

Hot Box Curries		Suitable for														
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Butter Chicken Rice Bowl				✓												Cashew Almond
Indian Paneer Rice Bowl	✓			✓												
Thai Green Vegetable Curry Rice Bowl	✓	✓	✓													
Chilli Con Carne Rice Bowl							Wheat				✓					

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Brioche		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
			Feta & Spinach Brioche	✓			✓	✓		Wheat						
Chicken Sausage and Egg Brioche				✓	✓		Wheat									
Egg & Bacon Brioche				✓	✓		Wheat									
Egg Tomatoes Brioche	✓			✓	✓		Wheat		✓			✓				
Egg Salmon Brioche				✓	✓		Wheat		✓			✓			✓	

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Breakfast Baguettes		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
			Egg Mayo and Roasted Tomato Baguette	✓				✓		Wheat		✓			✓	
Smoked Salmon and Egg Mayo Baguette					✓		Wheat		✓			✓			✓	

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Hot Croissants		Suitable for														
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
HK-Tomatoes and Cheese(Savory Croissant)	✓			✓	✓		Wheat									
HK-Smoked Salmon and Egg				✓	✓		Wheat									✓

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Rye Rolls		Suitable for														
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
New Yorker Rye Roll			✓		✓		Wheat, Barley, Rye		✓			✓				
Veggie Deli Rye Roll	✓		✓	✓	✓		Wheat, Barley, Rye		✓			✓				

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Breakfast		Suitable for														
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Pret's Soya Porridge	✓	✓					Oat		✓							

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**French Pastries**

8-Jan-24

Product	Suitable for		Contains these allergens													
	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Vanilla Donut	✓	✓					Wheat									Almond
Super Chocolate Donut	✓	✓					Wheat									Almond
Cinnamon Donut	✓	✓					Wheat									

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French Pastries		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
			Chocolate Chubk Cookie	✓			✓			Wheat						
Fruit,Oat & Spelt Cookie	✓			✓			Wheat, Oat									
Dark Chocolate & Almond Butter Cookie	✓	✓					Wheat									Almond
Double Berry Muffin	✓			✓	✓		Wheat									
Chicken & Mushroom Turnover				✓			Wheat		✓			✓				
Bacon & Cheese Turnover				✓			Wheat					✓				
Garlic & Parsley Swirl	✓			✓	✓		Wheat									
Cheese Twist	✓			✓	✓		Wheat									
Tomato Twist	✓			✓	✓		Wheat									
Very Berry Croissant	✓	✓					Wheat									
French Butter Croissant	✓			✓	✓		Wheat									
Almond Croissant	✓			✓	✓		Wheat									Almond
Chocolate Croissant	✓			✓	✓		Wheat		✓							
Pain Au Raisin	✓			✓	✓		Wheat									
Sausage and Onion Roll				✓	✓		Wheat									
Savory Croissant- Mozzarella & Tomato	✓			✓	✓		Wheat									
Zaatar Croissants	✓		✓	✓	✓		Wheat									

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Bowls/ Pots		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
			Five Berry Breakfast Bowl	✓			✓			Oat						
Berry Yoghurt Parfait	✓			✓			Oat									Cashew, Pecan
Banana & Honey Bowl	✓			✓			Oat									Cashew, Pecan
Bircher Muesli Bowl	✓			✓			Oat									Pistachio, Cashew, Pecan
Blue Goodness Bowl	✓			✓			Oat						✓			Cashew, Pecan
Pink Goodness Bowl	✓			✓			Oat									Cashew, Pecan, Almond
Yellow Goodness Bowl	✓			✓			Oat						✓			Cashew, Pecan

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8-Jan-24

Fruits		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Banana	✓	✓														
Pomegranate Pot	✓	✓														
Pear & Grapes	✓	✓														
Mango and Lime	✓	✓														
Superfruit Salad	✓	✓														

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Soup	Suitable for		Contains these allergens													
Product	Vegetarians	Vegans														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Malaysian Chicken Soup																✓
Carrot and Coriander Soup	✓			✓								✓				
Chicken Laksa							Wheat		✓							✓
Thai Red Chicken Curry Soup									✓		✓			✓	✓	
Souper Tomato Soup	✓	✓														
Chicken Multigrain Soup							Wheat, Barley				✓					
Veggie Tom Yum	✓	✓							✓							
Curried Lentil, Sweet Potatoe & Quiona Soup	✓			✓							✓					
Chicken Shitake Miso Mushrooms									✓							
Rye Roll	✓	✓	✓				Wheat, Rye, Barley									
Soup Bread	✓	✓	✓				Wheat, Rye, Barley, Oat									

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8-Jan-24

Toasties		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Mollusc	Soya	Peanut	Celery and celeriac	Mustard	Sulphite	Crustacean	Fish	Nuts
Tuna Melt Toastie				✓	✓		Wheat, Barley, Rye Oat		✓			✓			✓	
Chicken, Avocado & Basil Toastie				✓	✓		Wheat, Barley, Rye Oat		✓			✓				
Classic Cheese Toastie	✓			✓	✓		Wheat, Barley, Rye Oat		✓			✓				

