

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



PRET'S



ALLERGEN

GUIDE



INTRODUCTION

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

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

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

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



In line with the Vegan Society recommendations we at Pret are using the term 'vegan-friendly' to label products that may not be made in dedicated vegan sites.

The Food Standards Agency regards the following ingredients and their derivatives as allergens:

| | |
|-------------|---------------------------|
| Peanuts | Tree Nuts |
| Sesame | Cereals containing Gluten |
| Crustaceans | Celery & Celeriac |
| Egg | Fish |
| Lupin | Milk |
| Mustard | Mollusc |
| Soya | Sulphites |

In addition we also declare Pine Nuts as an allergen

If you are interested in an ingredient outside the 14 listed above please look at the ingredient list on the website or the label on the individual product.

If you have any trouble finding what you're looking for, **just ask the Manager – they'll be more than happy to help.**

We understand that no matter how detailed our guide is, there may be times when it can't answer the questions you may have. If you need to know more, please do visit our website at www.pret.co.uk or contact our Customer Service Team on **0207 827 8801**.

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



| <div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div> | | | <div>Baguettes, Sandwiches & Wraps</div> <div>We can't guarantee any of our food is suitable for those with allergies due to a high risk of cross contamination. Our vegan products are made to a vegan recipe but are not suitable for those with milk or egg allergies. Please take care.</div> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | | | | Almond | Brazil Nuts | Cashews | Hazelnut | Macadamia | Pecan | Pistachio | Walnut | | Barley | Kamult (Wheat) | Oats | Rye | Spelt (Wheat) | Wheat | | | | | Cow | Goat | Sheep | | | | | | | |
| Baguettes | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Avo, Olives & Toms | Y | Y | | | | | | | | | | ✓ | | | | | | ✓ | | | | | | | | | | | | | | ✓ |
| Brie, Tomato & Basil | Y | | | | | | | | | | | | | | | | | ✓ | | | | | ✓ | | | | | | | | | |
| Chicken Caesar & Bacon | | | | | | | | | | | | ✓ | | | | | | ✓ | | | ✓ | ✓ | ✓ | | | | | | | | | |
| Chipotle Chicken Chefs Special | | | | | | | | | | | | ✓ | | | | | | ✓ | | | | | | ✓ | ✓ | | | | | | | |
| Italian Prosciutto | | | | | | | | | | | | ✓ | | | | | | ✓ | | | ✓ | | ✓ | | | | | | | | | |
| Jambon Buerre | | | | | | | | | | | | | | | | | | ✓ | | | ✓ | | ✓ | | | | | | | | | |
| Pole & Line Caught Tuna Mayo & Cucumber | | | | | | | | | | | | | | | | | | | | | ✓ | ✓ | | | | | | | | | | |
| Posh Cheddar & Pickle | Y | | | | | | | | | | | ✓ | | | | | | ✓ | | ✓ | | ✓ | | | | | | | | ✓ | | |
| Wiltshire-Cured Ham & Greve | | | | | | | | | | | | | | | | | | | | | ✓ | | ✓ | | | | | | | ✓ | | |
| Sandwiches | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chicken, Avocado & Basil | | | | | | | | | | | | | ✓ | | | | | ✓ | | | ✓ | | ✓ | | | | | | | | | |
| Classic Super Club | | | | | | | | | | | | | ✓ | | | | | ✓ | | | ✓ | | | | | | | | | | | |
| Free-Range Egg Mayo | Y | | | | | | | | | | | | ✓ | | | | | ✓ | | | ✓ | | | | | | | | ✓ | | | |
| Ham & Cheese | | | | | | | | | | | | | ✓ | | | | | ✓ | | | | | ✓ | | | | | | | | | |
| Kid's Cheese | Y | | | | | | | | | | | | ✓ | | | | | ✓ | | | | | ✓ | | | | | | | | | |
| Kid's Ham | | | | | | | | | | | | | ✓ | | | | | ✓ | | | | | ✓ | | | | | | | | | |
| Pret's Christmas Sandwich | | | | | | | | | | | | | ✓ | | | | | ✓ | | | ✓ | | ✓ | | | | | | | | ✓ | |
| Smashed Avo Open Sandwich | Y | Y | | | | | | | | | | | | | ✓ | | | | | | | | | | | | | | | | | |
| Scottish Smoked Salmon | | | | | | | | | | | | | ✓ | | | | | ✓ | | | | ✓ | ✓ | | | | | | | | | |
| Smoked Salmon & Soft Cheese Open Sandwich | | | | | | | | | | | | | | | ✓ | | | | | | | ✓ | ✓ | | | | | | | | | |
