

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 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.



Baguettes, Rolls & Sandwiches

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	<	< e				,	Tre	ee Nuts				ļ		C	Cereals cont	aining glute	en							Milk		<u> </u>					
Product	egetarians	gan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Baguettes																															
Avo, Olives & Toms	Υ	Υ										>						>													>
Brie, Tomato & Basil	Υ																	>					>								
Chicken Caesar & Bacon												~						Y			<	<	<								
Chicken Salad Baguette																		>			<		<							1	
Italian Prosciutto												~						>			>		~								
Naked Chicken Katsu													>					>			>								>	>	
Posh Cheddar & Pickle (incl. Slim)	Υ											~						~			<		<					~			
Free Range Egg Mayo & Smoked Salmon																		~			~	~						~			
Tuna Mayo & Cucumber (incl. Slim)																		y			<	>									
Tuna Nicoise												~						¥			~	~	~								
Wiltshire-Cured Ham & Greve																		~			~		~					~			
Rolls																															
Aubergine Parmagiana	Υ											~	~			V		~					y								
Jambon Buerre																		>					>								
Mediterranean Style Tuna Losange																		¥			~	~									
New Yorker												~	~			~		y			<							~			
Pesto & Mozzarella Losange	Υ																	¥			~		~								~
Prosciutto & Pesto												~	~			~		Y			~		\								~
Scandi Style Salmon												~	~			¥		~			>	Y						~		~	
Sandwiches																															
Best Ever BLT													>					Y			<										
Chicken, Avocado & Basil													>					~			<		<								
Classic Super Club													>					>			<									1	
Free-Range Egg Mayo	Υ												>					>			~							>			
Ham & Cheese													>					>					>								
Kid's Cheese	Υ												>					>					<								
Kid's Ham													>					>					>								
Mature Cheddar & Pickle	Υ												>					>			<		>								
Smashed Avo Open Sandwich	Υ	Υ													~															L	
Scottish Smoked Salmon													~					~				~	~								
Smoked Salmon & Soft Cheese Open Sandwich		$oxed{oxed}$													~							~	>								
Smoky Carrot and Falafel	Υ	Υ											>					>										~			
Super Greens & Reds	Υ	Υ											>					>												<u> </u>	
Tuna Mayo & Cucumber													~					~			~	~									

Wraps & Flatbreads

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.

	\ 	Ve					Tre	e Nuts						C	Cereals cont	aining glute	en							Milk							
Product	egetarians	gan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Wraps & Flatbreads																															
Avo & Herb Salad Wrap	Υ															>		~			~		\								~
Chicken, Pesto & Rocket Salad Wrap																>		>			<		<								>
Falafel , Avocado & Chipotle Salad Wrap	Υ	Υ														>		>												~	
Hoisin Duck Salad Wrap																>		>			<								<		
Humous & Chipotle Wrap	Υ	Υ										>				>		~													
Sriracha Chicken Salad Wrap																~		~			~								~		
Vegan Hoisin Mushroom Wrap	Υ	Υ														>		~											~		

Breakfast

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	<	Ve.					Tn	ee Nuts						C	ereals cont	taining glute	en							Milk							
Product	egetarians	gan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Almond Croissant	Υ			>														~			Y		>								
Acai & Almond Butter Bowl	Υ	Υ		Y											~																
Bacon & Egg Roll																>		>			~		<								
Bircher Muesli	Υ									<					~								<								
Breakfast Free-Range Egg Mayo & Avocado	Υ																	~			<										
Breakfast Free-Range Egg Mayo & Bacon																		~			~										
Breakfast Salmon & Egg Mayo																		~			<										
Cashew and Cocoa Pot	Υ	Υ				~				<					~																
Cheese Twist	Υ																	~			<		<								
Chocolate Croissant	Υ																	~			~		<						\		
Cinnamon Danish	Υ																	~			<		<								
Five Berry Bowl	Υ														¥								<								
French Butter Croissant	Υ																	~			•		>								
Fresh Fruit, Yoghurt & Granola Bowl	Υ														~								~								
Ham, Cheese, Tomato & Bacon Croissant																		>			~		<								
Ham & Egg Breakfast Roll																>		~			~		<					<			
Honey & Granola Pot	Υ														~								<								
Mango & Banana Sunshine Bowl	Υ	Υ													¥																
Mozzarella & Tomato Croissant	Υ																	~			<		<								
Pain aux Raisin	Υ																	~			<		<								
Pastel de Nata	Υ																	>			<		<								
Porridge Topping - Berry Compote	Υ	Υ																													
Porridge Topping - Cranberry & Seeds	Υ	Υ																													
Porridge Topping - Honey	Υ																														
Pret's Bacon Roll																~		>					>								
Pret's Proper Porridge	Υ														~								<								
Pret's Sausage Roll																		~			~		>								
Pret's Veggie Roll	Υ															¥		~			*		>								
Sausage & Egg Roll																~		~			>		>								
Very Berry Croissant	Υ	Υ																~													

