

# Pret's Allergen Guide



Ireland Allergen Guide 17 July 2024 V2

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.



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

# 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	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											
<b>Baguettes</b>																																				
Avo, Olives & Toms	Y	Y									✓					✓																				
Brie, Tomato & Basil Baguette	Y															✓								✓												
Chicken Caesar & Bacon											✓					✓			✓	✓	✓															
Chicken and Stuffing Baguette																✓			✓														✓			
Italian Prosciutto											✓					✓			✓					✓												
Posh Cheddar & Pickle	Y										✓					✓			✓				✓										✓			
Tuna Mayo & Cucumber											✓					✓			✓	✓																
Ham & Emmental																✓			✓				✓											✓		
Sweet Chilli Chicken Baguette											✓					✓																			✓	
<b>Sandwiches</b>																																				
Beef & Horseradish												✓				✓			✓		✓													✓	✓	
Chicken, Avocado & Basil												✓				✓			✓		✓															
Classic Super Club												✓				✓			✓																	
Crayfish & Rocket Bloomer																✓		✓	✓		✓															
Egg Florentine	Y											✓				✓			✓		✓			✓												
Free-Range Egg Mayo	Y											✓				✓			✓		✓															
Ham & Cheese												✓				✓			✓				✓													✓
Humous and Veg	Y	Y									✓					✓			✓																	
Mature Cheddar & Pickle	Y											✓				✓			✓				✓													
Pulled Ham and Pickle												✓				✓			✓																	
Smashed Avo Open Sandwich	Y	Y														✓																				
Smoked Salmon												✓				✓					✓		✓													
Smoked Salmon & Soft Cheese Open Sandwich																✓					✓		✓													
Super Greens & Reds	Y	Y										✓				✓																				
Tuna Mayo & Cucumber												✓				✓			✓		✓															

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.

# Rolls & Wraps

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

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	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep												
<b>Rolls</b>																																					
Avo Brunch Rye Roll	Y												✓			✓		✓		✓																	
Jambon Beurre																						✓															
Spicy Chicken Rye Roll													✓			✓		✓		✓																	
Scandi Salmon Rye Roll													✓			✓		✓		✓	✓																
<b>Wraps &amp; Flatbreads</b>																																					
Avo & Herb Salad Wrap	Y															✓		✓		✓		✓															
Chicken & Caesar Wrap																✓		✓		✓	✓	✓															
Chipotle Chicken & Feta Wrap																✓		✓		✓	✓																
Hoisin Duck Salad Wrap																✓		✓																			
Humous & Chipotle Wrap	Y	Y										✓	✓			✓		✓																			
Pret's Chicken Satay Wrap													✓			✓		✓																			
Thai Style Avo Wrap	Y	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.



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

# 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	Tree Nuts									Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites							
			Peanut	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																																			
Orchard Blend	Y	Y																																			
Pret Apple Fliz	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																																			
Raspberry, Dragonfruit & Yuzu Juice	Y	Y																																			
Roots & Fruits Juice	Y	Y																																			
Sparkling Spring Water	Y	Y																																			
Still Water 500ml	Y	Y																																			
Still Water 750ml	Y	Y																																			
Tropical Zest	Y	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.

<b>Contents Key:</b> <b>✓ (Product Contains)</b> <b>Y (Suitable For)</b>			<h1 style="text-align: center;">Fruit</h1> <p style="text-align: center;">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.</p>																													
			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	Y	Y																														
Fruit Salad Pot	Y	Y																														
Mango and Lime Pot	Y																															
Banana	Y	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.

**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												
Chipolte Mozzarella Hot Baguette	Y										✓					✓									✓												
Falafel & Halloumi Hot Wrap	Y																								✓	✓	✓										
Italian Style Chicken Hot Wrap																									✓												
Pret's Meatball Hot Wrap																									✓												
Meatless Meatball Hot Wrap	Y	Y																																			
Spicy Chicken Hot Wrap																									✓												
Prosciutto & Mozzarella Hot Baguette											✓														✓												
<b>Toasties</b>																																					
All Day Breakfast Toastie													✓		✓	✓		✓				✓			✓												
Halloumi, Red Pepper & Basil Toastie													✓		✓	✓		✓						✓	✓	✓											
Ham, Cheese & Mustard Toastie													✓		✓	✓		✓				✓			✓								✓				
Tuna Melt Toastie													✓		✓	✓		✓			✓		✓		✓												
Reuben Toastie													✓		✓	✓		✓			✓		✓		✓												
<b>Soup</b>																																					
Red Thai Veg Soup	Y	Y																																✓			
Barley & Rye Roll Soup Bread	Y	Y											✓			✓		✓																			
Lentil & Bacon Soup																								✓													
Butternut Masala Soup	Y	Y																																			
Souper Tomato	Y	Y																																			
Soup Baguette	Y	Y																																			
Stone Baked Losange	Y	Y																																			
Sunshine Dhal Soup	Y	Y																																			
Thai Chicken Curry Soup																									✓			✓									
<b>Hot Food</b>																																					
Mexican Chicken & Feta Hot Roll																									✓			✓									
Meatless Meatball Marinara Hot Roll	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.



