

# Allergen- Leitfaden

★ PRET ★



Wir arbeiten in unseren Küchen mit einer Vielzahl von Zutaten. Trotz aller Vorsichtsmaßnahmen können wir das Risiko einer Kreuzkontamination in unseren Produkten oder Getränken nicht ausschließen und deshalb nicht garantieren, dass sie absolut allergenfrei sind. Wenn Sie an Allergien leiden, wenden Sie sich bitte an unseren Manager und lesen Sie unseren Allergen-Leitfaden. Dieser Leitfaden, der alle Allergene, die in unseren Produkten und Getränken enthalten sind, auflistet, wurde entwickelt, um Sie beraten zu können. Sie finden darin eine Liste mit allen Produkten, die in unseren Restaurants verkauft werden.

Wenn ein Produkt eine dieser Zutaten enthält, finden Sie den Namen des Allergens im entsprechenden Feld. Falls Sie Schwierigkeiten haben, das zu finden, was Sie suchen, fragen Sie bitte unseren Manager um Rat, der Ihnen gerne weiterhilft.

Bitte lesen Sie diesen Leitfaden regelmäßig, da sich unsere Rezepte von Zeit zu Zeit ändern. Lassen Sie sich nicht von der neuen Version Ihres Lieblingsrezepts überraschen.

Trotz der sorgfältig zusammengestellten, genauen Informationen dieses Leitfadens kann es vorkommen, dass er Ihre Fragen nicht beantworten kann. Wenn Sie weitere Informationen benötigen, lassen Sie sich bitte von unserem Manager beraten, kontaktieren Sie unseren Kundendienst unter der Adresse [Customer.ServiceParis@pret.com](mailto:Customer.ServiceParis@pret.com) oder besuchen Sie unsere Website [pret.com/de-DE](http://pret.com/de-DE)

Wir können Sie über das Vorkommen der folgenden Allergene in unseren Rezepten beraten:

Ei, Milch, Fisch, Schalentiere (wie Flusskrebse), Weichtiere (wie Miesmuscheln, Austern und Tintenfische), Walnüsse, Sesam, glutenhaltiges Getreide (Weizen, Roggen und Gerste), Soja, Sellerie und Knollensellerie, Senf, Erdnüsse, Lupinen, Schwefeldioxid und Sulfite.

If you suffer from any allergies, please ask our Manager.

Baguettes		Suitable for		Contains these allergens													
Product	Vegetarians	Vegans															
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Baguette - Avo, Olives & Roasted Tomatoes	✓	✓	✗					Wheat, Rye, Oats, Barley									
Artichoke, Olives & Red Tapenade Baguette	✓	✓	✗					Wheat, Rye, Oats, Barley									
Brie, Tomato & Basil	✓		✗	✗				WHEAT									
Chicken Caesar & Bacon			✗	✗	✗			Wheat, Rye, Oats, Barley								✗	
Baguette - Ham & Greve			✗	✗	✗			WHEAT					✗	✗			
Pole & Line Caught Tuna Mayo & Cucumber			✗		✗			WHEAT								✗	
Cheddar & Onion Chutney Baguette	✓		✗	✗	✗			Wheat, Rye, Oats, Barley									
Losange - Ham & Cheese			✗					WHEAT					✗	✗			
Losange - Smoked Salmon & Soft Cheese			✗					WHEAT								✗	
Tuna Round Bread			✗					Wheat, Rye, Barley								✗	
Avocado & Chilli Salt Seeded Bread								WHEAT, OAT									
Cherry Tomato & Basil Seaded Bread			✗					WHEAT, OAT									

Freshly prepared in a small, busy kitchen so we really can't guarantee any of our food or drink is allergen-free. Please take care.

Breakfast		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Acai & Almond Butter Bowl	✓	✓					OAT									ALMOND
Almond Croissant	✓			✓	✓		WHEAT									ALMOND, NUTS
Banana & Honey Bowl	✓			✓			OAT									
Bircher Muesli	✓			✓			OAT									PISTACHIO
Chocolate & Hazelnut Croissant	✓			✓	✓		WHEAT		✓							HAZELNUT
Cinnamon Danish	✓			✓	✓		WHEAT									
Five Berry Bowl	✓			✓			OAT									
Five Berry Pot	✓			✓												
French Butter Croissant	✓			✓	✓		WHEAT									
Ham, Cheese, Tomato & Bacon Croissant				✓	✓		WHEAT									

Freshly prepared in a small, busy kitchen so we really can't guarantee any of our food or drink is allergen-free. Please take care.