Cold Drinks

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															ď															
	_	√e					Tree	9 Nuts							Cereals conta	ining gluten								Milk						
Product	/egetarians	gan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites Pine Nuts
Apple Juice	Υ	Υ																												
Breakfast Smoothie	Υ														>								~							
Coke (all types)	Υ	Υ																												
Cranberry, Raspberry & Pomegranate Pret Still	Υ	Υ																												
Daily Greens	Υ	Υ																												
Easy Greens	Υ	Υ																												
Ginger Shot	Υ	Υ																												
Green Tea & Peach Pret Still	Υ	Υ																												
Pure Pret Green Tea Yoga Bunny	Υ	Υ																												
Hot Shot	Υ																												$\neg \neg$	1
Lemon & Ginger Pret Still	Υ	Υ																												
Mango Smoothie	Υ																													i
Mango, Passion Fruit & Lime Pret Still	Υ	Υ																												
Orange Juice (both sizes)	Υ																													
Pret Apple Fizz	Υ	Υ																												
Pret Cumcumber & Mint Seltzer	Υ	Υ																												
Pret Ginger Beer	Υ	Υ																												
Pret Ginger Kombucha	Υ	Υ																												
Pret Grape & Elderflower	Υ	Υ																												
Pret Lime & Raspberry Seltzer	Υ	Υ																												
Pret Rhubarb Lemonade	Υ	Υ																												
Ready to Drink Black Coffee	Υ	Υ																												
Ready to Drink Latte	Υ																						~							
Ready to Drink Mocha	Υ																						~							
Roots & Fruits Juice	Υ	Υ																												
Sparkling Spring Water	Υ	Υ					<u> </u>																							ullet
Still Water 500ml	Υ	Υ																												
Still Water 750ml	Υ	Υ																												
Vitamin Volcano	Υ																													

Fruit

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																														/
		<					Tre	e Nuts					C	ereals cont	aining glute	en							Milk							
Product	Vegetarians	egan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Apple	Υ	Υ																												
Banana	Υ	Υ																												
Classic Fruit Salad	Υ	Υ																												
Mango & Lime	Υ	Υ																												
Melon & Blueberry	Υ	Υ																												
Seasonal Fruits	Υ	Υ																												
Summer Berries & Nectarine	Υ	Υ																												
Watermelon & Lime	Υ	Υ																												

Pret's Hot 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. Tree Nuts Cereals containing gluten Milk Product and Fish Lupin Peanut Egg Molluscs Soya Sulphites Crustacea Hazelnu Macadamia Pecan Walnut Barley Oats Rye Nuts (Wheat Υ V Chipotle, Mozzarella Hot Baguette Υ Falafel & Halloumi Hot Wrap Υ Feta & Red Pepper Omelette V V Υ Macaroni Cheese Kale & Cauli V V Macaroni Cheese Prosciutto Υ eatless Meatball Hot Wrap V Posh Prosciutto Hot Baquette V Spicy Chicken Enchilada Bake V Spicy Chicken Hot Wrap V V V Swedish Meathall Hot Wran caccia & Toasties Brie & Bacon Toasted Focaccia Mozzarella, Pesto & Roasted Tomato Focaccia V V Classic Cheese Toastie V V V V Ham, Cheese & Mustard Toastie V V V V una Melt Toastie Chicken, Broccoli & Brown Rice Pret's Chicken Katsu Curry Soup V Chicken Laksa Soup Creamy Chicken & Veg Soup Υ Υ Pea & Mint Soup Pret's Mushroom Risotto Soup Υ Υ V V Red Thai Veg Soup Υ Υ Υ Souper Tomato Pot Pie Top Υ V V V Υ Υ Stone Baked Losange

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Mozzarella & Prosciutto Pizza

Pret At Home

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		<u> </u>					Ti	ree Nuts					С	Cereals cont	taining glute	en							Milk							
Product	Vegetarians	egan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Coffee - Classic Blend Ground	Υ	Υ																												
Coffee - Espresso Beans	Υ	Υ																												
Coffee - Single Origin Ground	Υ	Υ																												
Pret at Home Bircher Museli	Υ	Υ												>															~	
Pret at Home Dark Chocolate & Almond Granola	Υ	Υ		~										>														>		
Pret at Home Classic Granola	Υ	Υ												>																
Pret at Home Chipotle Ketchup	Υ	Υ																												
Pret at Home Korean Style Ketchup	Υ	Υ										>					~											>		
Pret at Home Oat & Coconut Crunch Granola	Υ	Υ												>																
Pret's Organic Aluminium Capsules Classic Blend	Υ	Υ																												
Pret's Organic Aluminium Capsules Espresso Blend	Υ	Υ																												

Salad & Platters

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		,																											-		
	_	<					Tre	ee Nuts						(Cereals cont	aining glute	en							Milk							
Product	/egetarians	egan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Chef's Italian Chicken Salad										~											>	Y	~					~			
Crayfish Salad Bowl																			~									~			
Egg & Spinach Protein Pot	Υ																				>									i	
Humous and Falafel Mezze	Υ	Υ										~																>			
Miso Chicken and Greens Salad Bowl												~						>			<								~	i	
Pesto Pasta Salad	Υ																	>					>					~		<	<
Salmon & Mango Salad Bowl																						Y							~	<	
Smoked Salmon Protein Box																					>	>						>	>		
Smoked Salmon & Egg Protein Pot																					<	>								1	
Tamari and Ginger Aubergine Salad Bowl	Υ	Υ										>						>											>		
Tuna Nicoise Salad																					<	>						>		1	
Dressing																															
Ceviche Dressing	Υ	Υ																												1	
French Dressing	Υ	Υ																										>			
Green Dressing	Υ	Υ																											>	1	
Tamari & Ginger	Υ	Υ																											>		
Picnic Platters																															
Humous & Crudités Platter	Υ	Υ										~																			
Ploughman's Platter																					>		>								
Smoked Salmon & Avo Platter																						>	>								