# Pret At Home

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

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				
Coffee - Classic Blend Ground	Y	Y																																
Coffee - Espresso Beans	Y	Y																																
Coffee - Single Origin Ground	Y	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.

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

# Salad & 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	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														
Chef's Italian Chicken Salad																																							
Chicken & Avocado Protein Salad																																							
Chipotle Chicken Burrito Salad Bowl																																							
Egg & Spinach Protein Pot	Y																																						
Greek Salad	Y																																						
Humous & Falafel Salad	Y	Y																																					
Pret's Chicken Satay & Slaw Salad																																							
Smoked Salmon Protein Box																																							
Smoked Salmon & Egg Protein Pot																																							
Smoked Salmon, Egg & Avocado Salad																																							
Tuna Nicoise Salad																																							
Tricolore Salad	Y																																						
<b>Dressing</b>																																							
French Dressing	Y	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.

**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												
				Almond Butter Protein Ball	Y	Y		✓																													
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																																			

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.

# Sweet Treats

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

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				
Black Forest Dessert pot	Y															✓						✓									✓			
Berry Muffin	Y															✓		✓				✓												
Caramel Waffle	Y															✓						✓											✓	
Caramel Shortbread	Y															✓						✓											✓	
Choc Bar	Y															✓						✓											✓	
Chocolate Brownie Bar	Y															✓		✓				✓											✓	
Chocolate Chunk Cookie	Y															✓						✓											✓	
Chocolate Espresso Mini Loaf Cake	Y															✓		✓				✓											✓	
Chocolate Moose	Y															✓						✓											✓	
Chocolate Orange Mini Loaf Cake	Y															✓		✓				✓											✓	
Dark Chocolate	Y																																✓	
Dark Chocolate & Almond Butter Cookie	Y	Y		✓												✓																	✓	
Dark Chocolate Corn Cakes	Y																																✓	
Festive Florentine Slice	Y			✓																		✓												
Fruit, Oat & Spelt Cookie	Y													✓			✓					✓												
Lemon Cheesecake	Y																					✓												
Lemon Meringue Cookie	Y																					✓												✓
Lemon Raspberry Slice	Y																					✓												✓
Love Bar	Y			✓												✓																		✓
Milk Chocolate	Y																																	✓
Nutty Salted Caramel Brownie	Y			✓																		✓												✓
Peach & Almond Bakewell	Y			✓																		✓												✓
Popcorn bar	Y																																	✓
Pret Bar	Y															✓																		✓
Pret's Perfect Scone	Y																					✓												✓
Raspberry Cheesecake Brownie	Y																					✓												✓
Raspberry & Almond Bakewell Tart	Y			✓																		✓												✓
Salted Caramel Dessert Pot	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.

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

# Barista Prepared Drinks

We prepare our fresh food and Barista-made drinks in our shops every day. We use many ingredients and shared equipment, and whilst we do our best to manage allergens we cannot guarantee that any of our food or Barista-made drinks are allergen-free or suitable for those with allergies due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk and 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	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)					Wheat	Cow	Goat						Sheep								
Coffee																																						
Americano Black	Y	Y																																				
Americano Low Fat milk	Y																								✓													
Americano Soya (instead of milk)	Y	Y																																	✓			
Americano Coconut (instead of milk)	Y	Y																																				
Americano Oat (instead of milk)	Y	Y												✓																								
Cappuccino Low Fat milk	Y																								✓													
Cappuccino Soya (instead of milk)	Y	Y																																		✓		
Cappuccino Coconut (instead of milk)	Y	Y																																				
Cappuccino Oat (instead of milk)	Y	Y												✓																								
Espresso	Y	Y																																				
Filter - Black Coffee (add milk or milk alternative if White Americano)	Y	Y																																				
Flat White Low Fat milk	Y																								✓													
Flat White Soya (instead of milk)	Y	Y																																		✓		
Flat White Coconut (instead of milk)	Y	Y																																				
Flat White Oat (instead of milk)	Y	Y												✓																								
Latte Low Fat milk	Y																								✓													
Latte Soya (instead of milk)	Y	Y																																			✓	
Latte Oat (instead of milk)	Y	Y												✓																								
Latte Coconut (instead of milk)	Y	Y																																				
Macchiato Low Fat milk	Y																								✓													
Macchiato Soya (instead of milk)	Y	Y																																			✓	
Macchiato Oat (instead of milk)	Y	Y												✓																								
Macchiato Coconut (instead of milk)	Y	Y																																				
Mocha Low Fat milk	Y																								✓													
Mocha Soya (instead of milk)	Y	Y																																			✓	
Mocha Coconut (instead of milk)	Y	Y																																				

We prepare our fresh food and Barista-made drinks in our shops every day. We use many ingredients and shared equipment, and whilst we do our best to manage allergens we cannot guarantee that any of our food or Barista-made drinks are allergen-free or suitable for those with allergies due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk and egg allergies.

