

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.

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.

												sui	table :	for the	ose wi	th mil	k or e	egg all	lergies. F	lease 1	take c	are.									
	<	V _e					Tre	ee Nuts						С	ereals cont	aining glute	n							Milk							
Product	egetarians	gan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Baguettes																															
Avo, Olives & Toms	Υ	Υ										~						~													~
Brie, Pistachio & Cranberry Baguette	Υ									>		>						>			>		>								
Brie, Tomato & Basil	Υ																	~					>								L
Chicken Caesar & Bacon												~						~			>	~	>								
Chicken Salad Baguette																		~			>		>								<u> </u>
Christmas Lunch Baguette																		~			>		>							¥	
Italian Prosciutto												>						>			~		~								
Jambon Buerre																		~					>								<u> </u>
Naked Chicken Katsu													>					~			~								~	~	
Pole & Line Caught Tuna Mayo & Cucumber																		~			>	•									<u> </u>
Posh Cheddar & Pickle	Υ											~						~			~		>					>			
Wiltshire-Cured Ham & Greve																		>			>		>					>			
Sandwiches	·																														
Chicken, Avocado & Basil													>					~			~		>								L
Christmas Lunch													>					~			~		>							V	
Classic Super Club													>					~			>										<u> </u>
Free-Range Egg Mayo	Υ												>					~			y							>			
Ham & Cheese													~					~					~								<u></u>
Kid's Cheese	Υ												~					>					~								
Kid's Ham													>					~					>								<u> </u>
Pret's Christmas Sandwich													>					~			~		>							V	
Smashed Avo Open Sandwich	Υ	Υ													>																
Scottish Smoked Salmon													>					>				<	>								
Smoked Salmon & Soft Cheese Open Sandwich															~							•	y								İ
Tuna Mayo & Cucumber													¥					~			~	~									
Vegan Christmas Nut Roast	Υ	Υ							~				>					~													~
Wraps & Flatbreads																															
Avo & Herb Salad Wrap	Υ															¥		~			~		>								~
Chicken, Pesto & Rocket Flatbread																		~			<		>								~
Falafel , Avocado & Chipotle Flatbread	Υ	Υ																~												~	
Hoisin Duck Salad Wrap																~		~			<								<		
Humous & Chipotle Wrap	Υ	Υ										~				V		~													
Vegan Christmas Flatbread	Υ	Υ																~													*
Vegan Hoisin Mushroom Wrap	Υ	Υ														¥		>											~		

Breakfast

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		<u> </u>					Tr	ee Nuts						C	ereals conta	aining gluter		99 ··						Milk							
Product	/egetarians	sgan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Almond Croissant	Υ			~														\			>		<								1
Acai & Almond Butter Bowl	Υ	Υ		~											~																
Bacon & Egg Roll																~		\			>		<								
Bircher Muesli	Υ									~					~								<								
Breakfast Free-Range Egg Mayo & Avocado	Υ																	>			>										
Breakfast Free-Range Egg Mayo & Bacon																		>			>										
Breakfast Salmon & Egg Mayo																		<			>	>						y			
Breakfast Vegan Baguette	Υ	Υ																>											>		
Coconut Porridge	Υ	Υ													Υ																
Chocolate Croissant	Υ																	<			Y		<						>		
Cinnamon Danish	Υ																	Y			>		ζ.								
Five Berry Bowl	Υ														<								<								
French Butter Croissant	Υ																	<			Y		<								
Fresh Fruit, Yoghurt & Granola Bowl	Υ														<								<								
Ham, Cheese, Tomato & Bacon Croissant																		>			>		<								
Ham & Egg Breakfast Roll																>		>			>		<					>			
Honey & Granola Pot	Υ														<								<								
Mango & Banana Sunshine Bowl	Υ	Υ													<																
Mozzarella & Tomato Croissant	Υ																	>			>		<								
Pain aux Raisin	Υ																	>			>		<								
Porridge Topping - Berry Compote	Υ	Υ																													
Porridge Topping - Cranberry & Seeds	Υ	Υ																													
Porridge Topping - Honey	Υ																														
Pret's Bacon Roll																~		¥					~								
Pret's Proper Porridge	Υ														•								•								
Pret's Sausage Roll																		>			>		\								
Pret's Veggie Roll	Υ															~		~			>		~								
Pret's Veggie Brioche	Υ																	>			>		<								
Sausage & Egg Roll																y		>			>		\								
Very Berry Croissant	Υ	Υ																>													

Cold Drinks

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																,															
		<					Tre	e Nuts							Cereals con	aining gluten]					Milk							, ,
Product	/egetarians	sgan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Apple Juice	Υ	Υ																													
Coke (all types)	Υ	Υ																													
Cranberry, Raspberry & Pomegranate Pret Still	Υ	Υ																													
Daily Greens	Υ	Υ																													
Ginger Shot	Υ	Υ																													i
Green Tea & Peach Pret Still	Υ	Υ																													i
Pure Pret Green Tea Yoga Bunny	Υ	Υ																													ı
Hot Shot	Υ																														
Lemon & Ginger Pret Still	Υ	Υ																													1
Mango Smoothie	Υ																														
Mango, Passion Fruit & Lime Pret Still	Υ	Υ																													1
Orange Juice (both sizes)	Υ																														
Pret Apple Fizz	Υ	Υ																													ı
Pret Cumcumber & Mint Seltzer	Υ	Υ																													
Pret Ginger Beer	Υ	Υ																													ı
Pret Ginger Kombucha	Υ	Υ																													
Pret Grape & Elderflower	Υ	Υ																													ı
Pret Lime & Raspberry Seltzer	Υ	Υ																													
Pret Rhubarb Lemonade	Υ	Υ																													ı
Ready to Drink Black Coffee	Υ	Υ																													
Ready to Drink Latte	Υ																						~								
Ready to Drink Mocha	Υ																						~								
Roots & Fruits Juice	Υ	Υ																								-					
Sparkling Spring Water	Υ	Υ																													
Still Water 500ml	Υ	Υ																													
Still Water 750ml	Υ	Υ																													
Vitamin Volcano	Υ																														

