

# Pret's Allergen Guide

The title 'Pret's Allergen Guide' is centered on the page. 'Pret's' is in a dark blue serif font. 'Allergen' is in a large, bold, orange sans-serif font. 'Guide' is in a dark blue serif font. To the left of 'Allergen' are four stars of varying sizes in dark blue and orange. To the right is a magnifying glass icon with an orange handle and frame, and a dark blue star inside the lens.

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk or egg allergies.

# INTRODUCTION

Here you'll find a list of all of the products sold in our shops, with allergens listed along the top of the page for easy reference. If a product contains one of these ingredients, then you will find a tick in the corresponding box.

Where a product contains '*Cereals Containing Gluten*' and 'Nuts: you will find specific ingredients listed (e.g., wheat, rye, oats).

**Please remember to check our guide and the ingredient label regularly** as recipes do change from time to time - the last thing we want is for anyone being caught out by a new take on an old favourite.

We're proud to freshly prepare our food in our shop kitchens every day but as we use many ingredients and shared equipment, cross contact 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 risk of cross contact. 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 Safety Authority of Ireland 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

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.ie](http://www.pret.ie)

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



<div>Contents Key: ✓ (Product Contains) Y (Suitable For)</div>			Breakfast																														
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Product	Vegetarian	Vegan friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten							Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites		
				Almond	Brazil Nut	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Cow					Goat	Sheep								
Acai, Banana & Almond Butter Bowl	Y	Y		✓										✓																			
Almond Croissant	Y			✓											✓							✓											
Avo & Egg Mayo Baguette	Y														✓							✓											
Bacon & Egg Mayo Baguette															✓							✓											
Banana, Honey & Granola Pot	Y														✓										✓								
Banana & Honey Yoghurt Pot	Y																									✓							
Blueberry & Croissant Balance Bowl	Y														✓										✓								
Breakfast Egg & Avo	Y																	✓				✓											
Breakfast Egg & Bacon																		✓				✓											
Breakfast Egg & Tomato	Y																	✓				✓											
Breakfast Salmon & Egg																		✓				✓	✓										
Butter Croissant	Y																	✓						✓									
Chocolate Croissant	Y																	✓				✓			✓								✓
Cinnamon Danish	Y																	✓				✓			✓								
Cranberry & Seed Bitcher Muesli	Y										✓				✓									✓									
Breakfast Egg & Tomato Baguette	Y																	✓				✓											
Five Berry Bowl	Y														✓										✓								
Five Berry Yoghurt Pot	Y																								✓								
Ham, Cheese, Tomato & Bacon Croissant																		✓				✓			✓								
Mindful Muesli & Banana Bowl	Y														✓									✓									
Mozzarella & Tomato Croissant	Y																	✓				✓			✓								
Pain aux Raisins	Y																	✓				✓			✓								
Pain de Nuts	Y																	✓				✓			✓								
Porridge	Y														✓										✓								
Roasted Tomatoes & Egg Mayo Baguette	Y																	✓				✓			✓								
The Big Apple Bowl	Y														✓										✓								
The Big Apple Porridge	Y														✓										✓								
Triple Bacon Ciabatta																									✓								
Triple Sausage Ciabatta																									✓								
Ultimate Breakfast Ciabatta																									✓								
Very Berry Croissant	Y	Y																✓															
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<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			Baguettes & Sandwiches																														
			We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk or egg allergies.																														