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

# Barista Prepared Drinks

We prepare our fresh food and Barista-made drinks in our shops every day. We use many ingredients and shared equipment, and whilst we do our best to manage allergens we cannot guarantee that any of our food or Barista-made drinks are allergen-free or suitable for those with allergies due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk and 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	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep							
Mocha Oat (instead of milk)	Y	Y												✓																		
<b>Other Hot Drinks</b>																																
Chai Latte Low Fat Milk	Y																							✓								
Chai Latte Coconut (instead of Milk)	Y	Y																														
Chai Latte Soya (instead of Milk)	Y	Y																														✓
Chai Latte Oat (instead of Milk)	Y	Y												✓																		
Dirty Chai Latte Low Fat Milk	Y																							✓								
Dirty Chai Latte Coconut (instead of Milk)	Y	Y																														
Dirty Chai Latte Soya (instead of Milk)	Y	Y																														✓
Dirty Chai Latte Oat (instead of Milk)	Y	Y												✓																		
Matcha Latte Low Fat Milk	Y																							✓								
Matcha Latte Coconut (instead of Milk)	Y	Y																														
Matcha Latte Soya (instead of Milk)	Y	Y																														✓
Matcha Latte Oat (instead of Milk)	Y	Y												✓																		
<b>Iced Drinks</b>																																
Iced Latte Low Fat Milk	Y																							✓								
Iced Latte Soya (instead of milk)	Y	Y																														✓
Iced Latte Coconut (instead of milk)	Y	Y																														
Iced Latte Oat (instead of milk)	Y	Y												✓																		
Iced Chai Latte Low Fat Milk	Y																							✓								
Iced Chai Latte Coconut (instead of Milk)	Y	Y																														
Iced Chai Latte Soya (instead of Milk)	Y	Y																														✓
Iced Chai Latte Oat (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 Soya (instead of Milk)	Y	Y																														✓

We prepare our fresh food and Barista-made drinks in our shops every day. We use many ingredients and shared equipment, and whilst we do our best to manage allergens we cannot guarantee that any of our food or Barista-made drinks are allergen-free or suitable for those with allergies due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk and egg allergies.

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

# Barista Prepared Drinks

We prepare our fresh food and Barista-made drinks in our shops every day. We use many ingredients and shared equipment, and whilst we do our best to manage allergens we cannot guarantee that any of our food or Barista-made drinks are allergen-free or suitable for those with allergies due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk and 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	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep													
Iced Dirty Chai Latte Oat (instead of Milk)	Y	Y												✓																								
Iced Matcha Latte Low Fat Milk	Y																							✓														
Iced Matcha Latte Coconut (instead of Milk)	Y	Y																																				
Iced Matcha Latte Soya (instead of Milk)	Y	Y																																			✓	
Iced Matcha Latte Oat (instead of Milk)	Y	Y												✓																								
Iced Mocha Low Fat Milk	Y																							✓														
Iced Mocha Soya (instead of milk)	Y	Y																																			✓	
Iced Mocha Coconut (instead of milk)	Y	Y																																				
Iced Mocha Oat (instead of milk)	Y	Y												✓																								
Iced White Americano Low Fat Milk	Y																							✓														
Iced White Americano Oat (instead of milk)	Y	Y												✓																								
Iced White Americano Soya (instead of milk)	Y	Y																																			✓	
Iced White Americano Coconut (instead of milk)	Y	Y																																				
<b>Pret Coolers</b>																																						
Applejito	Y	Y																																				
Berry Bliss	Y	Y																																				
Feelin' Peachy	Y	Y																																				
Mango Sunrise	Y	Y																																				
Raspberry Lemonade	Y	Y																																				
Rhuberry Breeze	Y	Y																																				
<b>Hot Chocolate</b>																																						
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	Y																							✓														

We prepare our fresh food and Barista-made drinks in our shops every day. We use many ingredients and shared equipment, and whilst we do our best to manage allergens we cannot guarantee that any of our food or Barista-made drinks are allergen-free or suitable for those with allergies due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk and egg allergies.

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

# Barista Prepared Drinks

We prepare our fresh food and Barista-made drinks in our shops every day. We use many ingredients and shared equipment, and whilst we do our best to manage allergens we cannot guarantee that any of our food or Barista-made drinks are allergen-free or suitable for those with allergies due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk and 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	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)					Wheat	Cow	Goat						Sheep									
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																																					
<b>Syrups &amp; Toppings</b>																																							
All Syrups	Y	Y																																					
Whipped Cream	Y																																						
<b>Milk shot</b>																																							
Low Fat	Y																																						
Soya (instead of milk)	Y	Y																																					
Coconut (instead of milk)	Y	Y																																					
Oat (instead of milk)	Y	Y																																					
<b>Tea</b>																																							
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																																					
<b>Milk / instead of milk cup</b>																																							
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																																					
Babycino	Y																																						

We prepare our fresh food and Barista-made drinks in our shops every day. We use many ingredients and shared equipment, and whilst we do our best to manage allergens we cannot guarantee that any of our food or Barista-made drinks are allergen-free or suitable for those with allergies due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk and egg allergies.