Snacks

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	Veg	Fr					Tr	ee Nuts						С	ereals cont	taining glute	en			Celery				Milk							
Product	etarians	Vegan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Almond Butter Protein Ball	Υ	Υ		>																									~		
Easy Peasy Almond Squeezy	Υ	Υ		<																											
Chilli, Bean & Seed Tortilla Chips	Υ	Υ																													
Cranberries in Coats	Υ																						<								
Salted Crunchy Corn	Υ	Υ																													
Dark Chocolate Salted Almonds	Υ	Υ		>																									>		
Mature Cheddar & Red Onion Crisps	Υ																						<								
Milk Chocolate Bar	Υ																						~						~		
Fruit, Nuts & Chocolate	Υ			~																			\						~		
Pret A Mango	Υ	Υ																													
Sea Salt Popcorn	Υ	Υ																													
Sea Salt & Cider Vinegar Crisps	Υ	Υ																													
Sea Salt Crisps	Υ	Υ																													
Smoked Chipotle Crisps	Υ	Υ																													
Sweet & Salt Popcorn	Υ	Υ																													
Vegetable Crisps	Υ	Υ																													

Sweet Treats

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	Vec	Π./						ee Nuts							Cereals con				pe but is	Celery				Milk		ĺ					
Product	etarians	Vegan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Almond Butter Bite	Υ			~																									>		
Caramel Waffle	Υ																	>					>						>		
Choc Bar	Υ																	>					>						>		
Chocolate Brownie Bar	Υ																	>			<		<						>		
Chocolate Chunk Cookie	Υ																	>					<								
Chocolate Moose	Υ																						<						>		
Chocolate Praline Cookie	Υ						<											>					<								
Coconut Bite	Υ	Υ																											>		
Dark Chocolate & Almond Butter Cookie	Υ	Υ		<														>													
Dark Chocolate Corn Cakes	Υ																						~						>		
Dark Chocolate with Sea Salt	Υ																												>		
Double Berry Muffin	Υ																	>			~		~								
Fruit, Oat & Spelt Cookie	Υ														~		>	>					~								
Ginger Snap Biscuit	Υ																	>					~								
Hazelnut Truffles	Υ	Υ					~																								
Lemon Cheesecake	Υ																	>			>		~								
Love Bar	Υ			>						~					>								<						>		
Nut Bar	Υ			>																									>		
Nutty Salted Caramel Brownie	Υ			>							>							>			~		<						>		
Popcorn bar	Υ																						<						>		
Pret's Gingerbread Melvin	Υ																	>			>										
Pret's Pecan & Caramel Cookie	Υ								>									>					>						>		
Pret Bar	Υ														~			>					>								
Pret's Shortbread	Υ																	>					<								
Raspberry & Almond Bakewell Tart	Υ			>														~			~		<								

Barista Prepared Drinks

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							т.	ree Nuts	11011 01	. 02 000	conti		,			taining glute		Тестро	but is in	o o o o o o o o o o o o o o o o o o o			. ,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	Milk	, cee	5					
	< e	Vega						TOU INUIS				ŀ			Jos cars con	can in ig glute				Celery				IVIIK							i
Product	getarians	an Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Coffee																															
Americano Black (add milk or milk alemative if White Americano)	Υ	Υ																													
Cappuccino Semi Skimmed milk	Υ																						>								ł I
Cappuccino Skimmed milk	Υ																						>								
Cappuccino Soya (instead of milk)	Υ	Υ																											~		
Cappuccino Rice Coconut (instead of milk)	Υ	Υ																													
Cappuccino Oat (instead of milk)	Υ	Υ													~																
Espresso	Υ	Υ																													
Filter - Black Coffee (add milk or milk alemative if White Americano)	Υ	Υ																													
Flat White Semi Skimmed milk	Υ																						>								
Flat White Skimmed milk	Υ																						>								
Flat White Soya (instead of milk)	Υ	Υ																											>		
Flat White Rice Coconut (instead of milk)	Υ	Υ																													
Flat White Oat (instead of milk)	Υ	Υ													~																
Latte Semi Skimmed milk	Υ																						>								
Latte Skimmed milk	Υ																						>								
Latte Soya (instead of milk)	Υ	Υ																											<		
Latte Oat (instead of milk)	Υ	Υ													>																
Latte Rice Coconut (instead of milk)	Υ	Υ																													
Macchiato Semi Skimmed milk	Υ																						~								
Macchiato Skimmed milk	Υ																						>								
Macchiato Soya (instead of milk)	Υ	Υ																											>		
Macchiato Oat (instead of milk)	Υ	Υ													>																
Macchiato Rice Coconut (instead of milk)	Υ	Υ																													
Mocha Semi Skimmed milk	Υ																						>						\Box		
Mocha Skimmed milk	Υ																						>								
Mocha Soya (instead of milk)	Υ	Υ																-											>		