Fruit

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																														/
		<					Tre	e Nuts					C	ereals cont	aining glute	en							Milk							
Product	Vegetarians	egan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Apple	Υ	Υ																												
Banana	Υ	Υ																												
Mango & Lime	Υ																													
Melon & Blueberry	Υ	Υ																												
Pret's Fruit Salad	Υ	Υ																												
Superfruit Salad	Υ	Υ																												
Watermelon & Lime Pot	Υ																													

Pret's Hot

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							Tre	ee Nuts						(Cereals cont	aining glute								Milk							
Product	Vegetarians	/egan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Chipotle, Mozzarella Hot Baguette	Υ											~						~					~								
Chicken & Chilli Burrito																~		~		~			~						\		
Christmas Stuffing Mac and Cheese																		~					~							V	
Falafel & Halloumi Hot Wrap	Υ															~		~					~	~	~						
Macaroni Cheese Kale & Cauli	Υ																	~					~								
Macaroni Cheese Prosciutto																		~					~								
Meatless Meatball Hot Wrap	Υ	Υ														~		~													
Meatless Meatball Protein Pot	Υ	Υ																													
Pigs in Blankets Hot Roll																~		>			<							<			
Posh Proscuitto Hot Baguette												>						>					>								
Spicy Chicken Enchilada Bake																~		>		>			>						<		
Spicy Chicken Hot Wrap																~		>					>								
Swedish Meatball Hot Wrap																~		>					>								
Fiocaccia & Toasties																															
Brie & Bacon Toasted Focaccia																		~					~							V	
Firecracker Chicken Toasted Focaccia																		~			>										
Mozzarella, Pesto & Roasted Tomato Focaccia																		~					~								~
Classic Cheese Toastie													>		~	~		~			>		~					~			
Ham, Cheese & Mustard Toastie													>		~	~		~			~		~					~			
Tuna Melt Toastie													>		*	>		>			>	>	>								
Turkey & Trimmings Toastie													>		¥	V		v					~							~	
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	Υ	Υ																													
Pret's Mushroom Risotto Soup	Υ	Υ																		~									<		
Red Thai Veg Soup	Υ	Υ																											~		
Souper Tomato	Υ	Υ																													
Pot Pie Top	Υ																	>			~		>								
Stone Baked Losange	Υ	Υ																>													
Turkey and Ham Soup																															

Contents Key:

✓ (Product Contains)
Y (Suitable For)

Pret At Home

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		<					Tr	ree Nuts					C	Cereals conf	taining glute	en							Milk							
Product	Vegetarians	egan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Coffee - Classic Blend Ground	Υ	Υ																												
Coffee - Espresso Beans	Υ	Υ																												
Coffee - Single Origin Ground	Υ	Υ																												
Pret at Home Bircher Museli	Υ	Υ												>															>	
Pret at Home Dark Chocolate & Almond Granola	Υ	Υ		>										>														>		
Pret at Home Classic Granola	Υ	Υ												>																
Pret at Home Oat & Coconut Crunch Granola	Υ	Υ												>																
Pret's Organic Aluminium Capsules Classic Blend	Υ	Υ																												
Pret's Organic Aluminium Capsules Espresso Blend	Υ	Υ																												

Salad & Platters

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																				_	-										
		<					Tre	e Nuts						C	ereals conta	aining glute	en							Milk		Į.			i	į l	l
Product	/egetarians	egan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Chef's Italian Chicken Salad										>											\	~	>					<			
Chipotle Sweet Potato Salad Bowl	Υ	Υ																												>	
Crayfish & Avo No Bread																			~									<			
Egg & Spinach Protein Pot	Υ																				>										
Humous and Falafel Mezze	Υ	Υ										>																<			
Salmon & Mango Salad Bowl																						<							>	>	
Smoked Salmon Protein Box																					~	~						~	~		
Smoked Salmon & Egg Protein Pot																					~	~								1	
Tamari & Ginger Chicken Salad Bowl												~																	~		
Tuna Nicoise Salad																					~	~						~		1	
Dressing																															
Ceviche Dressing	Υ	Υ																												1	
French Dressing	Υ	Υ																										~			
Green Dressing	Υ	Υ																											~	1	
Tamari & Ginger	Υ	Υ																											*		
Pienie Platters																															
Humous & Crudités Platter	Υ	Υ										~																			
Ploughman's Platter																					~		~								
Smoked Salmon & Avo Platter																						~	~						j.	ı	

Snacks

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	Veg	₹ <					Tr	ee Nuts						С	ereals cont	taining glute	en			Celery				Milk							
Product	etarians	Vegan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Almond Butter Protein Ball	Υ	Υ		~																									~		
Easy Peasy Almond Squeezy	Υ	Υ		~																											
Chilli, Bean & Seed Tortilla Chips	Υ	Υ																													
Cranberries in Coats	Υ																						>								
Dark Chocolate Salted Almonds	Υ	Υ		>																									~		
Mature Cheddar & Red Onion Crisps	Υ																						>								
Milk Chocolate Bar	Υ																						>						¥		
Fruit, Nuts & Chocolate	Υ			~																			>						~		
Pret A Mango	Υ	Υ																													
Sea Salt Popcorn	Υ	Υ																													
Sea Salt & Cider Vinegar Crisps	Υ	Υ																													
Sea Salt Crisps	Υ	Υ																													
Smoked Chipotle Crisps	Υ	Υ																													
Sweet & Salt Popcorn	Υ	Υ																													
Vegetable Crisps	Υ	Υ																													

Contents Key:

✓ (Product Contains)
Y (Suitable For)