**Breakfast**

Suitable for

04/01/2023

Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Honey Granola Pot	✓			✗			OAT									
Coconut & Blueberry Bowl	✓	✓					OAT									
Yogourt Apple Cinnamon & Crumble	✓			✗			OAT									
Yogurt Apricot Peach Crumble	✓			✗			WHEAT, OAT									
Sunshine Bowl	✓	✓					OAT									
Mozzarella & Tomato Croissant	✓			✗	✗		WHEAT									
Pain aux Raisins	✓			✗	✗		WHEAT									
Yogurt with Strawberry, Granola & Coconut Chips	✓			✗			OAT									

Freshly prepared in a small, busy kitchen so we really can't guarantee any of our food or drink is allergen-free. Please take care.

**Cold Drinks**

Suitable for

27/03/2023

Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Apple Juice	✓	✓														
Coke	✓	✓														
Cranberry & Raspberry Pure Pret Still	✓	✓														
Daily Greens	✓	✓														
Ginger Beets	✓	✓														
Ginger Shot	✓	✓														
Green Tea & Peach Pure Pret Still	✓	✓														
Hot Shot	✓															
Orange Juice Cup	✓															
Lemon & Ginger Pure Pret Still	✓	✓														
Mango Smoothie Juice	✓															
Orange & Passion Fruit Pure Pret Still	✓	✓														
PP Apple Fizz	✓															

**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.**

**Cold Drinks**

Suitable for

04/01/2023

Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
PP Ginger Beer	✓															
PP Rubarb Lemonade	✓															
Cucumber & Mint Seltzer	✓	✓														
Lime & Raspberry Seltzer	✓	✓														
Cold Brew Balck	✓															
Cold Brew Latte	✓				✗											
Cold Brew Mocha	✓				✗											
Henniez Sparkling Spring Water	✓	✓														
Henniez Still Water 500ml	✓	✓														
Still Water 750ml	✓	✓														
Vitamin Volcano	✓															
Wine - Proccesso	✓												✗			
Wine - Red	✓												✗			
Green Power	✓	✓														
Tropical Fruit Blast	✓	✓														
Carrot and Ginger Boost	✓	✓														
Wine - White	✓												✗			

**Freshly prepared in a small, busy kitchen so we really can't guarantee any of our food or drink is allergen-free. Please take care.**

Fruit	Suitable for		Contains these allergens													
Product	Vegetarians	Vegans														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Apple	✓	✓														
Banana	✓	✓														
Mango & Lime	✓															
Pineapple & Lime	✓															
SuperFruit Salad	✓	✓														
Watermelon & Lime	✓															
Strawberry & Blueberry Pot	✓	✓														

Freshly prepared in a small, busy kitchen so we really can't guarantee any of our food or drink is allergen-free. Please take care.



Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Falafels, Halloumi & Red Peppers Hot Wrap	✓			✓			WHEAT, RYE									
Toastie Classic Cheese	✓			✓	✓		OAT, RYE, WHEAT, BARLEY					✓				
Toastie, Pesto & Mozzarella	✓			✓			OAT, RYE, WHEAT, BARLEY									
Ham, Cheese & Mustard Toastie				✓	✓		OAT, RYE, WHEAT, BARLEY					✓				
Spicy Chicken Hot Wrap				✓			WHEAT, RYE									
Vegetable Quiche	✓			✓	✓		WHEAT		✓			✓				NUTS

Freshly prepared in a small, busy kitchen so we really can't guarantee any of our food or drink is allergen-free. Please take care.

# Salads

Suitable for

27/03/2023

Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Bowl Crayfish & Avocado										✓			✓	✓		
French Dressing	✓	✓										✓				
Black rice, crayfish, edamame										✓				✓		
Egg & Spinach Protein Pot	✓				✓											
Smoked Salmon Protein Bowl					✓					✓					✓	
Bowl Salad with Avocado, Mozzarella & Roasted Peppers	✓			✓									✓			
Humous & Feta Salad	✓		✓	✓												
Lentil & Poached Eggs Bowl	✓				✓						✓	✓	✓			
Roasted Salmon, Black Rice & Sesame Bowl			✓					WHEAT		✓					✓	
Asian Chicken Bowl								WHEAT		✓						
Falafel mezze bowl	✓		✓					WHEAT		✓		✓	✓			
Asian Veggie Salad								WHEAT		✓						
Bowl Chicken Pesto				✓									✓			
Smoked Salmon, Quinoa & Dill				✓	✓							✓			✓	

Freshly prepared in a small, busy kitchen so we really can't guarantee any of our food or drink is allergen-free. Please take care.