Barista Prepared Drinks

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																									- 88						
	_	√e					Tr	ree Nuts						(Cereals cont	taining glute	n							Milk							1
Product	'egetarians	gan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Mocha Rice Coconut (instead of milk)	Υ	Υ																													
Mocha Oat (instead of milk)	Υ	Υ													y																
Chai Latte	Υ																						¥								
Chai Latte Rice Coconut (instead of Milk)	Υ	Υ																													
Matcha Latte Rice Coconut (instead of Milk)	Υ	Υ																													
Pumpkin Spice Latte Semi Skimmed	Υ																						>								
Pumpkin Spice Latte Skimmed	Υ																						~								
Pumpkin Spice Latte Rice Coconut (instead of milk)	Υ	Υ																													
Pumpkin Spice Latte Oat (instead of milk)	Υ	Υ													>																
Pumpkin Spice Latte Soya (instead of milk)	Υ	Υ																											~		
Turmeric Latte Rice Coconut (instead of Milk)	Υ	Υ																													
Frappés																															
Classic Frappé Semi Skimmed milk	Υ																						V								
Classic Frappé Skimmed milk	Υ																						V								
Chocolate Frappé Semi Skimmed milk	Υ																						¥								
Chocolate Frappé Skimmed milk	Υ																						V								
Mocha Frappé Semi Skimmed milk	Υ																						V								
Mocha Frappé Skimmed milk	Υ																						V								
Decaf Mocha Frappé Semi Skimmed milk	Υ																						¥								
Decaf Mocha Frappé Skimmed milk	Υ																						~								
Caramel Shake Semi Skimmed milk	Υ																						~								
Caramel Shake Skimmed milk	Υ																						~								
Hazelnut Shake Semi Skimmed milk	Υ																						~								
Hazelnut Shake Skimmed milk	Υ																						~							Į	
Vanilla Shake Semi Skimmed milk	Υ																						~								
Vanilla Shake Skimmed milk	Υ																						~								
Frappé Mix	Υ																						V								

Barista Prepared Drinks

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							т.	ree Nuts	I ISK U	1 (1088	-conta	ct. Oui	vegal			taining glute		гсегрс	but is n	ot suita	ibic io	i thus	c with	Milk	n egg	ancigi	cs.				
D 1 4	Vege	/egan			1	1		ee Nuis	1	l					Jereals con	taining glute	en .			Celery				IVIIIK						1	l
Product	tarians	Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Iced Drinks												•																			
Iced Latte Semi Skimmed Milk	Υ																						~							i	
Iced Latte Skimmed Milk	Υ																						>								
Iced Latte Soya (instead of milk)	Υ	Υ																											<		
Iced Latte Rice Coconut (instead of milk)	Υ	Υ																													
Iced Latte Oat (instead of milk)	Υ	Υ													>																
Iced Mocha Semi Skimmed Milk	Υ																						V								Ì
Iced Mocha Skimmed Milk	Υ																						¥							i	
Iced Mocha Soya (instead of milk)	Υ	Υ																											>		
Iced Mocha Rice Coconut (instead of milk)	Υ	Υ																													
Iced Mocha Oat (instead of milk)	Υ	Υ													>																
Iced White Americano Semi Skimmed Milk	Υ																						~								
Iced White Americano Skimmed Milk	Υ																						~								
Iced White Americano Oat (instead of milk)	Υ	Υ													>															ĺ	
Iced White Americano Soya (instead of milk)	Υ	Υ																											>		
Iced White Americano Rice Coconut (instead of milk)	Υ	Υ																													
Turmeric Iced Latte Rice Coconut	Υ	Υ																													
Hot Chocolate																			r												
Hot Chocolate Semi Skimmed Milk	Υ																						~								
Hot Chocolate Skimmed Milk	Υ																						~								
Hot Chocolate Soya (instead of milk)	Υ	Υ																											¥		
Hot Chocolate Rice Coconut (instead of milk)	Υ	Υ																													
Hot Chocolate Oat (instead of milk)	Υ	Υ													¥																
Hot Chocolate Powder	Υ	Υ																													
Hot Chocolate Hazelnut	Υ																						V								
Hot Chocolate Hazelnut Skimmed	Υ																						~								
Hot Chocolate Hazelnut Soya	Υ	Υ																											Y		
Hot Chocolate Hazelnut Rice-Coconut	Υ	Υ																													
Hot Chocolate Hazelnut Oat	Υ	Υ													V																

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						ancig	ch ii c	e due to	the 11	SK UI (.1 033-	contac	ı. Ou	ı vega	111 1000	u is iii	auc to	a ve	zan reci	թշ ոսւ	13 110	t suita	DIC 10	i thos	oc with	1 1111111	or cgg	ancig	ics.		
	<	Veg					Ti	ree Nuts						(Cereals conf	taining glute	n			0.1				Milk				í l			
Product	getarians	an Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Smoothies																															
Berries and Cherries	Υ	Υ																													
Sweet Greens	Υ	Υ																													
Tropical Peach	Υ	Υ																													
Cold Brew																															
Cold Brew (no milk)	Υ	Υ																													
Cold Brew Semi Skimmed Milk	Υ																						~							i	
Cold Brew Skimmed Milk	Υ																						~								
Cold Brew Soya (instead of milk)	Υ	Υ																											~		
Cold Brew Oat (instead of milk)	Υ	Υ													>																
Cold Brew Rice Coconut (instead of milk)	Υ	Υ																													
Syrups & Toppings																															
All Syrups	Υ	Υ																													
Caramel Sauce	Υ	Υ																													
Whipped Cream	Υ																						~								
Milk shot			_																												
Semi Skimmed	Υ																						~								
Skimmed	Υ																						~								
Soya (instead of milk)	Υ	Υ																									<u> </u>		~		
Rice Coconut (instead of milk)	Υ	Υ																													
Oat (instead of milk)	Υ	Υ													¥													oxdot			
Tea																															
Ceylon Breakfast (add milk or milk alernative if White)	Υ	Υ																													
Earl Grey (add milk or milk alernative if White)	Υ	Υ																													
Peppermint (add milk or milk alernative if White)	Υ	Υ																													
Tropical Green (add milk or milk alernative it White)	Υ	Υ																													

Barista Prepared Drinks

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Product Segment	Veg Friei																													
Droduct #	<u>a</u> .8					Tre	ee Nuts				l		C	Cereals cont	taining glute	n			Celery				Milk							
FIOUUCI	lan ndly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Milk / instead of milk cup																														
Semi Skimmed milk cup																						>								
Skimmed milk cup																						>								
Soya (instead of milk) cup	Υ																											>		
Rice Coconut (instead of milk) cup	Υ																													
Oat (instead of milk) cup	Υ											_		>	_							_								
Babyccino Y																						>								

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VEGGIE 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 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 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
Sova 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.