Sweet Treats

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												Sui	table.	tor the	DSC MI	(III IIIII	ik oi e	gg an	ergies. r	icasc	iant t	ai c.									/
	Veg	T /					Tre	ee Nuts							Cereals con					Celery				Milk							
Product	etarians	Vegan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Almond Butter Bite	Υ			~																									<		
Banana Cake	Υ																	>			>		~						\		
Caramel Waffle	Υ																	>					>						\		
Carrot Cake	Υ										~							>			>		~						\		
Choc Bar	Υ																	>					>						~		
Chocolate Brownie Bar	Υ																	>			~		>						~		
Chocolate Chunk Cookie	Υ																	>					~								
Chocolate Moose	Υ																						>						~		
Chocolate Praline Cookie	Υ						<											>					>								
Coconut Bite	Υ	Υ																											<		
Dark Chocolate & Almond Butter Cookie	Υ	Υ		>														>													
Dark Chocolate Corn Cakes	Υ																						~						<		
Dark Chocolate with Sea Salt	Υ																												<		
Double Berry Muffin	Υ																	>			~		~								
Fruit, Oat & Spelt Cookie	Υ														~		~	>					~								
Ginger Snap Biscuit	Υ																	>					>								
Hazelnut Truffles	Υ	Υ					<																								
Lemon Cheesecake	Υ																	>			<		>								
Love Bar	Υ			>						>					>								>						<		
Mince Pie	Υ																	Y			<		>								
Nut Bar	Υ			\																									<		
Nutty Salted Caramel Brownie	Υ			>							>							>			<		>						<		
Popcorn bar	Υ																						>						<		
Pret's Gingerbread Melvin																		>			>										
Pret's Pecan & Caramel Cookie	Υ								>									>					>						\		
Pret Bar	Υ														>			>					>								
Pret's Shortbread	Υ																	>					~								
Christmas Tiffin	Υ									~								>					~						~		

Barista Prepared Drinks

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	<	<e></e>				1	Ti	ree Nuts		1	1			(Cereals con	taining glute	n	1						Milk	1			ı	i		i
Product	'egetarians	gan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Coffee																															
Americano Black (add milk or milk alernative if White Americano)	Υ	Υ																													
Cappuccino Semi Skimmed milk	Υ																						>								
Cappuccino Skimmed milk	Υ																						~								
Cappuccino Soya (instead of milk)	Υ	Υ																											~		
Cappuccino Rice Coconut (instead of milk)	Υ	Υ																													
Cappuccino Oat (instead of milk)	Υ	Υ													>																
Espresso	Υ	Υ																													
Filter - Black Coffee (add milk or milk alernative if White Americano)	Υ	Υ																													
Flat White Semi Skimmed milk	Υ																						>								
Flat White Skimmed milk	Υ																						>								
Flat White Soya (instead of milk)	Υ	Υ																											>		
Flat White Rice Coconut (instead of milk)	Υ	Υ																										l			
Flat White Oat (instead of milk)	Υ	Υ													•																
Latte Semi Skimmed milk	Υ																						~								
Latte Skimmed milk	Υ																						¥								
Latte Soya (instead of milk)	Υ	Υ																											V		
Latte Oat (instead of milk)	Υ	Υ													>																
Latte Rice Coconut (instead of milk)	Υ	Υ																													
Macchiato Semi Skimmed milk	Υ																						Y								
Macchiato Skimmed milk	Υ																						>								
Macchiato Soya (instead of milk)	Υ	Υ																											~		
Macchiato Oat (instead of milk)	Υ	Υ													~																
Macchiato Rice Coconut (instead of milk)	Υ	Υ																													
Mocha Semi Skimmed milk	Υ																						~								
Mocha Skimmed milk	Υ																						>								
Mocha Soya (instead of milk)	Υ	Υ																										ı T	>		

Barista Prepared Drinks

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							Tr	ee Nuts						C	Cereals cont	aining glute								Milk							
D 1 (Vege	Vegan																		Celery											
Product	tarians	Friend	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
		lly																													
Mocha Rice Coconut (instead of milk)	Y	Υ																													
Mocha Oat (instead of milk)	Y	Υ													>																
Chai Latte	Υ																						~								
Chai Latte Rice Coconut (instead of Milk)	Υ	Υ																													
Matcha Latte Rice Coconut (instead of Milk)	Υ	Υ																													
Pumpkin Spice Latte Semi Skimmed	Υ																						•								
Pumpkin Spice Latte Skimmed	Υ																						<								
Pumpkin Spice Latte Rice Coconut (instead of milk)	Υ	Υ																													
Pumpkin Spice Latte Oat (instead of milk)	Υ	Υ													>																
Pumpkin Spice Latte Soya (instead of milk)	Υ	Υ																											~		
Turmeric Latte Rice Coconut (instead of Milk)	Υ	Υ																													
Frappés						•																									
Classic Frappé Semi Skimmed milk	Υ																						<								
Classic Frappé Skimmed milk	Υ																						<								
Chocolate Frappé Semi Skimmed milk	Υ																						<								
Chocolate Frappé Skimmed milk	Υ																						<								
Mocha Frappé Semi Skimmed milk	Υ																						<								
Mocha Frappé Skimmed milk	Υ																						<								
Decaf Mocha Frappé Semi Skimmed milk	Υ																						<								
Decaf Mocha Frappé Skimmed milk	Υ																						<								
Caramel Shake Semi Skimmed milk	Υ																						<								
Caramel Shake Skimmed milk	Υ																						<								
Hazelnut Shake Semi Skimmed milk	Υ																						<								
Hazelnut Shake Skimmed milk	Υ																						<								
Vanilla Shake Semi Skimmed milk	Υ																						<								
Vanilla Shake Skimmed milk	Υ																						~								
Frappé Mix	Υ																						~								

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.