Sandwiches		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
			Chicken, Avocado & Basil				✓	✓		WHEAT, BARLEY						
Classic Super Club					✓		WHEAT, BARLEY									
Cracking Egg Salad	✓				✓		WHEAT, BARLEY									
Crayfish & Rocket				✓	✓		WHEAT, BARLEY							✓		
Ham & Cheese				✓			WHEAT, BARLEY									
Kids' Cheese Sandwich	✓			✓			WHEAT, BARLEY									
Kids' Ham Sandwich				✓			WHEAT, BARLEY									
Mature Cheddar & Pret Pickle	✓			✓	✓		WHEAT, BARLEY									
Smoked Salmon				✓			WHEAT, BARLEY								✓	
Super Greens & Reds	✓	✓					WHEAT, BARLEY									
Tuna & Cucumber				✓	✓		WHEAT, BARLEY								✓	
Avocado Crumble on toast	✓						WHEAT, BARLEY									
Cherry Tomato & Mozzarella Toast with Persto spread	✓			✓			WHEAT, BARLEY									
BLT Sandwich					✓		WHEAT, BARLEY									

Freshly prepared in a small, busy kitchen so we really can't guarantee any of our food or drink is allergen-free. Please take care.

# Wraps

Suitable for

27/03/2023

Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Avocado & Herb Salad Wrap	✓			✗	✗		WHEAT, RYE									
Falafel Flatbread	✓	✓		✗	✗		WHEAT		✗				✗			
Chicken Lebanese & Flatbread				✗			WHEAT, RYE		✗							
Cold Wrap - Chicken Caesar				✗	✗		WHEAT, RYE								✗	
Cold Wrap - Tamari Chicken							WHEAT, RYE		✗							

**Freshly prepared in a small, busy kitchen so we really can't guarantee any of our food or drink is allergen-free. Please take care.**

Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Mature Cheddar & Red Onion Crisps	✓			✗												
Nuts, Fruit & Chocolate	✓			✗						✗						<b>ALMOND, NUTS</b>
Pret A Mango	✓	✓														
Sea Salt & Cider Vinegar Crisps	✓	✓														
Sea Salt Crisps	✓	✓														

**Freshly prepared in a small, busy kitchen so we really can't guarantee any of our food or drink is allergen-free. Please take care.**

Soups		Suitable for		Contains these allergens													
Product	Vegetarians	Vegans															
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Butter Portion	✓			✗													
Chicken, Broccoli & Brown Rice Soup				✗								✓					
Lightly Spiced Carrot & Coriander Soup	✓	✓								✗							
Mushroom Soup	✓			✗								✓					
Gazpacho	✓																
Soup Losange Bread	✓	✓	✗					WHEAT									✗
Tomato Soup	✓	✓															NUTMEG

Freshly prepared in a small, busy kitchen so we really can't guarantee any of our food or drink is allergen-free. Please take care.

Sweet Treats		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Choc Bar	✓			✓			WHEAT		✓							ALL NUTS
Chocolate Brownie Bar	✓			✓	✓		WHEAT		✓							ALL NUTS
Chocolate Chunk Cookie	✓			✓	✓		WHEAT		✓							ALL NUTS
Chocolate Moose	✓			✓					✓							
Chocolate Praline Cookie	✓			✓	✓		WHEAT		✓							HAZELNUT, ALL NUTS
Dark Chocolate and Almond Butter Cookie	✓						WHEAT									ALMONDS
Dark Chocolate Corn Cakes	✓			✓					✓							
Dark Chocolate with Sea Salt	✓			✓					✓							ALL NUTS
Lemon Cheesecake	✓			✓	✓		WHEAT									
Love Bar	✓			✓			OAT		✓							ALL NUTS, ALMOND, PISTACHIO

Freshly prepared in a small, busy kitchen so we really can't guarantee any of our food or drink is allergen-free. Please take care.

Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Milk Chocolate Bar	✓			✓						✓						<b>ALL NUTS</b>
Brownie Bar	✓			✓	✓			WHEAT		✓						<b>ALL NUTS</b>
Pret Bar	✓			✓				WHEAT, OATS								
Salted Caramel & Pecan Cookie	✓			✓				WHEAT, OATS								
Chocolate Fondant	✓			✓				WHEAT, OATS								
Apple Pie	✓			✓	✓			WHEAT		✓						<b>ALL NUTS</b>
Double Chocolate Cookie	✓			✓				WHEAT, OATS								
Cookie Cranberry	✓			✓	✓			WHEAT		✓						<b>ALL NUTS</b>
Blueberry Muffin	✓			✓	✓			WHEAT		✓						<b>ALL NUTS</b>
Chocolate Chunk cookie	✓			✓	✓			WHEAT		✓						<b>ALL NUTS</b>
Dark Chocolate and Almond Butter Cookie	✓							WHEAT								<b>ALL NUTS</b>
Carott Cake	✓			✓	✓			WHEAT								<b>ALL NUTS</b>
Brownie	✓			✓	✓			WHEAT		✓						<b>ALL NUTS</b>

Freshly prepared in a small, busy kitchen so we really can't guarantee any of our food or drink is allergen-free. Please take care.



Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
<b>Coffee</b>																
Americano Black (add shot if White Americano)	✓	✓														
Cappuccino Semi Skimmed milk	✓			✓												
Cappuccino Skimmed milk	✓			✓												
Cappuccino Soya (instead of milk)	✓	✓							✓							
Cappuccino Rice Coconut (instead of milk)	✓	✓														
Cappuccino Oat (instead of milk)	✓	✓						OAT								
Espresso	✓	✓														
Filter - Black Coffee (add a shot if white)	✓	✓														
Flat White Semi Skimmed milk	✓			✓												
Flat White Skimmed milk	✓			✓												
Flat White Soya (instead of milk)	✓	✓							✓							
Flat White Rice Coconut (instead of milk)	✓	✓														
Flat White Oat (instead of milk)	✓	✓						OAT								
Latte Semi Skimmed milk	✓			✓												
Latte Skimmed milk	✓			✓												
Latte Soya (instead of milk)	✓	✓							✓							
Latte Rice Coconut (instead of milk)	✓	✓														
Latte Oat (instead of milk)	✓	✓						OAT								
Macchiato Semi Skimmed milk	✓			✓												
Macchiato Skimmed milk	✓			✓												
Macchiato Soya (instead of milk)	✓	✓							✓							
Macchiato Rice Coconut (instead of milk)	✓	✓														
Macchiato Oat (instead of milk)	✓	✓						OAT								
Mocha Semi Skimmed milk	✓			✓												
Mocha Skimmed milk	✓			✓												
Mocha Soya (instead of milk)	✓	✓							✓							
Mocha Rice Coconut (instead of milk)	✓	✓														
Mocha Oat (instead of milk)	✓	✓						OAT								

Freshly prepared in a small, busy kitchen so we really can't guarantee any of our food or drink is allergen-free. Please take care.

Product	Suitable for		Contains these allergens													
	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Chai Latte	✓			✓												
<b>Iced Drinks</b>																
Iced Latte Semi Skimmed Milk	✓			✓												
Iced Latte Skimmed Milk	✓			✓												
Iced Latte Soya (instead of milk)	✓	✓							✓							
Iced Latte Rice Coconut (instead of milk)	✓	✓														
Iced White Americano Semi Skimmed Milk	✓			✓												
Iced White Americano Skimmed Milk	✓			✓												
Iced White Americano Soya (instead of milk)	✓	✓							✓							
Iced White Americano Rice Coconut (instead of milk)	✓	✓														
Iced Chocolate Semi Skimmed Milk	✓			✓												
Iced Chocolate Skimmed Milk	✓			✓												
Iced Chocolate Soya (instead of milk)	✓	✓														
Iced Choccolta Rice Coconut (instead of milk)	✓	✓														
Iced Matcha Semi Skimmed Milk	✓															
Iced Matcha Skimmed Milk	✓															
Iced Matcha Soya (instead of milk)	✓	✓														
Iced Choccolta Rice Coconut (instead of milk)	✓	✓														
Iced Green Tea - Raspberry & Lime	✓															
Iced Green Tea - Passionfruit & Basil	✓															
Turmeric Iced Latte Rice Coconut	✓	✓														
<b>Hot Chocolate</b>																
Hot Chocolate Semi Skimmed Milk	✓			✓												
Hot Chocolate Skimmed Milk	✓			✓												
Hot Chocolate Soya (instead of milk)	✓	✓							✓							
Hot Chocolate Rice Coconut (instead of milk)	✓	✓														
Hot Chocolate Oat (instead of milk)	✓	✓					OAT									
Hot Chocolate Powder	✓	✓														

Freshly prepared in a small, busy kitchen so we really can't guarantee any of our food or drink is allergen-free. Please take care.