Baguettes, Rolls, Sandwiches & Wraps

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				1								ı													00						
	<	Ve				1	Tr	ee Nuts	1	1		<u> </u>		С	ereals cont	aining glute	en	1						Milk	1						
Product	egetarians	egan Friendly	Peanut	Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
Baguettes																															
Artichoke, Olives & Tapenade	Υ	Υ										~						~													
Aubergine Banh Mi	Υ	Υ																>											Y		
Avo, Olives & Toms	Υ	Υ										~						>													>
Brie, Tomato & Basil	Υ																	>					*								
Cheddar, Mustard & Pickles	Υ											~						~			Y		*					>			
Vegan Chuna Mayo & Cucumber	Υ	Υ																>										>		~	
Vegan Eggless Mayo & Cress	Υ	Υ																~										>	~		
Rolls					•																										
All Day Vegan Breakfast	Υ	Υ										~	_			¥		~										y	~		
Aubergine Parmagiana	Υ											~	~			y		~					Y								
Pesto & Mozzarella Losange	Υ																	~			~		~								~
Scandi Style Smoked Carrot and Eggless Tofu Mayo	Υ	Υ										_	_			>		~											~	_	
Sandwiches								l.																							
Kid's Cheese Sandwich	Υ												~					~					~								
Humous & Roasted Peppers Open Sandwich	Υ											•			~									>	•						~
Sliced Egg & Cress	Υ												>					>			>							>			
Smashed Avocado Open Sandwich	Υ	Υ													~																
Smoky Carrot and Falafel	Υ	Υ											~					>										>			
The VLT	Υ	Υ											~					~													
Wraps & Flatbreads																			•												•
Avo & Chickpeas Caesar Wrap	Υ	Υ														¥		~										¥	~		
Dukkah Spiced Squash & Feta Flatbread	Υ																	~					~	~	~						
Falafel, Avocado & Chipotle Wrap	Υ	Υ														>		>												~	
Hoisin Mushroom Wrap	Υ	Υ														>		>											>		
Humous & Chipotle Wrap	Υ	Υ										>				>		>													
Mexican Avocado Flatbread	Υ	Υ																>													
Sunshine 'N'Spice Wrap	Υ	Υ														>		>													
Vegan Chilli Wrap	Υ	Υ						-								>		>		>									>	~	

Breakfast

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		<					Tr	ee Nuts						C	Cereals cont	taining gluter	n							Milk							
Product	Vegetarians	egan Friendly	Peanut	Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
Acai & Almond Butter Bowl	Υ	Υ		~											>																
Bircher Muesli	Υ									>					y								<								
Breakfast Baguette - Eggless Mayo & Avocado	Υ	Υ																>											>		
Breakfast Baguette - Eggless Mayo & Roasted Tomato	Υ	Υ																>											>		
Cashew and Cocoa Pot	Υ	Υ				>				~					>																
Coconut Porridge	Υ	Υ													>																
Five Berry Bowl	Υ														>								<								
Five Berry Pot	Υ																						•							1	<u> </u>
Mozzarella & Tomato Croissant	Υ																	>			>		<								
Poached Egg & Beans Power Pot	Υ																				>									l	
Porridge Topping - Berry Compote	Υ	Υ																													
Porridge Topping - Cranberry & Seeds	Υ	Υ																													
Porridge Topping - Honey	Υ																														
Pret's Proper Porridge	Υ														>								•							1	<u> </u>
Pret's Veggie Brioche	Υ																	~			>		¥								
Pret's Veggie Roll	Υ															~		-			•		•								1
Smoothie Bowl - Apricot and Pistachio Overnight Oats	Υ	Υ								>					>															•	
Smoothie Bowl - Cocoa, Nuts & Berries	Υ	Υ		~		~			~						>																
Smoothie Bowl - Mango & Banana Sunshine	Υ	Υ													>																
Spicy Egg Brioche	Υ																	~			>		<								
Vegan Almond Croissant	Υ	Υ		~														~													
Vegan Breakfast Baguette	Υ	Υ																~											~		
Vegan Chocolate Croissant	Υ	Υ																~											y		
Vegan Plain Croissant	Υ	Υ																~													
Very Berry Croissant	Υ	Υ																~													