| Tuna Mayo & Cucumber | | | | | | | | | | | | | ✓ | | | | | ✓ | | | ✓ | ✓ | | | | | | | | | | |
| Wraps & Flatbreads | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Avo & Herb Salad Wrap | Y | | | | | | | | | | | | | | | ✓ | | ✓ | | | ✓ | | ✓ | | | | | | | | | ✓ |
| Chicken, Pesto & Rocket Flatbread | | | | | | | | | | | | | | | | | | ✓ | | | ✓ | | ✓ | | | | | | | | | ✓ |
| Falafel , Avocado & Chipotle Flatbread | Y | Y | | | | | | | | | | | | | | | | ✓ | | | | | | | | | | | | | ✓ | |
| Hoisin Duck Salad Wrap | | | | | | | | | | | | | | | | ✓ | | ✓ | | | ✓ | | | | | | | | | ✓ | | |
| Humous & Chipotle Wrap | Y | Y | | | | | | | | | | ✓ | | | | | | ✓ | | | ✓ | | | | | | | | | | | |
| Vegan Hoisin Mushroom Wrap | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | | |
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| Contents Key: ✓ (Product Contains) Y (Suitable For) | | | Breakfast | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | | | | Almond | Brazil Nuts | Cashews | Hazelnut | Macadamia | Pecan | Pistachio | | Walnut | Barley | Kamult (Wheat) | Oats | Rye | Spelt (Wheat) | | | | | Wheat | Cow | Goat | | | | | | |
| Almond Croissant | Y | | | ✓ | | | | | | | | | | | ✓ | | | ✓ | | ✓ | | | | | | | | | | |
| Acai & Almond Butter Bowl | Y | Y | | ✓ | | | | | | | | | | ✓ | | | | | | | | | | | | | | | | |
| Bacon & Egg Roll | | | | | | | | | | | | | | ✓ | | | | ✓ | | ✓ | | | | | | | | | | |
| Bircher Muesli | Y | | | | | | | | | ✓ | | | | ✓ | | | | | | ✓ | | | | | | | | | | |
| Breakfast Free-Range Egg Mayo & Avocado | Y | | | | | | | | | | | | | | ✓ | | | ✓ | | | | | | | | | | | | |
| Breakfast Free-Range Egg Mayo & Bacon | | | | | | | | | | | | | | | ✓ | | | ✓ | | | | | | | | | | | | |
| Breakfast Salmon & Egg Mayo | | | | | | | | | | | | | | | ✓ | | | ✓ | ✓ | | | | | | | | ✓ | | | |
| Breakfast Vegan Baguette | Y | Y | | | | | | | | | | | | | ✓ | | | | | | | | | | | | | ✓ | | |
| Coconut Porridge | Y | Y | | | | | | | | | | | | Y | | | | | | | | | | | | | | | ✓ | |
| Chocolate Croissant | Y | | | | | | | | | | | | | | ✓ | | | ✓ | | ✓ | | | | | | | | ✓ | | |
| Cinnamon Danish | Y | | | | | | | | | | | | | | ✓ | | | ✓ | | ✓ | | | | | | | | | | |
| Five Berry Bowl | Y | | | | | | | | | | | | | ✓ | | | | | | | | ✓ | | | | | | | | |
| French Butter Croissant | Y | | | | | | | | | | | | | | ✓ | | | ✓ | | ✓ | | | | | | | | | | |
| Fresh Fruit, Yoghurt & Granola Bowl | Y | | | | | | | | | | | | | ✓ | | | | | | | | ✓ | | | | | | | | |
| Ham, Cheese, Tomato & Bacon Croissant | | | | | | | | | | | | | | | ✓ | | | ✓ | | ✓ | | | | | | | | | | |
| Ham & Egg Breakfast Roll | | | | | | | | | | | | | | | ✓ | | ✓ | ✓ | | ✓ | | | | | | | ✓ | | | |
| Honey & Granola Pot | Y | | | | | | | | | | | | | ✓ | | | | | | | | ✓ | | | | | | | | |
| Mango & Banana Sunshine Bowl | Y | Y | | | | | | | | | | | | ✓ | | | | | | | | | | | | | | | | |
| Mozzarella & Tomato Croissant | Y | | | | | | | | | | | | | | ✓ | | | ✓ | | | | ✓ | | | | | | | | |
| Pain aux Raisin | Y | | | | | | | | | | | | | | ✓ | | | ✓ | | | | ✓ | | | | | | | | |
| Porridge Topping - Berry Compote | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Porridge Topping - Cranberry & Seeds | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Porridge Topping - Honey | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pret's Bacon Roll | | | | | | | | | | | | | | | | ✓ | | ✓ | | | | ✓ | | | | | | | | |
| Pret's Proper Porridge | Y | | | | | | | | | | | | | ✓ | | | | | | | | ✓ | | | | | | | | |
| Pret's Sausage Roll | | | | | | | | | | | | | | | | | | ✓ | | | | ✓ | | | | | | | | |
| Pret's Veggie Roll | Y | | | | | | | | | | | | | | ✓ | | ✓ | | ✓ | | | ✓ | | | | | | | | |
| Pret's Veggie Brioche | Y | | | | | | | | | | | | | | ✓ | | | ✓ | | | | ✓ | | | | | | | | |
| Sausage & Egg Roll | | | | | | | | | | | | | | ✓ | | ✓ | | ✓ | | | | ✓ | | | | | | | | |
| Very Berry Croissant | Y | Y | | | | | | | | | | | | | ✓ | | | | | | | | | | | | | | | |
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Cold Drinks

