut	
				Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep							
Baguettes																																
Artichoke, Olives & Tapenade	Y	Y										✓						✓														
Avo, Olives & Toms	Y	Y										✓						✓														✓
Brie, Tomato & Basil	Y																	✓				✓										
Cheddar, Mustard & Pickles	Y											✓						✓			✓								✓			
Vegan Chuna Mayo & Cucumber	Y	Y																✓										✓		✓		
Vegan Eggless Mayo & Cress	Y	Y																✓										✓		✓		
Sandwiches																																
Kid's Cheese Sandwich	Y												✓					✓				✓										
Sliced Egg & Cress	Y												✓					✓			✓							✓				
Smashed Avocado Open Sandwich	Y	Y													✓																	
Humous & Roasted Peppers Open Sandwich	Y											✓			✓									✓	✓							✓
The VLT	Y	Y											✓					✓														
Vegan Christmas Nut Roast	Y	Y							✓				✓					✓														✓
Wraps & Flatbreads																																
Avo & Chickpeas Caesar Wrap	Y	Y													✓			✓											✓	✓		
Falafel, Avocado & Chipotle Flatbread	Y	Y																✓													✓	
Hoisin Mushroom Wrap	Y	Y													✓			✓												✓		
Humous & Chipotle Wrap	Y	Y									✓				✓			✓														
Mexican Avocado Flatbread	Y	Y																✓														
Sunshine N'Spice Wrap	Y	Y													✓			✓														
Vegan Chilli Wrap	Y	Y													✓			✓		✓										✓	✓	
Vegan Christmas Flatbread	Y	Y																✓														

We can't guarantee any of our food is 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.

Contents Key: ✓ (Product Contains) Y (Suitable For)			Breakfast																												
			We can't guarantee any of our food is 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.																												
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
				Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
Acai & Almond Butter Bowl	Y	Y		✓									✓																		
Breakfast Baguette - Eggless Mayo & Avocado	Y	Y														✓													✓		
Breakfast Baguette - Eggless Mayo & Roasted Tomato	Y	Y														✓													✓		
Pret's Veggie Brioche	Y															✓				✓		✓									
Pret's Veggie Roll	Y															✓			✓			✓									
Spicy Egg Brioche	Y															✓					✓		✓								
Bircher Muesli	Y										✓				✓								✓								
Coconut Porridge	Y	Y												✓																	
Five Berry Bowl	Y													✓									✓								
Mozzarella & Tomato Croissant	Y															✓				✓		✓									
Poached Egg & Beans Power Pot	Y																				✓										
Porridge Topping - Berry Compote	Y	Y																													
Porridge Topping - Cranberry & Seeds	Y	Y																													
Porridge Topping - Honey	Y																														
Pret's Proper Porridge	Y														✓								✓								
Smoothie Bowl - Apricot and Pistachio Overnight Oats	Y	Y									✓			✓																✓	
Smoothie Bowl - Cocoa, Nuts & Berries	Y	Y		✓		✓			✓					✓																	
Smoothie Bowl - Mango & Banana Sunshine	Y	Y												✓																	
Vegan Almond Croissant	Y	Y		✓													✓														
Vegan Breakfast baguette	Y	Y															✓												✓		
Vegan Chocolate Croissant	Y	Y															✓												✓		
Vegan Plain Croissant	Y	Y															✓														
Very Berry Croissant	Y	Y															✓														

We can't guarantee any of our food is 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.

Contents Key: ✓ (Product Contains) Y (Suitable For)			Cold Drinks																												
			We can’t guarantee any of our food is 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.																												
Product	Vegetarians	Vegan friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
				Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
Apple Juice	Y	Y																													
Blend Me Drink Me - Cocoa, Almond Butter & Banana	Y	Y		✓										✓																	
Coke (all types)	Y	Y																													
Cranberry & Raspberry Pure Pret Still	Y	Y																													
Daily Greens	Y	Y																													
Ginger Shot	Y	Y																													
Green Tea & Peach Pret Still	Y	Y																													
Pure Pret Green Tea Yoga Bunny	Y	Y																													
Hot Shot	Y																														
Lemon & Ginger Pret Still	Y	Y																													
Mango Smoothie	Y																														
Mango, Passion Fruit & Lime Pret Still	Y	Y																													
Orange Juice (both sizes)	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																													
Ready to Drink Black Coffee	Y	Y																													
Ready to Drink Latte	Y																								✓						
Ready to Drink Mocha	Y																								✓						
Roots & Fruits Juice	Y	Y																													
Sparkling Spring Water	Y	Y																													
Still Water 500ml	Y	Y																													
Still Water 750ml	Y	Y																													
Vitamin Volcano	Y																														

We can't guarantee any of our food is 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.