Cold Drinks

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								ie to the					- 0						1												
	<€	Veg			1	1	Tr	ee Nuts		1				(ereals cont	aining glute	en			0-1				Milk	1						i l
Product	egetarians	gan Friendly	Peanut	Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
Apple Juice	Υ	Υ																													
Blend Me Drink Me - Cocoa, Almond Butter & Banana	Υ	Υ		>											>																1
Breakfast Smoothie	Υ														>								>								
Coke (all types)	Υ	Υ																													i
Cranberry & Raspberry Pure Pret Still	Υ	Υ																													
Daily Greens	Υ	Υ																													1
Easy Greens	Υ	Υ																													
Ginger Shot	Υ	Υ																													l
Green Tea & Peach Pret Still	Υ	Υ																													i
Pure Pret Green Tea Yoga Bunny	Υ	Υ																													l
Hot Shot	Υ																														
Lemon & Ginger Pret Still	Υ	Υ																													
Mango Smoothie	Υ																														
Mango, Passion Fruit & Lime Pret Still	Υ	Υ																													ı
Orange Juice (both sizes)	Υ																														
Pret Apple Fizz	Υ	Υ																													l
Pret Cumcumber & Mint Seltzer	Υ	Υ																													
Pret Ginger Beer	Υ	Υ																													
Pret Ginger Kombucha	Υ	Υ																													
Pret Grape & Elderflower	Υ	Υ																													1
Pret Lime & Raspberry Seltzer	Υ	Υ																													
Pret Rhubarb Lemonade	Υ	Υ																													1
Ready to Drink Black Coffee	Υ	Υ																													
Ready to Drink Latte	Υ																						~								1
Ready to Drink Mocha	Υ																						•								
Roots & Fruits Juice	Υ	Υ																													
Sparkling Spring Water	Υ	Υ																													
Still Water 500ml	Υ	Υ																													
Still Water 750ml	Υ	Υ																													
Vitamin Volcano	Υ																														

Contents Key: ✓ (Product Contains) Y (Suitable For)														Fı	ru	it	-														
· (outlable For)			We	re pr	oud to	freshly		re our focue to the																				it our f	ood is	allerger	ı free
		<u><</u>					Tre	e Nuts						С	ereals conta	aining glute	n							Milk							
Product	√egetarians	egan Friendly	Peanut	Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
Apple	Υ	Υ																													
Banana	Υ	Υ																													
Classic Fruit Salad	Υ	Υ																													
Mango & Lime	Υ	Υ																													
Melon & Blueberry	Υ	Υ																													
Summer Berries & Nectarine	Υ	Υ																													
Watermelon & Lime	Υ	Υ																													

Pret's Hot

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		<					Tre	ee Nuts						C	Cereals con	taining glute	en							Milk						1	
Product	/egetarians	gan Friendly	Peanut	Almond	Brazil Nu	t Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
Falafel & Halloumi Hot Wrap	Υ															~		>					>	~	~						
Feta & Red Pepper Omelette	Υ																				¥			>	>						i
Meatless Meatball & Feta Hot Rice Bowl	Υ																							>	>						
Meatless Meatball Hot Wrap	Υ	Υ														~		~													1
Meatless Meatball Protein Pot	Υ	Υ																												i	
Vegan Mac n Greens	Υ	Υ																•											•	1	
Vegan Ragu & Red Pepper Hot Wrap	Υ	Υ														>		>		<										i	
Vegan Chilli Enchilada	Υ	Υ														~		>		>									>	1	
Falafel , Halloumi & Pickles Brioche	Υ																	>			¥		>	~	~			V			
Soup																															
Pea & Mint	Υ	Υ																													
Pret's Mushroom Risotto	Υ	Υ																		>									>	1	
Red Thai Veg	Υ	Υ																											~		
Souper Tomato	Υ	Υ																												1	
Pret's Multigrain Bread	Υ	Υ													~																
Stone Baked Losange	Υ	Υ																>												1	
Toasties & Focaccia																															
Classic Cheese Toastie	Υ												~		~	~		V			¥		¥					~			
Halloumi, Red Pepper & Basil Toastie	Υ												~		~	~		>					>	~	~						
Mozzarella, Pesto & Roasted Tomatoes Foacaccia	Υ																	~					>								>
Creamy Mushroom Focaccia	Υ																	~					~						~		

Pret At Home

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.

							Tree	e Nuts						(Cereals cont	aining glut	en							Milk							
Product	Vegetarians	/egan Friendly	Peanut	Almon	d Brazil Nu	t Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
Coffee - Classic Blend Ground	Υ	Υ																													
Coffee - Espresso Beans	Υ	Υ																													
Coffee - Single Origin Ground	Υ	Υ																													
Pret at Home Bircher Museli	Υ	Υ													<															¥	
Pret at Home Dark Chocolate & Almond Granola	Υ	Υ		>											>														~		
Pret at Home Classic Granola	Υ	Υ													<																
Pret at Home Oat & Coconut Crunch Granola	Υ	Υ													ζ.																
Pret's Organic Aluminium Capsules Classic Blend	Υ	Υ																													
Pret's Organic Aluminium Capsules Espresso Blend	Υ	Υ																													

Salad

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		<			,		Tr	ee Nuts						C	ereals cont	aining glute	n	,						Milk							
Product	Vegetarians	egan Friendly	Peanut	Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
Egg & Spinach Pot	Υ																				~										
Mexican Inspired Salad Bowl	Υ																							>	<					~	
Miso Aubergine Salad Bowl	Υ											>						>			>								>		
Marinated Tofu Poke Bowl	Υ	Υ										>																	>		
Pesto Pasta and Mozzarella Salad	Υ																	>					>					>		¥	~
Sticky Mushroom Salad Bowl	Υ	Υ																>											>		
Sweet Potato Falafel Mezze Salad	Υ	Υ										>	>															>			
Tamari & Ginger Mushroom Poke Bowl	Υ	Υ																											>	¥	
Dressings																															
Caesar Dressing	Υ	Υ																										>	>		
French Dressing	Υ	Υ																										>			
Tamari & Ginger Dressing	Υ	Υ																											\		