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Y (Suitable For)

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| Product | Vegetarians | Vegan Friendly | Peanut | Tree Nuts | | | | | | | Sesame | Cereals containing gluten | | | | | | Crustacean | Celery and celeriac | Egg | Fish | Milk | | | Lupin | Molluscs | Mustard | Soya | Sulphites | Pine Nuts | |
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| | | | | Almond | Brazil Nuts | Cashews | Hazelnut | Macadamia | Pecan | Pistachio | | Walnut | Barley | Kamut (Wheat) | Oats | Rye | Spelt (Wheat) | | | | | Wheat | Cow | Goat | | | | | | | Sheep |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Apple Juice | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Coke (all types) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cranberry & Raspberry Pure Pret Still | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Greens | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ginger Shot | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Green Tea & Peach Pure Pret Still | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pure Pret Green Tea Yoga Bunny | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Hot Shot | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lemon & Ginger Pure Pret Still | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mango Smoothie | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Orange & Passion Fruit Pure Pret Still | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Orange Juice (both sizes) | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pure Pret Apple Fizz | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pure Pret Cucumber & Mint Seltzer | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pure Pret Ginger Beer | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pure Pret Ginger Kombucha | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pure Pret Grape & Elderflower | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pure Pret Lime & Raspberry Seltzer | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pure Pret Rhubarb Lemonade | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sparkling Spring Water | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Still Water 500ml | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Still Water 750ml | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vitamin Volcano | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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| Contents Key: ✓ (Product Contains) Y (Suitable For) | | | Fruit | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|-------------|----------------|---|-----------|-------------|---------|----------|-----------|-------|-----------|--------|--------|---------------------------|----------------|------|-----|---------------|-------|------------|---------------------|-----|------|------|------|-------|-------|----------|---------|------|-----------|-----------|
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| | | | | Almond | Brazil Nuts | Cashews | Hazelnut | Macadamia | Pecan | Pistachio | Walnut | | Barley | Kamult (Wheat) | Oats | Rye | Spelt (Wheat) | Wheat | | | | | Cow | Goat | Sheep | | | | | | |
| Apple | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Banana | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mango & Lime | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Melon & Blueberry | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pret's Fruit Salad | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Superfruit Salad | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Watermelon & Lime Pot | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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Pret At Home