Contents Key: ✓ (Product Contains) Y (Suitable For)			Fruit																														
			We can't guarantee any of our food is 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.																														
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut		
				Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep								
Apple	Y	Y																															
Banana	Y	Y																															
Mango & Lime	Y																																
Melon & Blueberry	Y	Y																															
Pret's Fruit Salad	Y	Y																															
Superfruit Salad	Y	Y																															
Watermelon & Lime Pot	Y																																
We can't guarantee any of our food is 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.																																	

Contents Key: ✓ (Product Contains) Y (Suitable For)			Pret's Hot																														
			We can't guarantee any of our food is 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.																														
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut		
				Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat						Cow	Goat	Sheep							
Falafel & Halloumi Hot Wrap	Y															✓		✓					✓	✓	✓								
Festive Pasta Bake	Y	Y																✓												✓		✓	
Meatless Meatball Hot Wrap	Y	Y														✓		✓															
Meatless Meatball Protein Pot	Y	Y																															
Vegan Mac n Greens	Y	Y																✓												✓			
Vegan Ragu & Red Pepper Hot Wrap	Y	Y														✓		✓			✓												
Vegan Chilli Enchilada	Y	Y														✓		✓			✓									✓			
Falafel , Halloumi & Pickles Brioche	Y																	✓				✓		✓	✓	✓				✓			
Soup																																	
Pea & Mint	Y	Y																															
Pret's Mushroom Risotto	Y	Y																			✓									✓			
Red Thai Veg	Y	Y																													✓		
Souper Tomato	Y	Y																															
Pret's Multigrain Bread	Y	Y													✓																		
Stone Baked Losange	Y	Y																✓															
Toasties & Focaccia																																	
Classic Cheese Toastie	Y												✓		✓	✓		✓			✓		✓		✓				✓				
Halloumi, Red Pepper & Basil Toastie	Y												✓		✓	✓		✓					✓	✓	✓								
Mozzarella, Pesto & Roasted Tomatoes Focaccia	Y																	✓					✓									✓	
Creamy Mushroom Focaccia	Y																	✓					✓							✓			

We can't guarantee any of our food is 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.

Contents Key: ✓ (Product Contains) Y (Suitable For)			Pret At Home																													
			We can’t guarantee any of our food is 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.																													
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut	
				Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat														
Coffee - Classic Blend Ground	Y	Y																														
Coffee - Espresso Beans	Y	Y																														
Coffee - Single Origin Ground	Y	Y																														
Pret at Home Bircher Muesli	Y	Y														✓															✓	
Pret at Home Dark Chocolate & Almond Granola	Y	Y		✓												✓														✓		
Pret at Home Classic Granola	Y	Y														✓																
Pret at Home Oat & Coconut Crunch Granola	Y	Y														✓																
Pret's Organic Aluminium Capsules Classic Blend	Y	Y																														
Pret's Organic Aluminium Capsules Espresso Blend	Y	Y																														

We can't guarantee any of our food is 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.

Contents Key: ✓ (Product Contains) Y (Suitable For)			Salad																																
			We can't guarantee any of our food is 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.																																
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut				
				Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat								Cow	Goat	Sheep							
Egg & Spinach Pot	Y																																		
Mexican Inspired Salad Bowl	Y																										✓		✓					✓	
Mozzarella, Pesto & Avo Salad Bowl	Y																								✓							✓		✓	
Marinated Tofu Poke Bowl	Y	Y											✓																				✓		
Sweet Potato Falafel Mezze Salad	Y	Y											✓	✓																		✓			
Tamari & Ginger Mushroom Poke Bowl	Y	Y																															✓	✓	
Vegan Chef's Italian Salad Bowl	Y	Y																															✓	✓	
Dressings																																			
Caesar Dressing	Y	Y																														✓	✓		
French Dressing	Y	Y																														✓			
Tamari & Ginger Dressing	Y	Y																															✓		

We can't guarantee any of our food is 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.

Contents Key: ✓ (Product Contains) Y (Suitable For)			Snacks																													
			We can’t guarantee any of our food is 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.																													
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							
Snacks																																
Almond Butter Protein Ball	Y	Y		✓																										✓		
Easy Peasy Almond Squeazy	Y	Y		✓																												
Chilli, Bean & Seed Tortilla Chips	Y	Y																														
Almond Butter Bites	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 & Cider Vinegar Crisps	Y	Y																														
Sea Salt Crisps	Y	Y																														
Sea Salt Popcorn	Y	Y																														
Smoky Chipotle Crisps	Y	Y																														
Sweet & Salt Popcorn	Y	Y																														
Vegetable Crisps	Y	Y																														

We can't guarantee any of our food is 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.