												Sui	table	ior tn	ose wi	itn mi	IK OF (egg an	lergies.	Piease	е таке	care.									
	Ve	Veg					Ti	ree Nuts						C	Cereals cont	taining glute	en			Calan				Milk							
Product	getarians	an Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Iced Drinks																															
Iced Latte Semi Skimmed Milk	Υ																						~								
Iced Latte Skimmed Milk	Υ																						~								
Iced Latte Soya (instead of milk)	Υ	Υ																											>		
Iced Latte Rice Coconut (instead of milk)	Υ	Υ																													
Iced Latte Oat (instead of milk)	Υ	Υ													>																
Iced Mocha Semi Skimmed Milk	Υ																						>								
Iced Mocha Skimmed Milk	Υ																						>								
Iced Mocha Soya (instead of milk)	Υ	Υ																											>		
Iced Mocha Rice Coconut (instead of milk)	Υ	Υ																													
Iced Mocha Oat (instead of milk)	Υ	Υ													>																
Iced White Americano Semi Skimmed Milk	Υ																						>								
Iced White Americano Skimmed Milk	Υ																						>								
Iced White Americano Oat (instead of milk)	Υ	Υ													>																
lced White Americano Soya (instead of milk)	Υ	Υ																											~		
Iced White Americano Rice Coconut (instead of milk)	Υ	Υ																													
Turmeric Iced Latte Rice Coconut	Υ	Υ																													
Hot Chocolate																															
Hot Chocolate Semi Skimmed Milk	Υ																						>								
Hot Chocolate Skimmed Milk	Υ																						~								
Hot Chocolate Soya (instead of milk)	Υ	Υ																											V		
Hot Chocolate Rice Coconut (instead of milk)	Υ	Υ																													
Hot Chocolate Oat (instead of milk)	Υ	Υ													>																
Hot Chocolate Powder	Y	Υ																													
Hot Chocolate Hazelnut	Υ																						~								
Hot Chocolate Hazelnut Skimmed	Υ																						~								
Hot Chocolate Hazelnut Soya	Υ	Υ																											~		
Hot Chocolate Hazelnut Rice-Coconut	Y	Υ																													
Hot Chocolate Hazelnut Oat	Υ	Υ													>																

Barista Prepared Drinks

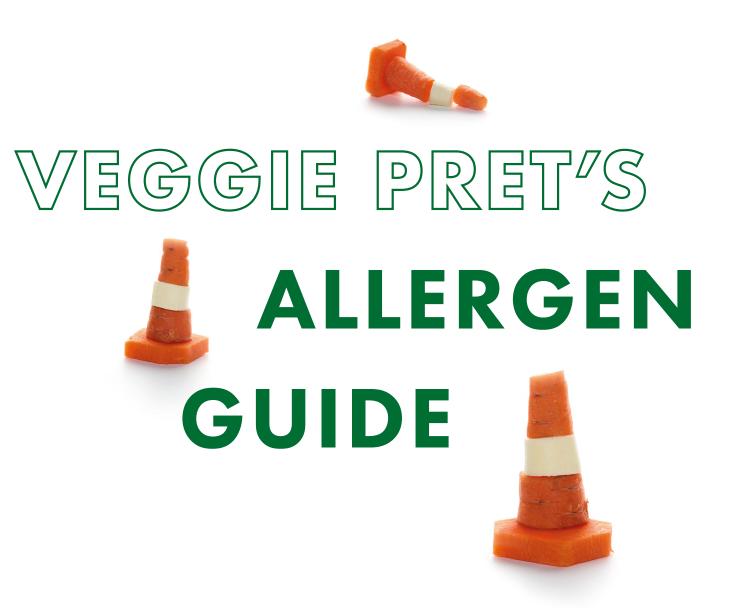
We can't guarantee any of our food is suitable for those with allergies due to a high risk of cross contamination. Our vegan products are made to a vegan recipe but are not suitable for those with milk or egg allergies. Please take care.

		-					Ti	ree Nuts								aining glute			er gress					Milk							
Dun dun et	Vege	/egan				1	1									9 5				Celery	_								0	0.113	Dina Nota
Product	tarians	Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Smoothies						,																									
Berry Blast	Υ	Υ																													
Mango & Pineapple	Υ	Υ																													
Strawberry & Banana	Υ	Υ																													
Cold Brew																															
Cold Brew (no milk)	Υ	Υ																													
Cold Brew Semi Skimmed Milk	Υ																						<								
Cold Brew Skimmed Milk	Υ																						<								
Cold Brew Soya (instead of milk)	Υ	Υ																											~		
Cold Brew Oat (instead of milk)	Υ	Υ													>																
Cold Brew Rice Coconut (instead of milk)	Υ	Υ																													
Syrups & Toppings																															
All Syrups	Υ	Υ																													
Caramel Sauce	Υ	Υ																													
Whipped Cream	Υ																						>								
Milk shot																															
Semi Skimmed	Υ																						~								
Skimmed	Υ																						V								
Soya (instead of milk)	Υ	Υ																											~		Į.
Rice Coconut (instead of milk)	Υ	Υ																													
Oat (instead of milk)	Υ	Υ													¥																
Tea Ceylon Breakfast (add milk or milk																															
alernative if White) Earl Grey (add milk or milk alernative if	Υ	Υ																													
White) Peppermint (add milk or milk alernative if	Υ	Υ																													
White)	Υ	Υ																													
Tropical Green (add milk or milk alernative if White)	Υ	Υ																													

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.

	<						Ti	ree Nuts				Sui	table.			taining glute		gg an	iergies.		takt	car c.		Milk							
Product	egetar	Vegan	Peanut		Brazil	1	1			1		Sesame		Kamult			Spelt		Crustacean	Celery and	Egg	Fish				Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
	ians	lly n		Almond	Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	(Wheat)	Oats	Rye	(Wheat)	Wheat		celeriac			Cow	Goat	Sheep						
Milk / instead of milk cup																															
Semi Skimmed milk cup	Υ																						~								
Skimmed milk cup	Υ																						~								
Soya (instead of milk) cup	Υ	Υ																											>		
Rice Coconut (instead of milk) cup	Υ	Υ																													
Oat (instead of milk) cup	Υ	Υ													<																
Babyccino	Υ																						>								
Seasonal Drinks																															
Gingerbread Latte Semi Skimmed Milk	Υ																						~								
Gingerbread Latte Skimmed Milk	Υ																						>								
Gingerbread Latte Oat (instead of milk, no cream)	Υ	Υ													~																
Gingerbread Latte Oat (instead of milk, with cream)	Υ														ζ.								_								
Gingerbread Latte Rice-coco (instead of milk, no cream)	Υ	Υ																													
Gingerbread Latte Rice-coco (instead of milk, with cream)	Υ																						_								
Gingerbread Latte Soya (instead of milk, no	Υ	Υ																					·						~		
cream) Gingerbread Latte Soya (instead of milk, with cream)	Υ																						_						•		
Lovebar Latte Semi Skimmed Milk	Υ																						_						•		
Lovebar Latte Skimmed Milk	Υ																						_								
Lovebar Latte Oat (instead of milk, no cream)	Υ	Υ													<																
Lovebar Latte Oat (instead of milk, with cream)	Υ														,								_								
Lovebar Latte Rice-coco (instead of milk, no cream)	Υ	Υ																					·								
Lovebar Latte Rice-coco (instead of milk, with cream)	Υ																						_								
Lovebar Latte Soya (instead of milk, no cream)	Υ	Υ																											~		
Lovebar Latte Soya (instead of milk, with cream)	Υ																						_						·		
Popcorn Hot Chocolate Semi Skimmed Milk	Υ																						~								
Popcorn Hot ChocolateLatte Skimmed Milk	Υ																						_								
Popcorn Hot Chocolate Oat (instead of milk, no cream)	Υ	Υ													~																
Popcorn Hot Chocolate Oat (instead of milk, with cream)	Υ														,								_								
Popcom Hot Chocolate Rice-coco (instead of milk, no cream)	Υ	Υ																					•								
Popcorn Hot Chocolate Rice-coco (instead	Y	·																					_								
of milk, with cream) Popcorn Hot Chocolate Soya (instead of	Y	Υ																											>		
milk, no cream) Popcom Hot Chocolate Soya (instead of	Y																						_						>		
milk, with cream)		L		<u> </u>	<u>I</u>	L	L	-11	L	L									J4		1. 4.									l	