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

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| Falafel & Halloumi Hot Wrap | Y | | | | | | | | | | | | | | | ✓ | | ✓ | | | | | | ✓ | ✓ | ✓ | | | | | | | |
| Chipotle, Mozzarella Hot Baguette | Y | | | | | | | | | | | ✓ | | | | | | ✓ | | | | | | ✓ | | | | | | | | | |
| Macaroni Cheese Kale & Cauli | Y | | | | | | | | | | | | | | | | | ✓ | | | | | | ✓ | | | | | | | | | |
| Macaroni Cheese Prosciutto | | | | | | | | | | | | | | | | | | ✓ | | | | | | ✓ | | | | | | | | | |
| Meatless Meatball Hot Wrap | Y | Y | | | | | | | | | | | | | | ✓ | | ✓ | | | | | | | | | | | | | | | |
| Posh Prosciutto Hot Baguette | | | | | | | | | | | | ✓ | | | | | | ✓ | | | | | | ✓ | | | | | | | | | |
| Spicy Chicken Hot Wrap | | | | | | | | | | | | | | | | ✓ | | ✓ | | | | | | ✓ | | | | | | | | | |
| Swedish Meatball Hot Wrap | | | | | | | | | | | | | | | | ✓ | | ✓ | | | | | | ✓ | | | | | | | | | |
| Focaccia & Toasties | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Brie & Bacon Toasted Focaccia | | | | | | | | | | | | | | | | | | ✓ | | | | | | ✓ | | | | | | | ✓ | | |
| Firecracker Chicken Toasted Focaccia | | | | | | | | | | | | | | | | | | ✓ | | | | | ✓ | | | | | | | | | ✓ | |
| Mozzarella, Pesto & Roasted Tomato Focaccia | | | | | | | | | | | | | | | | | | ✓ | | | | | | ✓ | | | | | | | | ✓ | |
| Classic Cheese Toastie | | | | | | | | | | | | | ✓ | | ✓ | ✓ | | ✓ | | | | | ✓ | | | | | | ✓ | | | | |
| Ham, Cheese & Mustard Toastie | | | | | | | | | | | | | ✓ | | ✓ | ✓ | | ✓ | | | | | ✓ | | | | | | ✓ | | | | |
| Tuna Melt Toastie | | | | | | | | | | | | | ✓ | | ✓ | ✓ | | ✓ | | | | | ✓ | ✓ | ✓ | | | | | | | | |
| Soup | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chicken, Broccoli & Brown Rice | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chicken Laksa Soup | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | ✓ | | | |
| EAT.'s Chicken Pot Pie (excludes pot pie top)) | | | | | | | | | | | | | | | | | | | | ✓ | | | ✓ | | | | | | | | | | |
| Pea & Mint Soup | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pret's Chicken Katsu Curry Soup | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pret's Mushroom Risotto Soup | Y | Y | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | ✓ | | |
| Red Thai Veg Soup | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | | |
| Souper Tomato | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pot Pie Top | Y | | | | | | | | | | | | | | | | | ✓ | | | | ✓ | | ✓ | | | | | | | | | |
| Stone Baked Losange | Y | Y | | | | | | | | | | | | | | | | ✓ | | | | | | | | | | | | | | | |