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites			
				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										✓						✓															
Avocado, Bacon & Tomato Baguette												✓						✓			✓	✓	✓										
Bacon & Egg Mayo Baguette																		✓			✓		✓										
Beef & Horseradish Baguette												✓						✓			✓		✓								✓		✓
BLT Baguette																		✓			✓		✓										
Chicken Caesar & Bacon												✓						✓			✓	✓	✓										
Chicken and Stuffing Baguette																		✓			✓		✓										✓
Chipotle Chicken & Feta Baguette												✓						✓							✓	✓							
Ham & Emmental																		✓			✓		✓								✓		
Italian Prosciutto Baguette												✓						✓			✓		✓										
Pole & Line Caught Tuna Mayo & Cucumber Baguette																		✓			✓	✓											
Posh Cheddar & Pickle Baguette	Y											✓						✓			✓		✓										
Pret's Satay Chicken & Pickled Slaw Baguette													✓					✓			✓											✓	
Romesco Style Red Pepper Baguette	Y	Y										✓						✓														✓	
Smoked Salmon & Cream Cheese Baguette												✓						✓				✓		✓									
The Med Chicken Baguette												✓						✓			✓		✓		✓	✓							
Sandwiches																																	
Beef & Horseradish													✓					✓			✓		✓							✓			✓
Chicken, Avocado & Basil													✓					✓			✓		✓										
Chicken Salad													✓					✓			✓		✓										
Classic Super Club													✓					✓			✓												
Egg Florentine	Y												✓					✓			✓		✓										
Ham & Cheese													✓					✓					✓										
Humous & Veg	Y	Y										✓	✓					✓															
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<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>				<div>Baguettes &amp; Sandwiches</div> <div>We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk or egg allergies.</div>																													
Product	<div>Vegetarian</div>	<div>Vegan Friendly</div>	<div>Peanut</div>	<div>Tree Nuts</div>								<div>Sesame</div>	<div>Cereals containing gluten</div>						<div>Crustacean</div>	<div>Celery and celeriac</div>	<div>Egg</div>	<div>Fish</div>	<div>Milk</div>			<div>Lupin</div>	<div>Molluscs</div>	<div>Mustard</div>	<div>Soya</div>	<div>Sulphites</div>			
				<div>Almond</div>	<div>Brazil Nuts</div>	<div>Cashews</div>	<div>Hazelnut</div>	<div>Macadamia</div>	<div>Pecan</div>	<div>Pistachio</div>	<div>Walnut</div>		<div>Barley</div>	<div>Kamult (Wheat)</div>	<div>Oats</div>	<div>Rye</div>	<div>Spelt (Wheat)</div>	<div>Wheat</div>						<div>Cow</div>	<div>Goat</div>	<div>Sheep</div>							
Kids' Cheese & Tomato Triangles	Y												✓					✓					✓										
Kids' Chicken & Cucumber Triangles													✓					✓			✓												
Kids' Ham Triangles													✓					✓					✓										
Mature Cheddar & Pickle	Y												✓					✓			✓		✓										
Pulled Ham and Pickle													✓					✓			✓												
Smoked Salmon													✓					✓				✓											
Veggie New Yorker	Y												✓					✓			✓		✓								✓		
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<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			Rolls & Wraps																											
			We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk or egg allergies.																											
Product	Vegetarian	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep					
Wraps & Flatbreads																														
Avo & Herb Salad Wrap	Y														✓		✓			✓		✓								
Chipotle Chicken & Feta Wrap															✓		✓						✓	✓						
Chicken Pesto & Rocket Wrap															✓		✓			✓		✓								
Avocado & Chipotle Chicken Flatbread																	✓				✓									
Chicken Caesar & Roasted Pistachio Flatbread										✓							✓			✓	✓	✓								
Italian Style Pesto Chicken Flatbread																	✓			✓		✓								
Mexican Style Falafel & Avo Flatbread	Y	Y															✓													
Hoisin Duck Salad Wrap															✓		✓			✓									✓	
Mediterranean Style Tuna Flatbread																	✓			✓	✓									
Middle Eastern Style Chicken Flatbread											✓	✓					✓													