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.

Baguettes, Sandwiches & Wraps

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							Tr	ee Nuts						C	ereals cont	aining glute	en .							Milk							
	Vec	Vega					-	<u> </u>								9 5			ł	Celery											
Product	getarians	an Friendly	Peanut	Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
Baguettes																															
Artichoke, Olives & Tapenade	Υ	Υ										<						>													
Avo, Olives & Toms	Υ	Υ										>						>													~
Brie, Tomato & Basil	Υ																	>					>								
Cheddar, Mustard & Pickles	Υ											>						>			<		>					~			
Vegan Chuna Mayo & Cucumber	Υ	Υ																>										\		>	
Vegan Eggless Mayo & Cress	Υ	Υ																>										<	Y		
Sandwiches																															
Kid's Cheese Sandwich	Υ												~					~					~								
Sliced Egg & Cress	Υ												>					>			<							<			
Smashed Avocado Open Sandwich	Υ	Υ													<																
Humous & Roasted Peppers Open Sandwich	Υ											`			< -									\	>						-
The VLT	Υ	Υ											>					>													
Vegan Christmas Nut Roast	Υ	Υ							~				>					>													~
Wraps & Flatbreads																															
Avo & Chickpeas Caesar Wrap	Υ	Υ														~		~										>	~		
Falafel, Avocado & Chipotle Flatbread	Υ	Υ																>												>	
Hoisin Mushroom Wrap	Υ	Υ														>		>											>		
Humous & Chipotle Wrap	Υ	Υ										>				>		>													
Mexican Avocado Flatbread	Υ	Υ																>													
Sunshine 'N'Spice Wrap	Υ	Υ														>		>													
Vegan Chilli Wrap	Υ	Υ														>		>		>									>	>	
Vegan Christmas Flatbread	Υ	Υ																>													>

Breakfast

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																	·														/
	,	<					Tr	ee Nuts						(Cereals con	taining glute	n							Milk							
Product	√egetarians	egan Friendly	Peanut	Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
Acai & Almond Butter Bowl	Υ	Υ		~											~																
Breakfast Baguette - Eggless Mayo & Avocado	Υ	Υ																<											>		
Breakfast Baguette - Eggless Mayo & Roasted Tomato	Υ	Υ																<											~		
Pret's Veggie Brioche	Υ																	>			<		>								
Pret's Veggie Roll	Υ															<		<			<		¥								
Spicy Egg Brioche	Υ																	<			<		¥								
Bircher Muesli	Υ									>					>								>								
Coconut Porridge	Υ	Υ													>																
Five Berry Bowl	Υ														>								¥								
Mozzarella & Tomato Croissant	Υ																	>			<		y								
Poached Egg & Beans Power Pot	Υ																				<										
Porridge Topping - Berry Compote	Υ	Υ																													
Porridge Topping - Cranberry & Seeds	Υ	Υ																													
Porridge Topping - Honey	Υ																														
Pret's Proper Porridge	Υ														>								¥								
Smoothie Bowl - Apricot and Pistachio Overnight Oats	Υ	Υ								~					~															>	
Smoothie Bowl - Cocoa, Nuts & Berries	Υ	Υ		~		~			~						~																
Smoothie Bowl - Mango & Banana Sunshine	Υ	Υ													~																
Vegan Almond Croissant	Υ	Υ		-														~													
Vegan Breakfast baguette	Υ	Υ																` \											v		
Vegan Chocolate Croissant	Υ	Υ																~											•		
Vegan Plain Croissant	Υ	Υ																_													
Very Berry Croissant	Y	Y																~													

Cold Drinks

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	_	<u><</u>					Tr	ee Nuts						С	Cereals cont	taining glute	en							Milk							
Product	/egetarians	gan Friendly	Peanut		Brazil Nut	t Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
Apple Juice	Υ	Υ																													
Blend Me Drink Me - Cocoa, Almond Butter & Banana	Υ	Υ		>											>																
Coke (all types)	Υ	Υ																													
Cranberry & Raspberry Pure Pret Still	Υ	Υ																													
Daily Greens	Υ	Υ																													
Ginger Shot	Υ	Υ																													
Green Tea & Peach Pret Still	Υ	Υ																													
Pure Pret Green Tea Yoga Bunny	Υ	Υ																													
Hot Shot	Υ																														
Lemon & Ginger Pret Still	Υ	Υ																													
Mango Smoothie	Υ																														
Mango, Passion Fruit & Lime Pret Still	Υ	Υ																													
Orange Juice (both sizes)	Υ																														
Pret Apple Fizz	Υ	Υ																													
Pret Cumcumber & Mint Seltzer	Υ	Υ																													
Pret Ginger Beer	Υ	Υ																													
Pret Ginger Kombucha	Υ	Υ																													
Pret Grape & Elderflower	Υ	Υ																													
Pret Lime & Raspberry Seltzer	Υ	Υ																													
Pret Rhubarb Lemonade	Υ	Υ																													
Ready to Drink Black Coffee	Υ	Υ																													
Ready to Drink Latte	Υ																						V								
Ready to Drink Mocha	Υ																						¥								
Roots & Fruits Juice	Υ	Υ																													ш
Sparkling Spring Water	Υ	Υ																													
Still Water 500ml	Υ	Υ																													
Still Water 750ml	Υ	Υ																													
Vitamin Volcano	Υ																														