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| Contents Key: ✓ (Product Contains) Y (Suitable For) | | | Salad & Picnic Platters | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Product | Vegetarians | Vegan Friendly | Peanut | Tree Nuts | | | | | | | | Sesame | Cereals containing gluten | | | | | | Crustacean | Celery and celeriac | Egg | Fish | Milk | | | Lupin | Molluscs | Mustard | Soya | Sulphites | Pine Nuts | | |
| | | | | Almond | Brazil Nuts | Cashews | Hazelnut | Macadamia | Pecan | Pistachio | Walnut | | Barley | Kamult (Wheat) | Oats | Rye | Spelt (Wheat) | Wheat | | | | | Cow | Goat | Sheep | | | | | | | | |
| Chef's Italian Chicken Salad | | | | | | | | | | | ✓ | | | | | | | | | | ✓ | ✓ | ✓ | | | | | | ✓ | | | | |
| Chipotle Sweet Potato Salad Bowl | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | | |
| Crayfish & Avo No Bread | | | | | | | | | | | | | | | | | ✓ | | | | | | | | | | | | ✓ | | | | |
| Egg & Spinach Protein Pot | Y | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | | | | | | |
| Humous and Falafel Mezze | Y | Y | | | | | | | | | | ✓ | | | | | | | | | | | | | | | | | ✓ | | | | |
| Roasted Chickpea, Mozarella & Pesto Salad Bowl | Y | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | ✓ | | | | ✓ | |
| Salmon & Mango Salad Bowl | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | ✓ | ✓ | | |
| Smoked Salmon Protein Box | | | | | | | | | | | | | | | | | | | | | ✓ | ✓ | | | | | | ✓ | ✓ | | | | |
| Smoked Salmon & Egg Protein Pot | | | | | | | | | | | | | | | | | | | | | ✓ | ✓ | | | | | | | | | | | |
| Tamari & Ginger Chicken Salad Bowl | | | | | | | | | | | | ✓ | | | | | | | | | | | | | | | | | | ✓ | | | |
| Tuna Nicoise Salad | | | | | | | | | | | | | | | | | | | | | ✓ | ✓ | | | | | | | ✓ | | | | |
| Dressing | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ceviche Dressing | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| French Dressing | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | |
| Green Dressing | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | | |
| Tamari & Ginger | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | |
| Picnic Platters | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Humous & Crudités Platter | Y | Y | | | | | | | | | | ✓ | | | | | | | | | | | | | | | | | | | | | |
| Ploughman's Platter | | | | | | | | | | | | | | | | | | | | | ✓ | | ✓ | | | | | | | | | | |
| Smoked Salmon & Avo Platter | | | | | | | | | | | | | | | | | | | | | | ✓ | ✓ | | | | | | | | | | |