Snacks

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																			•						,	,					
	Ve	Vega					Tr	ee Nuts						(Cereals con	taining glute	en			Celery				Milk							
Product	getarians	an Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Snacks																															
Almond Butter Protein Ball	Υ	Υ		~																									~		
Easy Peasy Almond Squeezy	Υ	Υ		>																											
Chilli, Bean & Seed Tortilla Chips	Υ	Υ																													
Almond Butter Bites	Υ			~																									•		
Cranberries in Coats	Υ																						~								
Salted Crunchy Corn	Υ	Υ																													
Dark Chocolate Salted Almonds	Υ	Υ		~																									•		
Mature Cheddar & Red Onion Crisps	Υ																						>								
Fruit, Nuts & Chocolate	Υ			~																			>						•		
Pret A Mango	Υ	Υ																													
Sea Salt & Cider Vinegar Crisps	Υ	Υ																													
Sea Salt Crisps	Υ	Υ																													
Sea Salt Popocrn	Υ	Υ																													
Smoky Chipotle Crisps	Υ	Υ																													
Sweet & Salt Popcorn	Υ	Υ																													
Vegetable Crisps	Υ	Υ																													

Sweet Treats

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		<					Tr	ee Nuts					- 5		arable cont	aining gluter			- 					Milk		,6	5				
Product	Vege	egan						66 14013	l	l	l				Greata cont	all ling glutoi		l		Celery	_	Fish		IVIIIK					0	0.117	Pine Nut
Product	arians	Friendly	Peanut	Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	FISH	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Fille Nut
Sweet Treats																															
Almond Butter Bites	Υ			~																									>		
Banana Cake	Υ																	~			~		>						>		
Caramel Waffle	Υ																	~					>						>		
Carrot Cake	Υ										~							~			~		>						>		
Choc Bar	Υ																	~					~						>		
Chocolate Brownie Bar	Υ																	>			•		~						>	1	
Chocolate Moose	Υ																						<						<		
Chocolatey Coconut Bite	Υ	Υ																											<		
Dark Chocolate & Almond Butter Cookie	Υ	Υ		>														>													
Dark Chocolate Corn Cakes	Υ																						<						<	1	
Dark Chocolate with Sea Salt	Υ																												<		
Hazelnut Truffles	Υ	Υ					~																							1	
Lemon Cheesecake	Υ																	>			>		<								
Love Bar	Υ			>						>					<								<						<	1	
Milk Chocolate Bar	Υ																						<						<		
Popcorn Bar	Υ																						<						<	1	
Pret Bar	Υ														~			>					<								
Pret's Nut Bar	Υ			>																									<	1	
Pret's Gingerbread Biscuits	Υ																	>			¥										
Pret's Vegan Raspberry & Coconut Muffin	Υ	Υ		>														>											>		
Pret's Ultimate Vegan Brownie	Υ	Υ		>														>											>		
Raspberry & Almond Bakewell Tart	Υ			~														>			¥		<								
Vegan Banana & Walnut Muffin	Υ	Υ									>							>											>		
Vegan Hazelnut & Caramel Brownie	Υ	Υ		>			~											>											>	1	
Vegan Choca Mocha Muffin	Υ	Υ											>					>											>		

Barista Prepared Drinks

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								ee Nuts								aining glute			•					Milk							
	Veg	Vegan														9 9			_	Celery											
Product	etarians	n Friendly	Peanut	Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
Coffee																															
Americano Black (add milk or milk alernative if White Americano)	Υ	Υ																													
Cappuccino Semi Skimmed milk	Υ																						~								
Cappuccino Skimmed milk	Υ																						<								
Cappuccino Soya (instead of milk)	Υ	Υ																											<		
Cappuccino Rice Coconut (instead of milk)	Υ	Υ																													
Cappuccino Oat (instead of milk)	Υ	Υ													•																
Espresso	Υ	Υ																													
Filter - Black Coffee (add milk or milk alernative if White Americano)	Υ	Υ																													
Flat White Semi Skimmed milk	Υ																						Y								
Flat White Skimmed milk	Υ																						~								
Flat White Soya (instead of milk)	Υ	Υ																											>		
Flat White Rice Coconut (instead of milk)	Υ	Υ																													
Flat White Oat (instead of milk)	Υ	Υ													~																
Latte Semi Skimmed milk	Υ																						~								
Latte Skimmed milk	Υ																						~								
Latte Soya (instead of milk)	Υ	Υ																											~		
Latte Oat (instead of milk)	Υ	Υ													V																
Latte Rice Coconut (instead of milk)	Υ	Υ																													
Macchiato Semi Skimmed milk	Υ																						V								
Macchiato Skimmed milk	Υ																						~								
Macchiato Soya (instead of milk)	Υ	Υ																											V		
Macchiato Oat (instead of milk)	Υ	Υ													~																
Macchiato Rice Coconut (instead of milk)	Υ	Υ																													
Mocha Semi Skimmed milk	Υ																						~								
Mocha Skimmed milk	Υ																						~								
Mocha Soya (instead of milk)	Υ	Υ																											>		