Contents Key: ✓ (Product Contains) Y (Suitable For)			We	can't	guar	antee a	any of	our food	is sui	itable :	for the		ith all		due t	o a hiş	gh risl		oss cont				egan _l	produ	icts ar	e mad	le to a v	vegan	recipe	but ar	e not
D 1 4	Vege	Vegan					Tre	e Nuts						C	Cereals cont	aining glute				Celery	_			Milk							
Product	tarians	Friendly	Peanut	Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
Apple	Υ	Υ																													
Banana	Υ	Υ																													
Mango & Lime	Υ																														
Melon & Blueberry	Υ	Υ																													
Pret's Fruit Salad	Υ	Υ												Ţ									•								

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Superfruit Salad
Watermelon & Lime Pot

Pret's Hot

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		<					Tre	e Nuts						C	Cereals con	taining glute	en							Milk							
Product	Vegetarians	egan Friendly	Peanut	Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
Falafel & Halloumi Hot Wrap	Υ															~		~					>	~	~						
Festive Pasta Bake	Υ	Υ																>											<		>
Meatless Meatball Hot Wrap	Υ	Υ														>		>													
Meatless Meatball Protein Pot	Υ	Υ																												<u> </u>	
Vegan Mac n Greens	Υ	Υ																>											y		
Vegan Ragu & Red Pepper Hot Wrap	Y	Y														~		>		>											
Vegan Chilli Enchilada	Υ	Υ														~		~		V									~		
Falafel , Halloumi & Pickles Brioche	Υ																	>			¥		>	>	•			•			
Soup																															
Pea & Mint	Υ	Υ																													
Pret's Mushroom Risotto	Υ	Υ																		>									>		
Red Thai Veg	Υ	Y																											<		
Souper Tomato	Υ	Υ																												1	
Pret's Multigrain Bread	Υ	Υ													>																
Stone Baked Losange	Υ	Υ																>												1	
Toasties & Focaccia																															
Classic Cheese Toastie	Υ												~		~	~		~			¥		¥					V			
Halloumi, Red Pepper & Basil Toastie	Υ												~		~	~		>					*	>	~						
Mozzarella, Pesto & Roasted Tomatoes Foacaccia	Υ																	>					>								>
Creamy Mushroom Focaccia	Υ																	>					>						>		

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.

		<					Tree	Nuts						C	ereals cont	aining glute	en							Milk							
Product	Vegetarians	egan Friendly	Peanut	Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
Coffee - Classic Blend Ground	Υ	Υ																													
Coffee - Espresso Beans	Υ	Υ																													
Coffee - Single Origin Ground	Υ	Υ																													
Pret at Home Bircher Museli	Υ	Υ													~															~	
Pret at Home Dark Chocolate & Almond Granola	Υ	Υ		~											>														y		
Pret at Home Classic Granola	Υ	Υ													>																
Pret at Home Oat & Coconut Crunch Granola	Υ	Υ													>																
Pret's Organic Aluminium Capsules Classic Blend	Υ	Υ																													
Pret's Organic Aluminium Capsules Espresso Blend	Υ	Υ																													

Salad 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 dairy and egg allergies. Please take care. Tree Nuts Cereals containing gluter Celery and Product Fish Mollusc Sulphites Pine Nut Crustacear Egg Lupin Mustard Soya Kamult Pecan Walnut Rye Almond Brazil Nut Cashew Macadamia Pistachio Oats Goat Egg & Spinach Pot Υ Mexican Inspired Salad Bowl Υ Nozzarella. Pesto & Avo Salad Bowl Υ Marinated Tofu Poke Bowl Υ Υ Sweet Potato Falafel Mezze Salad Υ Υ Tamari & Ginger Mushroom Poke Bowl Υ Υ Υ Υ ¥ Vegan Chef's Italian Salad Bowl Caesar Dressing Υ rench Dressing Υ Υ

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.

amari & Ginger Dressing

Υ

Υ

Snacks

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												Suite	ible it	or thos			y unu	egg "	nergies.	I Ioust	tuite	cui c.									
	Vei	Vega					Tr	ee Nuts						С	ereals cont	aining glute	n			Celery				Milk							
Product	getarians	an Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Snacks																															
Almond Butter Protein Ball	Υ	Υ		>																									<		
Easy Peasy Almond Squeezy	Υ	Υ		>																											
Chilli, Bean & Seed Tortilla Chips	Υ	Υ																													
Almond Butter Bites	Υ			~																									•		
Cranberries in Coats	Υ																						>								
Dark Chocolate Salted Almonds	Υ	Υ		•																									•		
Mature Cheddar & Red Onion Crisps	Υ																						<								
Fruit, Nuts & Chocolate	Υ			>																			<						<		
Pret A Mango	Υ	Υ																													
Sea Salt & Cider Vinegar Crisps	Υ	Υ																													
Sea Salt Crisps	Υ	Υ																													
Sea Salt Popocrn	Υ	Υ																													
Smoky Chipotle Crisps	Υ	Υ																													
Sweet & Salt Popcorn	Υ	Υ																													
Vegetable Crisps	Υ	Υ																													