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| | | | | Almond | Brazil Nuts | Cashews | Hazelnut | Macadamia | Pecan | Pistachio | Walnut | | Barley | Kamult (Wheat) | Oats | Rye | Spelt (Wheat) | Wheat | | | | | Cow | Goat | Sheep | | | | | | |
| Snacks | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Easy Peasy Almond Squeezy | Y | Y | | ✓ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cranberries in Coats | Y | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | |
| Dark Chocolate Salted Almonds | Y | Y | | ✓ | | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | |
| Mature Cheddar & Red Onion Crisps | Y | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | |
| Milk Chocolate Bar | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vegetable Crisps | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sweet Treats | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Almond Butter Bite | Y | | | ✓ | | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | |
| Caramel Waffle | Y | | | | | | | | | | | | | | | | | ✓ | | | | | | ✓ | | | | | | ✓ | |
| Choc Bar | Y | | | | | | | | | | | | | | | | | ✓ | | | | | | ✓ | | | | | | ✓ | |
| Chocolate Brownie Bar | Y | | | | | | | | | | | | | | | | | ✓ | | | ✓ | | | ✓ | | | | | | ✓ | |
| Chocolate Chunk Cookie | Y | | | | | | | | | | | | | | | | | ✓ | | | | | | ✓ | | | | | | | |
| Chocolate Praline Cookie | Y | | | | | | ✓ | | | | | | | | | | | ✓ | | | | | | ✓ | | | | | | | |
| Coconut Bite | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | |
| Dark Chocolate & Almond Butter Cookie | Y | Y | | ✓ | | | | | | | | | | | | | | ✓ | | | | | | | | | | | | | |
| Dark Chocolate Corn Cakes | Y | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | ✓ | |
| Dark Chocolate with Sea Salt | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | |
| Double Berry Muffin | Y | | | | | | | | | | | | | | | | | ✓ | | | | ✓ | | ✓ | | | | | | | |
| Fruit, Oat & Spelt Cookie | Y | | | | | | | | | | | | | ✓ | | | ✓ | ✓ | | | | | ✓ | | | | | | | | |
| Ginger Snap Biscuit | Y | | | | | | | | | | | | | | | | | ✓ | | | | | | ✓ | | | | | | | |
| Hazelnut Truffles | Y | Y | | | | | ✓ | | | | | | | | | | | | | | | | | | | | | | | | |
| Love Bar | Y | | | ✓ | | | | | | | ✓ | | | | ✓ | | | | | | | | | ✓ | | | | | | ✓ | |
| Nut Bar | Y | | | ✓ | | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | |
| Popcorn bar | Y | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | ✓ | |
| Pret's Gingerbread Biscuits | Y | | | | | | | | | | | | | | | | | ✓ | | | | ✓ | | | | | | | | | |
| Pret's Pecan & Caramel Cookie | Y | | | | | | | | | ✓ | | | | | | | | ✓ | | | | | | ✓ | | | | | | ✓ | |
| Pret Bar | Y | | | | | | | | | | | | | ✓ | | | | ✓ | | | | | | ✓ | | | | | | | |
| Pret's Shortbread | Y | | | | | | | | | | | | | | | | | ✓ | | | | | | ✓ | | | | | | | |
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| Coffee | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Americano Black (add milk or milk alternative if White Americano) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cappuccino Semi Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | | | | |
| Cappuccino Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | | | | |
| Cappuccino Soya (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | |
| Cappuccino Rice Coconut (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cappuccino Oat (instead of milk) | Y | Y | | | | | | | | | | | | ✓ | | | | | | | | | | | | | | | | | | | | | |
| Espresso | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Filter - Black Coffee (add milk or milk alternative if White Americano) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Flat White Semi Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | | | | |
| Flat White Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | | | | |
| Flat White Soya (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | |
| Flat White Rice Coconut (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Flat White Oat (instead of milk) | Y | Y | | | | | | | | | | | | ✓ | | | | | | | | | | | | | | | | | | | | | |
| Latte Semi Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | | | | |
| Latte Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | | | | |
| Latte Soya (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | |
| Latte Oat (instead of milk) | Y | Y | | | | | | | | | | | | ✓ | | | | | | | | | | | | | | | | | | | | | |
| Latte Rice Coconut (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Macchiato Semi Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | | | | |
| Macchiato Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | | | | |
| Macchiato Soya (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | |
| Macchiato Oat (instead of milk) | Y | Y | | | | | | | | | | | | ✓ | | | | | | | | | | | | | | | | | | | | | |
| Macchiato Rice Coconut (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mocha Semi Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | | | | |
| Mocha Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | | | | |
| Mocha Soya (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | |

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| Mocha Rice Coconut (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mocha Oat (instead of milk) | Y | Y | | | | | | | | | | | | ✓ | | | | | | | | | | | | | | | | | |
| Chai Latte | Y | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | |
| Chai Latte Rice Coconut (instead of Milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Matcha Latte Rice Coconut (instead of Milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Turmeric Latte Rice Coconut (instead of Milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Smoothies | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Berry Blast | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mango & Pineapple | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Strawberry & Banana | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Frappés | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Classic Frappé Semi Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | |
| Classic Frappé Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | |
| Chocolate Frappé Semi Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | |
| Chocolate Frappé Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | |
| Mocha Frappé Semi Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | |
| Mocha Frappé Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | |
| Decaf Mocha Frappé Semi Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | |
| Decaf Mocha Frappé Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | |
| Caramel Shake Semi Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | |
| Caramel Shake Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | |
| Hazelnut Shake Semi Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | |
| Hazelnut Shake Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | |
| Vanilla Shake Semi Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | |
| Vanilla Shake Skimmed milk | Y | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | |
| Frappé Mix | Y | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | |
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| Iced Drinks | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Iced Latte Semi Skimmed Milk | Y | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | |
| Iced Latte Skimmed Milk | Y | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | |
| Iced Latte Soya (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | |
| Iced Latte Rice Coconut (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Iced Latte Oat (instead of milk) | Y | Y | | | | | | | | | | | | | ✓ | | | | | | | | | | | | | | | | | |
| Iced White Americano Semi Skimmed Milk | Y | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | |
| Iced White Americano Skimmed Milk | Y | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | |
| Iced White Americano Oat (instead of milk) | Y | Y | | | | | | | | | | | | | ✓ | | | | | | | | | | | | | | | | | |
| Iced White Americano Soya (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | | |
| Iced White Americano Rice Coconut (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Turmeric Iced Latte Rice Coconut | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Hot Chocolate | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Hot Chocolate Semi Skimmed Milk | Y | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | |
| Hot Chocolate Skimmed Milk | Y | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | |
| Hot Chocolate Soya (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | | |
| Hot Chocolate Rice Coconut (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Hot Chocolate Oat (instead of milk) | Y | Y | | | | | | | | | | | | | ✓ | | | | | | | | | | | | | | | | | |
| Hot Chocolate Powder | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Hot Chocolate Hazelnut | Y | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | |
| Hot Chocolate Hazelnut Skimmed | Y | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | |
| Hot Chocolate Hazelnut Soya | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | | |
| Hot Chocolate Hazelnut Rice-Coconut | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Hot Chocolate Hazelnut Oat | Y | Y | | | | | | | | | | | | | ✓ | | | | | | | | | | | | | | | | | |
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| Contents Key: ✓ (Product Contains) Y (Suitable For) | | | Barista Prepared Drinks | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|-------------|----------------|---|-----------|-------------|---------|----------|-----------|-------|-----------|--------|---------------------------|--------|----------------|------|-----|---------------|------------|---------------------|-----|------|-------|-----|------|-------|----------|---------|------|-----------|-----------|-------|
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| Product | Vegetarians | Vegan Friendly | Peanut | Tree Nuts | | | | | | | Sesame | Cereals containing gluten | | | | | | Crustacean | Celery and celeriac | Egg | Fish | Milk | | | Lupin | Molluscs | Mustard | Soya | Sulphites | Pine Nuts | |
| | | | | Almond | Brazil Nuts | Cashews | Hazelnut | Macadamia | Pecan | Pistachio | | Walnut | Barley | Kamult (Wheat) | Oats | Rye | Spelt (Wheat) | | | | | Wheat | Cow | Goat | | | | | | | Sheep |
| Cold Brew | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cold Brew (no milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cold Brew Semi Skimmed Milk | Y | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | | |
| Cold Brew Skimmed Milk | Y | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | | |
| Cold Brew Soya (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | |
| Cold Brew Oat (instead of milk) | Y | Y | | | | | | | | | | | ✓ | | | | | | | | | | | | | | | | | | |
| Cold Brew Rice Coconut (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Syrups & Toppings | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| All Syrups | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Milk shot | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Semi Skimmed | Y | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | | |
| Skimmed | Y | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | | |
| Soya (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | |
| Rice Coconut (instead of milk) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Oat (instead of milk) | Y | Y | | | | | | | | | | | ✓ | | | | | | | | | | | | | | | | | | |
| Tea | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ceylon Breakfast (add milk or milk alternative if White) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Earl Grey (add milk or milk alternative if White) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Peppermint (add milk or milk alternative if White) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tropical Green (add milk or milk alternative if White) | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Miso Soup | | | | | | | | | | | | ✓ | | | | | ✓ | | | | ✓ | | | | | | | ✓ | | | |
| Milk / instead of milk cup | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Semi Skimmed milk cup | Y | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | | |
| Skimmed milk cup | Y | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | | |
| Soya (instead of milk) cup | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | |
| Rice Coconut (instead of milk) cup | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Oat (instead of milk) cup | Y | Y | | | | | | | | | | | ✓ | | | | | | | | | | | | | | | | | | |
| Babyccino | Y | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | | |
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