Pret's Chicken Satay Wrap												✓			✓		✓												✓	
Rolls																														
Salt Beef Rye Roll													✓			✓		✓		✓								✓		
Scandi Salmon Rye Roll													✓			✓		✓		✓	✓							✓		
Spicy Chicken Rye Roll													✓			✓		✓		✓										
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<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			Cold Drinks																											
			We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk or egg allergies.																											
Product	Vegetarian	Vegan Friendly	Peanut	Tree Nuts							Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio		Walnut	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)					Wheat	Cow	Goat						Sheep
Apple Juice	Y	Y																												
Coke (all types)	Y	Y																												
Cranberry, Raspberry & Pomegranate Pret Still	Y	Y																												
Easy Greens	Y	Y																												
Ginger Shot	Y	Y																												
Green Tea & Peach Pret Still	Y	Y																												
Hot Shot	Y																													
Lemon & Ginger Pret Still	Y	Y																												
Mango, Passion Fruit & Lime Pret Still	Y	Y																												
Orange Juice	Y	Y																												
Pret Apple Fizz	Y	Y																												
Pret Cucumber & Mint Seltzer	Y	Y																												
Pret Ginger Beer	Y	Y																												
Pret Grape & Elderflower	Y	Y																												
Pret Lime & Raspberry Seltzer	Y	Y																												
Pret Rhubarb Lemonade	Y	Y																												
Sparkling Spring Water	Y	Y																												
Still Water 500ml	Y	Y																												
Still Water 750ml	Y	Y																												
Tropical Zest	Y	Y																												
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<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			Fruit																											
			We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk or egg allergies.																											
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep					
Medley Pot	Y																													
Mango and Lime Pot	Y																													
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Contents Key: ✔ (Product Contains) Y (Suitable For)			Pret's Hot																													
			We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk or egg allergies.																													
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites		
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep							
Chipotle Chicken, Mozzarella & Feta Hot Baguette												✔						✔						✔	✔	✔						
Chipotle Mozzarella Hot Baguette	Y											✔						✔						✔		✔	✔					
Falafel & Halloumi Hot Wrap	Y														✔			✔						✔	✔	✔						
Feta & Red Pepper Frittata	Y																				✔			✔	✔	✔						
Italian Style Chicken Hot Wrap																✔		✔						✔								
Pret's Meatball Hot Wrap																	✔	✔						✔								
Mozzarella, Pepper & Tomato Hot Baguette	Y											✔					✔	✔						✔								
Spicy Chicken Hot Wrap																✔		✔						✔								
Prosciutto & Mozzarella Hot Baguette												✔						✔						✔								
Toasties																																
Ham & Cheese Sourdough Toastie																✔		✔				✔		✔					✔			
Pesto Caprese Sourdough Toastie																	✔	✔					✔									
Romesco Chicken & Feta Sourdough Toastie																		✔	✔				✔	✔	✔					✔		
Triple Cheese Sourdough Toastie																		✔	✔				✔						✔			
Tuna Melt Sourdough Toastie																		✔	✔				✔	✔	✔							
Soup																																
Barley & Rye Roll Soup Bread	Y	Y											✔				✔		✔													
Butternut Masala Soup	Y	Y																														
Lentil & Bacon Soup																					✔			✔					✔			
Mushroom Risotto Soup	Y	Y																													✔	
Rich Garam Masala Lentil Soup	Y	Y																														
Souper Tomato	Y	Y																														
Soup Baguette	Y	Y																✔														
Thai Chicken Curry Soup																					✔			✔								