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						Tree Nuts										taining glute								Milk			6				
Product	Vegetarians	/egan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Mocha Rice Coconut (instead of milk)	Υ	Υ																													
Mocha Oat (instead of milk)	Υ	Υ													>																
Chai Latte	Υ																						>								
Chai Latte Rice Coconut (instead of Milk)	Υ	Υ																													
Matcha Latte Rice Coconut (instead of Milk)	Υ	Υ																													
Turmeric Latte Rice Coconut (instead of Milk)	Υ	Υ																													
Pumpkin Spice Latte Semi Skimmed	Υ																						>								
Pumpkin Spice Latte Skimmed	Υ																						>								
Pumpkin Spice Latte Rice Coconut (instead of milk)	Υ	Υ																													
Pumpkin Spice Latte Oat (instead of milk)	Υ	Υ													>																
Pumpkin Spice Latte Soya (instead of milk)	Υ	Υ																											~		
Frappés & Shakes																															
Classic Frappé Semi Skimmed milk	Υ																						~								
Classic Frappé Skimmed milk	Υ																						>								
Chocolate Frappé Semi Skimmed milk	Υ																						~								
Chocolate Frappé Skimmed milk	Υ																						>								
Mocha Frappé Semi Skimmed milk	Υ																						>								
Mocha Frappé Skimmed milk	Υ																						>								
Decaf Mocha Frappé Semi Skimmed milk	Y																						~								
Decaf Mocha Frappé Skimmed milk	Υ																						>								
Caramel Shake Semi Skimmed milk	Υ																						~								
Caramel Shake Skimmed milk	Υ																						~								
Hazelnut Shake Semi Skimmed milk	Υ																						V								
Hazelnut Shake Skimmed milk	Υ																						V								
Vanilla Shake Semi Skimmed milk	Υ																						V								
Vanilla Shake Skimmed milk	Υ																						V								
Frappé Mix	Υ																						>								

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	V _e	Veg						ree Nuts								taining glute								Milk							
Product	getarians	an Friendly	Peanut	Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
Iced Drinks																															
Iced Latte Semi Skimmed Milk	Υ																						<							i	
Iced Latte Skimmed Milk	Υ																						<								
lced Latte Soya (instead of milk)	Υ	Υ																											>		
Iced Latte Rice Coconut (instead of milk)	Υ	Υ																													
lced Latte Oat (instead of milk)	Υ	Υ													>																
Iced Mocha Semi Skimmed Milk	Υ																						~								
Iced Mocha Skimmed Milk	Υ																						>								
Iced Mocha Soya (instead of milk)	Υ	Υ																											>		
Iced Mocha Rice Coconut (instead of milk)	Υ	Υ																													
Iced Mocha Oat (instead of milk)	Υ	Υ													>																
Iced White Americano Semi Skimmed Milk	Υ																						<								
Iced White Americano Skimmed Milk	Υ																						<								
Iced White Americano Oat (instead of milk)	Υ	Υ													>																
Iced White Americano Soya (instead of milk)	Υ	Υ																											>		
Iced White Americano Rice Coconut (instead of milk)	Υ	Υ																													
Turmeric Iced Latte Rice Coconut	Υ	Υ																													
Cold Brew																															
Cold Brew (no milk)	Υ	Υ																													
Cold Brew Semi Skimmed Milk	Υ																						~								
Cold Brew Skimmed Milk	Υ																						~								
Cold Brew Soya (instead of milk)	Υ	Υ																											>		
Cold Brew Oat (instead of milk)	Υ	Υ													>																
Cold Brew Rice Coconut (instead of milk)	Υ	Υ																													

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								ide to the	TION C	T CTOBE	Com									but is not suitable for those with fillik of egg affergles.											
	Veg	Fri V					Т	ree Nuts						C	Cereals con	taining glute	en			Celery				Milk							
Product	etarians	Vegan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Hot Chocolate																															
Hot Chocolate Semi Skimmed Milk	Υ																						>								
Hot Chocolate Skimmed Milk	Υ																						~								
Hot Chocolate Soya (instead of milk)	Υ	Υ																											~		
Hot Chocolate Rice Coconut (instead of milk)	Υ	Υ																													
Hot Chocolate Oat (instead of milk)	Υ	Υ													~																
Hot Chocolate Powder	Υ	Υ																													
Hot Chocolate Hazelnut	Υ																						~								
Hot Chocolate Hazelnut Skimmed	Υ																						~								
Hot Chocolate Hazelnut Soya	Υ	Y																											V		
Hot Chocolate Hazelnut Rice-Coconut	Υ	Υ																													
Hot Chocolate Hazelnut Oat	Υ	Υ													>																
Smoothies																															
Berries and Cherries	Υ	Υ																													
Sweet Greens	Υ	Υ																													
Tropical Peach	Υ	Υ																													

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				due to the risk of cross continue. Our regularious is made to a regularious																											
Product	Vegetar ns	Vegan Friendly	Peanut				Tr	ee Nuts		•		Sesame			ereals con	taining glut			Crustacean	Celery and	Egg	Fish		Milk		Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Troduct	taria	lan ndly		Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	(Wheat)	Oats	Rye	Spelt (Wheat)	Wheat		celeriac	-55		Cow	Goat	Sheep				,-		
Syrups & Toppings																															
All Syrups	Υ	Υ																													
Caramel Sauce	Υ	Υ																													
Whipped Cream	Υ																						<								
Milk shot																															
Semi Skimmed	Υ																						~								
Skimmed	Υ																						<								
Soya (instead of milk)	Υ	Υ																											>		
Rice Coconut (instead of milk)	Υ	Υ																													
Oat (instead of milk)	Υ	Υ													>																
Tea																															
Ceylon Breakfast (add milk or milk alernative if White)	Υ	Υ																													
Earl Grey (add milk or milk alernative if White)	Υ	Υ																													
Peppermint (add milk or milk alernative if White)	Υ	Υ																													
Tropical Green (add milk or milk alernative if White)	Υ	Υ																													
Milk / instead of milk cup																															
Semi Skimmed milk cup	Υ																						<								
Skimmed milk cup	Υ																						~								
Soya (instead of milk) cup	Υ	Υ																											~		
Rice Coconut (instead of milk) cup	Υ	Υ																													
Oat (instead of milk) cup	Υ	Υ													>																
Babyccino	Υ																						*								