

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
			Brie, Tomato & Basil Baguette	✓			✓			WHEAT						
Chicken Caesar Baguette			✓	✓	✓		WHEAT, RYE, OAT, BARLEY		✓			✓			✓	
Ham & Greve Baguette				✓	✓		WHEAT		✓			✓				
Posh Cheddar & Pickle Baguette	✓		✓	✓	✓		WHEAT, RYE, OAT, BARLEY		✓			✓	✓			
Chipotle Mozzarella Hot Baguette	✓		✓	✓			WHEAT, RYE, OAT, BARLEY		✓			✓				
Posh Prosciutto Hot Baguette			✓	✓			WHEAT, RYE, OAT, BARLEY									

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Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Bacon & Egg Brioche				✓	✓		WHEAT		✓							
Bacon Brioche				✓	✓		WHEAT		✓							
Sausage & Egg Brioche				✓	✓		WHEAT		✓			✓				
Pret's Veggie Brioche	✓			✓	✓		WHEAT		✓							
Chicken Chipotle Hot Wrap				✓			WHEAT, RYE		✓			✓				
Chicken Kebab Hot Wrap				✓			WHEAT, RYE									
Spicy Mediterranean Hot Wrap	✓			✓			WHEAT, RYE		✓			✓				
Ham and Greve Hot Croissant				✓	✓		WHEAT									
Cheddar and Tomatoes Hot Croissant	✓			✓	✓		WHEAT									
Cheesy Chicken Hot Croissant				✓	✓		WHEAT		✓			✓				
Bacon & Ham Macaroni Cheese				✓			WHEAT									
Spinach Mac & Cheese	✓			✓			WHEAT									

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Sandwiches		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
			Chicken Avocado Granary				✓	✓		WHEAT, BARLEY		✓			✓	
Classic Super Club Granary					✓		WHEAT, BARLEY		✓			✓				
Wild Crayfish & Rocket Granary					✓		WHEAT, BARLEY		✓			✓		✓		
Cracking Egg Salad Granary	✓				✓		WHEAT, BARLEY		✓			✓				
Coronation Chicken					✓		WHEAT, BARLEY		✓			✓				ALMOND
Ham & Cheese Granary				✓			WHEAT, BARLEY									
Mature Cheddar Granary	✓			✓	✓		WHEAT, BARLEY		✓			✓	✓			
Smoked Salmon & Soft Cheese				✓			WHEAT, BARLEY								✓	
Rainbow Veggie	✓	✓	✓				WHEAT, BARLEY									

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Bowl & Pot		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
Banana & Honey Muesli	✓			✗												
Cranberry Yoghurt Bowl	✓			✗												
Bircher Muesli	✓			✗												PISTACHIO
Coconut Chia Seed Bowl	✓	✓														ALMOND
Five Berry Bowl	✓			✗												
Mango & Banana Sunshine Bowl	✓	✓														ALMOND
Red Dragon Fruit Sunshine Breakfast Bowl	✓	✓														ALMOND

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Dessert		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
			Tiramisu	✓		✗	✗		WHEAT							

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Toasties		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
			All Day Breakfast Toastie				✓	✓		WHEAT, RYE, OAT, BARLEY		✓			✓	✓
Brie, Avocado & Tomato Toastie	✓			✓			WHEAT, OAT, RYE, BARLEY									
Chicken, Avocado & Basil Toastie				✓	✓		WHEAT, OAT, RYE, BARLEY		✓			✓				
Classic Cheese Toastie	✓			✓	✓		WHEAT, OAT, RYE, BARLEY		✓			✓				
Ham, Cheese & Mustard Toastie				✓	✓		WHEAT, OAT, RYE, BARLEY		✓			✓				

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Croissant		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
Croissant Almond	✓			✗	✗		WHEAT									ALMOND
Croissant Chocolate	✓			✗	✗		WHEAT		✗							
Mozzarella & Tomato Croissant	✓			✗	✗		WHEAT									
Pain au Raisin	✓			✗	✗		WHEAT									
Plain Croissant	✓			✗	✗		WHEAT									
Very Berry Croissant	✓	✓					WHEAT									

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Cold 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	
			Water - Aqua Panna 500ml Still	✓	✓												
Juice - Coconut Water	✓	✓															
Coke (All types)	✓	✓															
Juice - Fresh Lemon & Mint	✓	✓															
Heineken Beer	✓	✓					BARLEY										
Juice - Orange	✓	✓															
Juice - Pink Grapefruit	✓	✓															
Radiance	✓	✓									✓						
Water - San Pellegrino 500ml Sparkling	✓	✓															
Tiger Beer	✓	✓					BARLEY										
Ultra Boost	✓	✓															
Water - Desa 500ml Still	✓	✓															
Chang Beer	✓	✓					BARLEY										