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Contents Key: ✓ (Product Contains) Y (Suitable For)			Platters																											
			We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk or egg allergies.																											
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep					
Baguette Selection Platter											✓					✓			✓	✓	✓							✓		
Best of Pret Platter												✓				✓			✓	✓	✓							✓		
Breakfast Bowl Selection Platter	Y			✓						✓				✓					✓	✓	✓							✓		
Brownie Bar Bag	Y															✓			✓		✓								✓	
Five Berry & Bircher Bowl Platter	Y									✓				✓							✓									
Love Bar Bag	Y			✓						✓				✓							✓								✓	
Pret Bar Platter	Y													✓		✓					✓									
Sweet Pastry Selection Platter	Y			✓												✓			✓		✓								✓	
Vegan Cookie Bag	Y	Y		✓													✓													
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<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			Salad																											
			We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk or egg allergies.																											
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep					
Chef's Italian Chicken Salad										✓										✓	✓	✓								
Chicken, Pesto & Mozzarella Salad																						✓								
Egg & Spinach Protein Pot	Y																			✓										
Humous & Falafel Salad	Y	Y										✓	✓			✓		✓												
Kids' Humous & Cucumber Bowl	Y	Y										✓																		
Middle Eastern Style Chicken Salad										✓		✓													✓	✓				
Pret's Chicken Satay & Slaw Salad																				✓									✓	
Prosciutto, Chicken & Avo Salad																				✓										
Romesco Style Butter Bean & Feta Salad	Y																							✓	✓				✓	
Smoked Salmon, Egg & Avocado Salad																				✓	✓									
Tuna Nicoise Salad																				✓	✓									
Dressing																														
French Dressing	Y	Y																												
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Contents Key: ✓ (Product Contains) Y (Suitable For)			Snacks																												
			We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk or egg allergies.																												
Product	Vegetarian	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
Chilli, Bean & Seed Tortilla Chips	Y	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 Popcorn	Y	Y																													
Sea Salt & Cider Vinegar Crisps	Y	Y																													
Sea Salt Crisps	Y	Y																													
Smoked Chipotle Crisps	Y	Y																													
Sweet & Salt Popcorn	Y	Y																													
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<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			Sweet Treats																											
			We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk or egg allergies.																											
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep					
Berry Muffin	Y															✓				✓		✓								
Caramelised Biscuity Bar	Y															✓						✓							✓	
Choc Bar	Y															✓						✓							✓	
Chocolate Brownie Bar	Y															✓				✓		✓							✓	
Chocolate Chunk Cookie	Y															✓						✓								✓
Chocolate Moose	Y																					✓							✓	
Christmas Triffin	Y										✓						✓					✓							✓	
Dark Chocolate	Y																												✓	
Dark Chocolate & Almond Butter Cookie	Y	Y		✓												✓														✓
Dark Chocolate Corn Cakes	Y																												✓	
Fruit, Oat & Spelt Cookie	Y														✓			✓					✓							
Lemon Cheesecake	Y																				✓		✓							
Love Bar	Y			✓							✓												✓							✓
Milk Chocolate	Y																						✓						✓	
Mince Pie	Y																				✓		✓							✓
Popcorn bar	Y																						✓							✓
Pret Bar	Y														✓			✓					✓							
Pret's Chocolate Brownie Swirl	Y																	✓			✓		✓							
White Chocolate & Raspberry Cookie	Y																	✓					✓							✓
We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk or egg allergies.																														