Sweet Treats

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																		- 55	iner gress												
	∀ ⊕	Vega					Tr	ee Nuts						С	ereals cont	aining gluter	n			Celery				Milk						l	
Product	getarians	an Friendly	Peanut	Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
Sweet Treats			•	•								•															•				
Almond Butter Bites	Υ			~																									>		
Banana Cake	Υ																	~			~		~						~		
Caramel Waffle	Υ																	>					>						>		
Carrot Cake	Υ										~							~			~		~						~		
Choc Bar	Υ																	~					>						~		
Chocolate Brownie Bar	Υ																	>			~		>						>	<u>i</u>	
Chocolate Moose	Υ																						>						>	i	
Chocolatey Coconut Bite	Υ	Υ																											<	1	
Dark Chocolate & Almond Butter Cookie	Υ	Υ		>														<													
Dark Chocolate Corn Cakes	Υ																						<						<	1	
Dark Chocolate with Sea Salt	Υ																												<	i	
Hazelnut Truffles	Υ	Υ					>																								
Lemon Cheesecake	Υ																	<			¥		<							i	
Love Bar	Υ			>						>					>								>						>		
Milk Chocolate Bar	Υ																						>						>		
Popcom Bar	Υ																						<						<	1	
Pret Bar	Υ														<			<					<								
Pret's Nut Bar	Υ			>																									<	1	
Pret's Gingerbread Biscuits	Υ																	<			Y									i	
Pret's Vegan Raspberry & Coconut Muffin	Υ	Υ		>														<											<		
Pret's Ultimate Vegan Brownie	Υ	Υ		>														>											>		
Vegan Banana & Walnut Muffin	Υ	Υ									>							<											<		
Vegan Hazelnut & Caramel Brownie	Υ	Υ		>			>											>											>		
Vegan Choca Mocha Muffin	Υ	Υ											>					<			,								<		
Christmas Tiffin	Υ									>								<					<						<		

Barista Prepared Drinks

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							т.	ree Nuts							·l	taining glute								Milk							
	<e></e>	Veg			1	1		ree ivuis							ereals con	taining glute	1			Celery				IVIIIK					i	i	i
Product	getarians	an Friendly	Peanut	Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
Coffee																															
Americano Black (add milk or milk alernative if White Americano)	Υ	Υ																													
Cappuccino Semi Skimmed milk	Υ																						V								1
Cappuccino Skimmed milk	Υ																						V								
Cappuccino Soya (instead of milk)	Υ	Υ																											~		
Cappuccino Rice Coconut (instead of milk)	Υ	Υ																													
Cappuccino Oat (instead of milk)	Υ	Υ													~																
Espresso	Υ	Υ																													
Filter - Black Coffee (add milk or milk alernative if White Americano)	Υ	Υ																													
Flat White Semi Skimmed milk	Υ																						~								
Flat White Skimmed milk	Υ																						~					i			
Flat White Soya (instead of milk)	Υ	Υ																											~		
Flat White Rice Coconut (instead of milk)	Υ	Υ																										1			
Flat White Oat (instead of milk)	Υ	Υ													~																
Latte Semi Skimmed milk	Υ																						>								
Latte Skimmed milk	Υ																						~								
Latte Soya (instead of milk)	Υ	Υ																											>		
Latte Oat (instead of milk)	Υ	Υ													>																
Latte Rice Coconut (instead of milk)	Υ	Υ																													
Macchiato Semi Skimmed milk	Υ																						V								
Macchiato Skimmed milk	Υ																						V								
Macchiato Soya (instead of milk)	Υ	Υ																											>		
Macchiato Oat (instead of milk)	Υ	Υ													~																
Macchiato Rice Coconut (instead of milk)	Υ	Υ																													
Mocha Semi Skimmed milk	Υ																						Y		<u> </u>			ш			
Mocha Skimmed milk	Υ																						V								
Mocha Soya (instead of milk)	Υ	Υ																											~		

Barista Prepared Drinks

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		<					Ti	ee Nuts						С	ereals con	taining glute	en							Milk							
Product	Vegetarians	egan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Mocha Rice Coconut (instead of milk)	Υ	Υ																													
Mocha Oat (instead of milk)	Υ	Υ													y																
Chai Latte	Υ																						~								
Chai Latte Rice Coconut (instead of Milk)	Υ	Υ																													
Matcha Latte Rice Coconut (instead of Milk)	Υ	Υ																													
Turmeric Latte Rice Coconut (instead of Milk)	Υ	Υ																													
Pumpkin Spice Latte Semi Skimmed	Υ																						>								
Pumpkin Spice Latte Skimmed	Υ																						>								
Pumpkin Spice Latte Rice Coconut (instead of milk)	Υ	Υ																													
Pumpkin Spice Latte Oat (instead of milk)	Υ	Υ													y																
Pumpkin Spice Latte Soya (instead of milk)	Υ	Υ																											<		
Frappés & Shakes										<u> </u>			<u> </u>			<u> </u>		<u> </u>		<u> </u>											
Classic Frappé Semi Skimmed milk	Υ																						~								
Classic Frappé Skimmed milk	Υ																						Y								
Chocolate Frappé Semi Skimmed milk	Υ																						~								
Chocolate Frappé Skimmed milk	Υ																						~								
Mocha Frappé Semi Skimmed milk	Υ																						~								
Mocha Frappé Skimmed milk	Υ																						~								
Decaf Mocha Frappé Semi Skimmed milk	Υ																						~								
Decaf Mocha Frappé Skimmed milk	Υ																						>								
Caramel Shake Semi Skimmed milk	Υ																						V								
Caramel Shake Skimmed milk	Υ																						>								
Hazelnut Shake Semi Skimmed milk	Υ																						Y								
Hazelnut Shake Skimmed milk	Υ																						V								
Vanilla Shake Semi Skimmed milk	Υ																						V								
Vanilla Shake Skimmed milk	Υ																						~								
Frappé Mix	Υ																						~								