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Salads		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
			Chef's Chicken Salad				✓	✓		WHEAT, BARLEY		✓			✓	
Egg & Spinach Protein Pot	✓				✓											
Smoked Salmon & Spinach Protein Pot					✓										✓	
Wild Crayfish & Avocado							WHEAT					✓		✓		

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Crisps		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	
			Tyrrells Lightly Sea Salted Crisps	✓													
Tyrrells Mature Cheddar & Chives Crisps	✓			✓													
Tyrrells Sea Salt & Cider Vinegar Crisps	✓	✓					BARLEY										
Tyrrells Sea Salt & Cracked Black Pepper Crisps	✓																

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Cookies & Muffins		Suitable for															V7 -04.10.2024
Product	Vegetarians	Vegans	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Chocolate Chunk Cookie	✓			✗				WHEAT									
Cheese Twist	✓			✗	✗			WHEAT									
Dark Chocolate Almond Butter Cookies	✓							WHEAT									ALMONDS
Egg Tart	✓			✗	✗			WHEAT									
Fruit, Oat & Spelt Cookie	✓			✗				WHEAT, OAT, SPELT									
Muffin Blueberry	✓			✗	✗			WHEAT									
Muffin Chocolate	✓			✗	✗			WHEAT		✗							HAZELNUT

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Snacks		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
			Brownie Bar	✓			✗	✗		WHEAT		✗				
Choc Bar	✓			✗			WHEAT		✗							
Dark Chocolate Almonds Snack	✓	✓							✗							ALMONDS
Love Bar	✓			✗			OATS		✗							PISTACHIO, ALMONDS
Popcorn bar	✓			✗					✗							
Pret A Mango	✓	✓														

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Wraps		Suitable for														V7 -04.10.2024
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Avocado & Herb Salad Wrap	✓			✘	✘		WHEAT, RYE		✘			✘				PINENUTS
Chicken & Rocket Salad Wrap				✘	✘		WHEAT, RYE		✘			✘				

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Fruit		Suitable for		Contains these allergens													
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
			Apple	✓	✓												
Banana	✓	✓															
Dragon Fruit Salad	✓	✓															
Melon Trio	✓	✓															
Papaya & Lime	✓	✓															
Grape Medley Mix	✓	✓															

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Barista Prepared Drinks

Suitable for

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Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Coffee																
Americano Black	✓	✓														
Americano White Milk	✓			✓												
Americano White Rice Coconut	✓	✓														
Americano White Soya	✓	✓							✓							
Americano White Oat	✓	✓														
Americano White Almond	✓	✓														ALMOND
Cappuccino Milk	✓			✓												
Cappuccino Rice Coconut	✓	✓														
Cappuccino Soya	✓	✓							✓							
Cappuccino Oat	✓	✓														
Cappuccino Almond	✓	✓														ALMOND
Decaf Latte Milk	✓			✓												
Decaf Latte Rice Coconut	✓	✓														
Decaf Latte Soya	✓	✓							✓							
Decaf Latte Oat	✓	✓														
Decaf Latte Almond	✓	✓														ALMOND
Espresso	✓	✓														
Filter - Black Coffee	✓	✓														
Filter - White Coffee Milk	✓			✓												
Filter - White Coffee Rice Coconut	✓	✓														
Filter - White Coffee Soya	✓	✓							✓							
Filter - White Coffee Oat	✓	✓														
Filter - White Coffee Almond	✓	✓														ALMOND
Flat White Milk	✓			✓												
Flat White Rice Coconut	✓	✓														
Flat White Soya	✓	✓							✓							
Flat White Oat	✓	✓														
Flat White Almond	✓	✓														ALMOND
Latte Milk	✓			✓												
Latte Rice Coconut	✓	✓														
Latte Soya	✓	✓							✓							

	sup	g	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Milk Cup																	
Babyccino	✓			✓													
Milk Whole	✓			✓													
Milk Semi-Skimmed	✓			✓													
Rice Coconut	✓	✓															
Soya	✓	✓							✓								
Oat	✓	✓															
Almond	✓	✓															ALMOND
Syrups																	
Syrup Shot - Caramel	✓	✓															
Syrup Shot - Hazelnut	✓	✓															HAZELNUT
Syrup Shot - Vanilla	✓	✓															
Tea																	
English Breakfast Tea Milk	✓			✓													
English Breakfast Tea Rice-Coconut	✓	✓															
English Breakfast Tea Soya	✓	✓						✓									
English Breakfast Tea Oat	✓	✓															
English Breakfast Tea Almond	✓	✓															ALMOND
Earl Grey Tea Milk	✓			✓													
Earl Grey Tea Rice-Coconut	✓	✓															
Earl Grey Tea Soya	✓	✓						✓									
Earl Grey Tea Oat	✓	✓															
Earl Grey Tea Almond	✓	✓															ALMOND
Green Tea	✓	✓															
Peppermint Tea	✓	✓															

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