Contents Key: ✓ (Product Contains) Y (Suitable For)			Sweet Treats																															
			We can’t guarantee any of our food is 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.																															
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut			
				Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep									
Sweet Treats																																		
Almond Butter Bites	Y			✓																											✓			
Banana Cake	Y															✓						✓									✓			
Caramel Waffle	Y															✓									✓						✓			
Carrot Cake	Y											✓				✓						✓									✓			
Choc Bar	Y															✓									✓						✓			
Chocolate Brownie Bar	Y															✓						✓									✓			
Chocolate Moose	Y																							✓							✓			
Chocolatey Coconut Bite	Y	Y																													✓			
Dark Chocolate & Almond Butter Cookie	Y	Y		✓												✓																		
Dark Chocolate Corn Cakes	Y																														✓			
Dark Chocolate with Sea Salt	Y																														✓			
Hazelnut Truffles	Y	Y					✓																											
Lemon Cheesecake	Y															✓						✓			✓									
Love Bar	Y			✓							✓					✓							✓			✓						✓		
Milk Chocolate Bar	Y																								✓							✓		
Popcorn Bar	Y																								✓							✓		
Pret Bar	Y														✓				✓						✓									
Pret's Nut Bar	Y			✓																												✓		
Pret's Gingerbread Biscuits	Y																		✓			✓												
Pret's Vegan Raspberry & Coconut Muffin	Y	Y		✓															✓													✓		
Pret's Ultimate Vegan Brownie	Y	Y		✓															✓													✓		
Vegan Banana & Walnut Muffin	Y	Y									✓								✓													✓		
Vegan Hazelnut & Caramel Brownie	Y	Y		✓			✓												✓													✓		
Vegan Choca Mocha Muffin	Y	Y											✓						✓													✓		
Christmas Tiffin	Y										✓								✓						✓							✓		

We can't guarantee any of our food is 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.

Contents Key: ✓ (Product Contains) Y (Suitable For)			Barista Prepared Drinks																															
			We can’t guarantee any of our food is 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.																															
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut			
				Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep									
Coffee																																		
Americano Black (add milk or milk alternative if White Americano)	Y	Y																																
Cappuccino Semi Skimmed milk	Y																							✓										
Cappuccino Skimmed milk	Y																							✓										
Cappuccino Soya (instead of milk)	Y	Y																													✓			
Cappuccino Rice 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 Rice 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 Rice Coconut (instead of milk)	Y	Y																																
Macchiato Semi Skimmed milk	Y																							✓										
Macchiato Skimmed milk	Y																							✓										
Macchiato Soya (instead of milk)	Y	Y																													✓			
Macchiato Oat (instead of milk)	Y	Y												✓																				
Macchiato Rice Coconut (instead of milk)	Y	Y																																
Mocha Semi Skimmed milk	Y																							✓										
Mocha Skimmed milk	Y																							✓										
Mocha Soya (instead of milk)	Y	Y																													✓			

We can't guarantee any of our food is 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.

Contents Key: ✓ (Product Contains) Y (Suitable For)			Barista Prepared Drinks																												
			We can’t guarantee any of our food is 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.																												
			Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts							Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya
Almond	Brazil Nuts	Cashews					Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Barley	Kamult (Wheat)		Oats	Rye	Spelt (Wheat)	Wheat	Cow	Goat					Sheep						
Mocha Rice Coconut (instead of milk)	Y	Y																													
Mocha Oat (instead of milk)	Y	Y												✓																	
Chai Latte	Y																						✓								
Chai Latte Rice Coconut (instead of Milk)	Y	Y																													
Matcha Latte Rice Coconut (instead of Milk)	Y	Y																													
Turmeric Latte Rice Coconut (instead of Milk)	Y	Y																													
Pumpkin Spice Latte Semi Skimmed	Y																						✓								
Pumpkin Spice Latte Skimmed	Y																						✓								
Pumpkin Spice Latte Rice Coconut (instead of milk)	Y	Y																													
Pumpkin Spice Latte Oat (instead of milk)	Y	Y												✓																	
Pumpkin Spice Latte Soya (instead of milk)	Y	Y																											✓		
Frappés & Shakes																															
Classic Frappé Semi Skimmed milk	Y																						✓								
Classic Frappé Skimmed milk	Y																						✓								
Chocolate Frappé Semi Skimmed milk	Y																						✓								
Chocolate Frappé Skimmed milk	Y																						✓								
Mocha Frappé Semi Skimmed milk	Y																						✓								
Mocha Frappé Skimmed milk	Y																						✓								
Decaf Mocha Frappé Semi Skimmed milk	Y																						✓								
Decaf Mocha Frappé Skimmed milk	Y																						✓								
Caramel Shake Semi Skimmed milk	Y																						✓								
Caramel Shake Skimmed milk	Y																						✓								
Hazelnut Shake Semi Skimmed milk	Y																						✓								
Hazelnut Shake Skimmed milk	Y																						✓								
Vanilla Shake Semi Skimmed milk	Y																						✓								
Vanilla Shake Skimmed milk	Y																						✓								
Frappé Mix	Y																						✓								

We can't guarantee any of our food is 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.