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

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			<div>Product</div> <div>Vegetarian Friendly</div> <div>Vegan</div> <div>Peanut</div> <div colspan="8">Tree Nuts</div> <div>Sesame</div> <div colspan="6">Cereals containing gluten</div> <div>Crustacean</div> <div>Celery and celeriac</div> <div>Egg</div> <div>Fish</div> <div colspan="3">Milk</div> <div>Lupin</div> <div>Molluscs</div> <div>Mustard</div> <div>Soya</div> <div>Sulphites</div>																												
Matcha Latte Low Fat Milk	Y																														
Matcha Latte Coconut (instead of Milk)	Y	Y																													
Matcha Latte Oat (instead of Milk)	Y	Y													✔																
Matcha Latte Soya (instead of Milk)	Y	Y																												✔	
Vanilla Matcha Latte Low Fat Milk (instead of coconut)	Y																														
Vanilla Matcha Latte Coconut	Y	Y																													
Vanilla Matcha Latte Oat (instead of coconut)	Y	Y													✔																
Vanilla Matcha Latte Soya (instead of coconut)	Y	Y																												✔	
Iced Drinks																															
Iced Latte Low Fat Milk	Y																														
Iced Latte Coconut (instead of milk)	Y	Y																													
Iced Latte Oat (instead of milk)	Y	Y													✔																
Iced Latte Soya (instead of milk)	Y	Y																												✔	
Iced Chai Latte Low Fat Milk	Y																														
Iced Chai Latte Coconut (instead of Milk)	Y	Y																													
Iced Chai Latte Oat (instead of Milk)	Y	Y													✔																
Iced Chai Latte Soya (instead of Milk)	Y	Y																												✔	
Iced Dirty Chai Latte Low Fat Milk	Y																														
Iced Dirty Chai Latte Coconut (instead of Milk)	Y	Y																													
Iced Dirty Chai Latte Oat (instead of Milk)	Y	Y													✔																
Iced Dirty Chai Latte Soya (instead of Milk)	Y	Y																												✔	
Iced Frosted Mint Hot Chocolate Low Fat Milk	Y																														
Iced Frosted Mint Hot Chocolate Coconut (Instead of Milk)	Y	Y																													
Iced Frosted Mint Hot Chocolate Oat (Instead of Milk)	Y	Y													✔																
Iced Frosted Mint Hot Chocolate Soya (Instead of Milk)	Y	Y																												✔	
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Iced Gingerbread Latte Low Fat Milk	Y																								✓							
Iced Gingerbread Latte Coconut (Instead of Milk)	Y	Y																														
Iced Gingerbread Latte Oat (Instead of Milk)	Y	Y												✓																		
Iced Gingerbread Latte Soya (Instead of Milk)	Y	Y																												✓		
Iced Matcha Latte Low Fat Milk	Y																								✓							
Iced Matcha Latte Coconut (instead of Milk)	Y	Y																														
Iced Matcha Latte Oat (instead of Milk)	Y	Y												✓																		
Iced Matcha Latte Soya (instead of Milk)	Y	Y																												✓		
Iced Mocha Low Fat Milk	Y																								✓							
Iced Mocha Coconut (instead of milk)	Y	Y																														
Iced Mocha Oat (instead of milk)	Y	Y												✓																		
Iced Mocha Soya (instead of milk)	Y	Y																												✓		
Iced White Americano Low Fat Milk	Y																								✓							
Iced White Americano Coconut (instead of milk)	Y	Y																														
Iced White Americano Oat (instead of milk)	Y	Y												✓																		
Iced White Americano Soya (instead of milk)	Y	Y																												✓		
Spirulina Macaron Iced Latte - Low Fat Milk	Y																								✓							
Spirulina Macaron Iced Latte - Coconut (instead of milk)	Y	Y																														
Spirulina Macaron Iced Latte - Oat (instead of milk)	Y	Y												✓																		
Spirulina Macaron Iced Latte - Soya (instead of milk)	Y	Y																												✓		
Ube Brûlée Iced Latte - Low Fat Milk	Y																								✓							
Ube Brûlée Iced Latte - Coconut (instead of milk)	Y	Y																														
Ube Brûlée Iced Latte - Oat (instead of milk)	Y	Y												✓																		
Ube Brûlée Iced Latte - Soya (instead of milk)	Y	Y																												✓		
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Pret Coolers																															
Mango Sunrise	Y	Y																													
Raspberry Lemonade	Y	Y																													
Hot Chocolate																															
Frosted Mint Hot Chocolate Low Fat Milk	Y																							✓							
Frosted Mint Hot Chocolate Coconut (Instead of Milk)	Y	Y																													
Frosted Mint Hot Chocolate Oat (Instead of Milk)	Y	Y												✓																	
Frosted Mint Hot Chocolate Soya (Instead of Milk)	Y	Y																											✓		
Hot Chocolate Low Fat Milk	Y																							✓							
Hot Chocolate Soya (instead of milk)	Y	Y																											✓		
Hot Chocolate Coconut (instead of milk)	Y	Y																													
Hot Chocolate Oat (instead of milk)	Y	Y												✓																	
Hot Chocolate Powder	Y	Y																													
Hot Chocolate Hazelnut Low Fat Milk	Y																							✓							
Hot Chocolate Hazelnut Soya (instead of milk)	Y	Y																												✓	
Hot Chocolate Hazelnut Coconut (instead of milk)	Y	Y																													
Hot Chocolate Hazelnut Oat (instead of milk)	Y	Y												✓																	
Syrups & Toppings																															
All Syrups	Y	Y																													
Whipped Cream	Y																							✓							
Milk shot																															
Low Fat	Y																							✓							
Soya (instead of milk)	Y	Y																												✓	
Coconut (instead of milk)	Y	Y																													
Oat (instead of milk)	Y	Y												✓																	
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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																																		
Low Fat milk cup	Y																								✓									
Soya (instead of milk) cup	Y	Y																														✓		
Coconut (instead of milk) cup	Y	Y																																
Oat (instead of milk) cup	Y	Y													✓																			
Babyccino	Y																								✓									
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