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Salads		Suitable for																8-Nov-23
Product	Vegetarians	Vegans	Contains these allergens															
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts		
Chef's Italian Chicken Salad				✓	✓					✓						✓	Pistachio	
Smoked Salmon & Avocado Salad															✓		✓	
Avocado, Mozzarella & Roasted Pepper Salad	✓			✓												✓	Pinenut	
Crayfish & Avocado Salad														✓		✓		
Edamame	✓	✓								✓								
Egg & Avo Protein Pot	✓				✓													
Chicken & Smashed Avo Protein Pot				✓	✓					✓								
Chicken Tikka Salad Bowl				✓													Almond	

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8-Jan-24

Granary		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Chicken Acocado Sandwich				✓	✓		Wheat, Barley		✓			✓				
Summer Chicken Sandwich				✓	✓		Wheat, Barley		✓			✓				Pinenut
Tuna Mayo Sandwich					✓		Wheat, Barley		✓			✓			✓	
Wild Crayfish and Rocket Sandwich				✓	✓		Wheat, Barley		✓			✓		✓		
Mature Cheddar & Pickle Sandwich	✓			✓	✓		Wheat, Barley		✓			✓				
Cracking Egg Salad Sandwich	✓				✓		Wheat, Barley		✓			✓				
Beef and Horseradish Sandwich				✓	✓		Wheat, Barley					✓	✓			
Classic Super Club				✓	✓		Wheat, Barley		✓			✓				
Smoked Salmon Sandwich				✓			Wheat, Barley								✓	

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Baguettes		Suitable for		Contains these allergens													
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
			Chicken Ceasar and Bacon Baguette			✓	✓	✓		Wheat, Rye, Barley, Oats		✓			✓		
Tuna Mayo & Cucumber Baguette					✓		Wheat		✓			✓				✓	
Posh Cheddar & Pickle Baguette	✓		✓	✓	✓		Wheat, Rye, Barley, Oats		✓			✓					
Chicken Salad Baguette				✓	✓		Wheat		✓			✓					
Italian Beef Premium Baguette				✓	✓		Wheat		✓			✓					
Salmon, Soft Cheese & Dill Baguette			✓	✓			Wheat, Rye, Barley, Oats									✓	
Portobello Mushroom Toasted Baguette	✓			✓	✓		Wheat		✓			✓					
Spicy Chicken Toasted Baguette			✓	✓			Wheat, Rye, Barley, Oats					✓					

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8-Jan-24

Kibbled Rye Salad Wraps		Suitable for														
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Chicken Tikka Wrap				✓			Wheat, Rye									Almond, Cashew
Avocado & Herb Salad Wrap	✓			✓	✓		Wheat, Rye		✓			✓				Pinenut

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8-Jan-24

Flat Breads		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Avo & Chipotle Flatbread				✓			Wheat					✓				
Tuna Flatbread					✓		Wheat		✓			✓			✓	

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8-Jan-24

Hot Wraps		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Halloumi & Falafel Hot Wrap	✓			✓				Wheat, Rye								
Chipotle Chicken Hot Wrap				✓				Wheat, Rye					✓			
Meatball Hot Wrap				✓				Wheat, Rye		✓			✓			

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Snacks & Desserts	Suitable for		Contains these allergens													
	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Sea Salt Crisps	✓	✓														
Mature Cheddar Crisps	✓			✓												
Sweet Chilli Crisps	✓	✓							✓							
Pret Nuts , Fruits & Chocolate	✓			✓					✓							Almonds
Hazelnut Truffle	✓	✓														Hazelnut
Caramel Waffle	✓			✓			Wheat		✓							
Cranberries in Coats	✓			✓												
Pret Dark Chocolate Almonds	✓	✓							✓							Almonds
Espresso Mocha Protein Ball	✓	✓							✓							Coconut, Cashew
Coco-nut Protein Ball	✓	✓							✓							Coconut, Cashew
Pret a Mango	✓	✓														
Choc Bar	✓			✓			Wheat		✓							
Popcorn Bar	✓			✓					✓							
Love Bar	✓			✓			Oat		✓							Almond Pistachio
Honey Cake	✓			✓	✓		Wheat									
Vegan Lotus Biscoff Cake	✓	✓					Wheat		✓							
Chocolate Brownie	✓			✓	✓		Wheat		✓							