**Barista Prepared Drinks**

Suitable for

27/03/2023

Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Hazelnut Hot Chocolate	✓			✗												
Hazelnut Hot Chocolate with Rice-coconut	✓	✓														
Hazelnut Hot Chocolate (Soya)	✓	✓							✗							
Mint Hot Chocolate	✓			✗												
Mint Hot Chocolate with Rice-Coconut	✓	✓														
Mint Hot Chocolate (Soya)	✓	✓							✗							
<b>Syrups</b>																
Caramel Shot	✓	✓														
Crème Brûlée Syrup	✓	✓														
Mint Syrup shot	✓	✓														
Hazelnut Shot	✓	✓														
Sugar Cane Syrup	✓	✓														
Chocolate Cookie Syrup	✓	✓														
Pumpkin Syrup	✓	✓														
Vanilla Shot	✓	✓														
<b>Milk shot</b>																
Semi Skimmed	✓			✗												
Skimmed	✓			✗												
Soya (instead of milk)	✓	✓							✗							
Rice Coconut (instead of milk)	✓	✓														
Oat (instead of milk)	✓	✓					OAT									
<b>Tca</b>																
Ceylon Breakfast Semi Skimmed Milk	✓			✗												
Ceylon Breakfast Skimmed Milk	✓			✗												
Ceylon Breakfast Soya	✓	✓							✗							
Ceylon Breakfast Rice Coconut	✓	✓														
Earl Grey Semi Skimmed Milk	✓			✗												
Earl Grey Skimmed Milk	✓			✗												
Earl Grey Soya	✓	✓							✗							
Earl Grey Rice Coconut	✓	✓														
Peppermint Peace Semi Skimmed Milk	✓			✗												
Peppermint Skimmed Milk	✓			✗												
Peppermint Soya	✓	✓							✗							

Freshly prepared in a small, busy kitchen so we really can't guarantee any of our food or drink is allergen-free. Please take care.

**Barista Prepared Drinks**

Suitable for

27/03/2023

Product	Suitable for		Contains these allergens													
	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Peppermint Rice Coconut	✓	✓														
Tropical Green Semi Skimmed Milk	✓			✗												
Tropical Green Skimmed Milk	✓			✗												
Tropical Green Soya	✓	✓							✗							
Tropical Green Rice Coconut	✓	✓														
<b>Milk / instead of milk cup</b>																
Semi Skimmed milk cup	✓			✗												
Skimmed milk cup	✓			✗												
Soya (instead of milk) cup	✓	✓							✗							
Rice Coconut (instead of milk) cup	✓	✓														
Oat (instead of milk) cup	✓	✓					OAT									
Babyccino	✓			✗												

**Freshly prepared in a small, busy kitchen so we really can't guarantee any of our food or drink is allergen-free. Please take care.**

Local BTS Products		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Booster Juice	✓															
Exotic Smoothie	✓															
Green Power	✓															
Charitea - Green	✓															
Chairtea - Black	✓															
Charitea - Red	✓															
Charitea - Mate	✓															
San Pellegrino - Lemon	✓															
San Pellegrino - Blood Orange	✓															
San Pellegrino - Grapefruit	✓															
Shot - Lemon & Honey	✓															
Shot - Carrot & Ginger	✓															
Shot - Tumeric	✓															

Freshly prepared in a small, busy kitchen so we really can't guarantee any of our food or drink is allergen-free. Please take care.

Local BTS Products		Suitable for		Contains these allergens													
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
			Kind Bar - Caramel, Almond & Sea Salt	✓			✗					✗					
Kind Bar - Dark Chocolate, Nuts & Sea Salt	✓								✗	✗							<b>ALMOND</b>
Kind Bar - Maple Glazed Pecan & Sea Salt	✓								✗	✗							<b>ALMOND, PECAN</b>
Kind Bar - Peanut Butter & Dark Chocolate	✓								✗	✗							<b>ALMOND</b>

**Freshly prepared in a small, busy kitchen so we really can't guarantee any of our food or drink is allergen-free. Please take care.**