Barista Prepared Drinks

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				suitable for those with dairy and egg anergies													nei gies.	1 Icas	e take	care.											
	Veg	Vega					Tr	ee Nuts						С	ereals con	taining glute	en			Celery				Milk							
Product	jetarians	in Friendly	Peanut	Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame nut E	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
Iced Drinks																															
Iced Latte Semi Skimmed Milk	Υ																						V								
Iced Latte Skimmed Milk	Υ																						~								
Iced Latte Soya (instead of milk)	Υ	Υ																											>		
Iced Latte Rice Coconut (instead of milk)	Υ	Υ																											L		
Iced Latte Oat (instead of milk)	Υ	Υ													~																
Iced Mocha Semi Skimmed Milk	Υ																						>								
Iced Mocha Skimmed Milk	Υ																						>								
Iced Mocha Soya (instead of milk)	Υ	Υ																											V		
Iced Mocha Rice Coconut (instead of milk)	Υ	Υ																													
Iced Mocha Oat (instead of milk)	Υ	Υ													~																
Iced White Americano Semi Skimmed Milk	Υ																						>						L		
Iced White Americano Skimmed Milk	Υ																						~								
Iced White Americano Oat (instead of milk)	Υ	Υ													>																
Iced White Americano Soya (instead of milk)	Υ	Υ																											~		
Iced White Americano Rice Coconut (instead of milk)	Y	Υ																													
Turmeric Iced Latte Rice Coconut	Υ	Υ																											i '		
Cold Brew																															
Cold Brew (no milk)	Υ	Υ																													
Cold Brew Semi Skimmed Milk	Υ																						~								
Cold Brew Skimmed Milk	Υ																						>								
Cold Brew Soya (instead of milk)	Υ	Υ																											>		
Cold Brew Oat (instead of milk)	Υ	Υ													~																
Cold Brew Rice Coconut (instead of milk)	Υ	Υ																											i [¬]	i T	

Barista Prepared Drinks

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				Tree Nuts Cereals containing gluten Calery Milk Milk																											
	Veg	T <					Ti	ree Nuts						С	Cereals con	taining glute	en			Celery				Milk							
Product	etarians	Vegan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Inut	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Hot Chocolate																															
Hot Chocolate Semi Skimmed Milk	Υ																						Y								
Hot Chocolate Skimmed Milk	Υ																						>								
Hot Chocolate Soya (instead of milk)	Υ	Υ																											V		
Hot Chocolate Rice Coconut (instead of milk)	Υ	Υ																													
Hot Chocolate Oat (instead of milk)	Υ	Υ													~																
Hot Chocolate Powder	Υ	Υ																													
Hot Chocolate Hazelnut	Υ																						>								
Hot Chocolate Hazelnut Skimmed	Υ																						>								
Hot Chocolate Hazelnut Soya	Υ	Υ																											~		
Hot Chocolate Hazelnut Rice-Coconut	Υ	Υ																													
Hot Chocolate Hazelnut Oat	Υ	Υ													~																
Smoothies																															
Berry Blast	Υ	Υ																													
Mango & Pineapple	Υ	Υ																													
Strawberry & Banana	Υ	Υ																													

Barista Prepared Drinks

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			***	can t	guara	nice a	my or	our 1000	1 15 Sul	itable	ioi ui	USC W	th an	ei gies	uue i	о а ш	gii 1151	C OI CI	OSS COIL		auon.	Our v	regain	prout	icts ai	e mac	ie to a	vegan	тестр	e put ai	le not
D 1 4	Veg	Frie					Tr	ee Nuts				Sesame		С	ereals con	taining glute	en		0	Celery	F	F:-1		Milk		Londo	Molluscs		0	0.1.17	Pine Nuts
Product	egetaria ns	Vegan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts			
Syrups & Toppings																															
All Syrups	Υ	Υ																													
Caramel Sauce	Υ	Υ																													
Whipped Cream	Υ																						<								
Milk shot																															
Semi Skimmed	Υ																						>								
Skimmed	Υ																						>								
Soya (instead of milk)	Υ	Υ																											>		
Rice Coconut (instead of milk)	Υ	Υ																													
Oat (instead of milk)	Υ	Υ													Y																
Tea																															
Ceylon Breakfast (add milk or milk alernative if White)	Υ	Υ																													
Earl Grey (add milk or milk alernative if White)	Υ	Υ																													
Peppermint (add milk or milk alernative if White)	Υ	Υ																													
Tropical Green (add milk or milk alernative if White)	Υ	Υ																													
Milk / instead of milk cup																															
Semi Skimmed milk cup	Υ																						>								
Skimmed milk cup	Υ																						<								
Soya (instead of milk) cup	Υ	Υ																											~		
Rice Coconut (instead of milk) cup	Υ	Υ																													
Oat (instead of milk) cup	Υ	Υ													¥																
Babyccino	Υ																						>								

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D	Vegetar ns	Frie			-			ee Nuts								aining glute			055 COII	Celery				Milk							
Product	etaria Is	Vegan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Seasonal Drinks																															
Gingerbread Latte Semi Skimmed Milk	Υ																						¥								
Gingerbread Latte Skimmed Milk	Υ																						>								
Gingerbread Latte Oat (instead of milk, no cream)	Υ	Υ													,																
Gingerbread Latte Oat (instead of milk, with cream)	Υ														\								>								
Gingerbread Latte Rice-coco (instead of milk, no cream)	Υ	Υ																													
Gingerbread Latte Rice-coco (instead of milk, with cream)	Υ																						~								
Gingerbread Latte Soya (instead of milk, no cream)	Υ	Υ																											~		
Gingerbread Latte Soya (instead of milk, with cream)	Υ																						>						`		
Lovebar Latte Semi Skimmed Milk	Υ																						>								
Lovebar Latte Skimmed Milk	Υ																						>								
Lovebar Latte Oat (instead of milk, no cream)	Υ	Υ													\																
Lovebar Latte Oat (instead of milk, with cream)	Υ														<								>								
Lovebar Latte Rice-coco (instead of milk, no cream)	Υ	Υ																													
Lovebar Latte Rice-coco (instead of milk, with cream)	Υ																						>								
Lovebar Latte Soya (instead of milk, no cream)	Υ	Υ																											<		
Lovebar Latte Soya (instead of milk, with cream)	Υ																						>						>		
Popcorn Hot Chocolate Semi Skimmed Milk	Υ																						>								
Popcorn Hot ChocolateLatte Skimmed Milk	Υ																						\								
Popcorn Hot Chocolate Oat (instead of milk, no cream)	Υ	Υ													~																
Popcorn Hot Chocolate Oat (instead of milk, with cream)	Υ														<								>								
Popcorn Hot Chocolate Rice-coco (instead of milk, no cream)	Υ	Υ																													
Popcorn Hot Chocolate Rice-coco (instead of milk, with cream)	Υ																						>								
Popcorn Hot Chocolate Soya (instead of milk, no cream)	Υ	Υ						_																					>		
Popcorn Hot Chocolate Soya (instead of milk, with cream)	Υ																						y						>		