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Drinks	Suitable for		Contains these allergens													
	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Cold Press Orange Juice	✓	✓														
Cold Pressed Pomegranate Juice	✓	✓														
Pineapple Powow	✓	✓														
Root Reboot	✓	✓														
CUCUMBER AND MINT SELTZER	✓	✓														
PP APPLE FIZZ 2019	✓	✓														
PP RHUBARB LEMONADE	✓	✓														
Pink Lemonaid	✓	✓														
Blue Lemonaid	✓	✓														
Black Lemonaid	✓	✓														
Sunny Dayz	✓	✓														
Essential Green	✓	✓									✓					
Ginger Shot	✓	✓									✓					
Tumeric Shot	✓	✓														
San Pelegrino 500ml	✓	✓														
Aqua Morelli Still Large	✓	✓														
Aqua Morelli Still Small	✓	✓														
Eira Still Small	✓	✓														
Eira Still Large	✓	✓														
Arwa 500ml	✓	✓														
Coke	✓	✓														
Coke Zero	✓	✓														
Sprite	✓	✓														
Nai's- Jasmine White Tea	✓	✓														
Na's Hibiscous Flower Tea	✓	✓														
Nai's Morooccan Mint Tea	✓	✓														
Nai's Ginger Green Tea	✓	✓														
Coconut Water	✓	✓														

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Product	Suitable for		Contains these allergens													
	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Extra Shot	✓	✓														
Filter- Black	✓	✓														
Filter- White	✓			✓												
Americano Black	✓	✓														
Americano White																
Pret's Matcha Latte	✓			✓												
Pret's Chai Latte	✓			✓												
Latte	✓			✓												
Cappuccino	✓			✓												
Mocha	✓			✓												
Organic Chocolate	✓			✓												
Macchiato	✓			✓												
Flat White	✓			✓												
Rice Coconut Milk	✓	✓														
Oat Milk	✓	✓					Oat									
Soya Milk	✓	✓							✓							
Cup of Milk 80z	✓			✓												
Hot Tea- Breakfast	✓			✓												
Hot Tea- Earl Grey	✓			✓												
Hot Tea- Green	✓	✓														
Hot Tea- Peppermint	✓	✓														
Iced Latte	✓			✓												
Iced Black Americano	✓	✓														
Iced White Americano	✓			✓												
Iced Filter	✓	✓														
Iced Mocha	✓			✓												
Iced Chocolate	✓			✓												
Iced Chai Latte	✓			✓												
Iced Matcha Latte	✓			✓												
Syrup Vanilla	✓	✓														
Syrup Caramel	✓	✓														
Classic Frappe	✓			✓												
Salted Caramel Frappe	✓			✓												
Chocolate Frappe	✓			✓												
Berries & Cherries Smoothie	✓	✓														
Sweet Greens Smoothie	✓	✓									✓					
Tropical Peach Smoothie	✓	✓														

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MTS Drinks		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
			Spanish Latte	✓			✓									
Caramel Oat Latte	✓	✓					Oat									
Pumpkin Spiced Latte - Full Fat Milk	✓			✓												
Pumpkin Spiced Latte - Low Fat Milk	✓			✓												
Pumpkin Spiced Latte - Soy Milk	✓	✓							✓							
Pumpkin Spiced Latte - Almond Milk	✓	✓														Almonds
Pumpkin Spiced Latte - Coconut Milk	✓	✓														
Pumpkin Spiced Latte - Oat Milk	✓	✓					Oat									
Gingerbread Latte Full Fat Milk	✓			✓												
Gingerbread Latte Skimmed Milk	✓			✓												
Gingerbread Latte Soy Milk	✓	✓							✓							
Gingerbread Latte Almond Milk	✓	✓														Almonds
Gingerbread Latte Oat Milk	✓	✓					Oat									
Gingerbread Latte Coconut Milk	✓	✓														
Gingerbread iced Latte Full Fat Milk	✓			✓												
Gingerbread Iced Latte Skimmed Milk	✓			✓												
Gingerbread Iced Latte Soy Milk	✓	✓							✓							
Gingerbread Iced Latte Almond Milk	✓	✓														Almonds
Gingerbread Iced Latte Oat Milk	✓	✓					Oat									
Gingerbread Iced Latte Coconut Milk	✓	✓														
Iced Spanish Latte	✓			✓												

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**8-Nov-23**

CPG goods		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesam	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
			Espresso (450g Whole Bean)	✓	✓											
Classic Blend (200g Ground)	✓	✓														
Peru Single Origin (200g Ground)	✓	✓														

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Alcohol Range ( Airport stores only )	Suitable for		Contains these allergens													
Product	Vegetarians	Vegans														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Tiger Beer	✓	✓					Barley									
Amstel Light	✓	✓					Barley									
Heineken Beer	✓	✓					Barley									
Vu du Can Sauvignon Blanc	✓	✓											✓			
Sea Change Pinot Grigio	✓	✓											✓			
Sea Change Sparkling Wine	✓	✓											✓			
Sea Change Rose	✓	✓											✓			
Vu du Can Rose Wine	✓	✓											✓			
Vu du Can Malbec	✓	✓											✓			
Vu du Can Sparkling Wine	✓	✓											✓			

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