Contents Key: ✓ (Product Contains) Y (Suitable For)			Barista Prepared Drinks																														
			We can't guarantee any of our food is 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.																														
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut		
				Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep								
Iced Drinks																																	
Iced Latte Semi Skimmed Milk	Y																								✓								
Iced Latte Skimmed Milk	Y																								✓								
Iced Latte Soya (instead of milk)	Y	Y																												✓			
Iced Latte Rice Coconut (instead of milk)	Y	Y																															
Iced Latte Oat (instead of milk)	Y	Y												✓																			
Iced Mocha Semi Skimmed Milk	Y																								✓								
Iced Mocha Skimmed Milk	Y																								✓								
Iced Mocha Soya (instead of milk)	Y	Y																												✓			
Iced Mocha Rice Coconut (instead of milk)	Y	Y																															
Iced Mocha Oat (instead of milk)	Y	Y												✓																			
Iced White Americano Semi Skimmed Milk	Y																								✓								
Iced White Americano Skimmed Milk	Y																								✓								
Iced White Americano Oat (instead of milk)	Y	Y												✓																			
Iced White Americano Soya (instead of milk)	Y	Y																												✓			
Iced White Americano Rice Coconut (instead of milk)	Y	Y																															
Turmeric Iced Latte Rice Coconut	Y	Y																															
Cold Brew																																	
Cold Brew (no milk)	Y	Y																															
Cold Brew Semi Skimmed Milk	Y																								✓								
Cold Brew Skimmed Milk	Y																								✓								
Cold Brew Soya (instead of milk)	Y	Y																												✓			
Cold Brew Oat (instead of milk)	Y	Y												✓																			
Cold Brew Rice Coconut (instead of milk)	Y	Y																															

We can't guarantee any of our food is 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.

Contents Key: ✓ (Product Contains) Y (Suitable For)			Barista Prepared Drinks																													
			We can't guarantee any of our food is 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.																													
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							
Hot Chocolate																																
Hot Chocolate Semi Skimmed Milk	Y																							✓								
Hot Chocolate Skimmed Milk	Y																							✓								
Hot Chocolate Soya (instead of milk)	Y	Y																												✓		
Hot Chocolate Rice Coconut (instead of milk)	Y	Y																														
Hot Chocolate Oat (instead of milk)	Y	Y													✓																	
Hot Chocolate Powder	Y	Y																														
Hot Chocolate Hazelnut	Y																							✓								
Hot Chocolate Hazelnut Skimmed	Y																							✓								
Hot Chocolate Hazelnut Soya	Y	Y																												✓		
Hot Chocolate Hazelnut Rice-Coconut	Y	Y																														
Hot Chocolate Hazelnut Oat	Y	Y													✓																	
Smoothies																																
Berry Blast	Y	Y																														
Mango & Pineapple	Y	Y																														
Strawberry & Banana	Y	Y																														

We can't guarantee any of our food is 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.

Contents Key: ✓ (Product Contains) Y (Suitable For)			Barista Prepared Drinks																												
			We can't guarantee any of our food is 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.																												
Product	Vegans Suitable	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten					Crustacean	Celery and celeriaceae	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts	
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)					Wheat	Cow	Goat							Sheep
Syrups & Toppings																															
All Syrups	Y	Y																													
Caramel Sauce	Y	Y																													
Whipped Cream	Y																					✓									
Milk shot																															
Semi Skimmed	Y																						✓								
Skimmed	Y																					✓									
Soya (instead of milk)	Y	Y																											✓		
Rice 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																											✓		
Rice Coconut (instead of milk) cup	Y	Y																													
Oat (instead of milk) cup	Y	Y												✓																	
Babyccino	Y																						✓								
We can't guarantee any of our food is 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.																															

Contents Key: ✓ (Product Contains) Y (Suitable For)			Barista Prepared Drinks																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																									
			We can’t guarantee any of our food is 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																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																									
Product	Veg etarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeri ac	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																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																			
Seasonal Drinks																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																												
Gingerbread Latte Semi Skimmed Milk	Y																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																											

We can't guarantee any of our food is 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.