

Ireland Allergen Guide 13th November 2024 V1

INTRODUCTION

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

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

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

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

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

The Food Safety Authority of Ireland regards the following ingredients and their derivatives as allergens:

Peanuts Tree Nuts

Sesame Cereals containing Gluten

Crustaceans Celery & Celeriac

Egg Fish
Lupin Milk
Mustard Mollusc
Soya Sulphites

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

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

We understand that no matter how detailed our guide is, there may be times when it can't answer the questions you may have. If you need to know more, please do visit our website at **www.pret.ie**

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



Baguettes & Sandwiches

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk or egg allergies.

						allerg	en fre	e due to	the ri	sk of c	ross-c	ontaci	t. Our v	regan i	food is	made	to a v	egan r	recipe bu	t is not	suita	ble for	those	with i	milk or	egg a	llergies			
	_	Ve					Tre	ee Nuts						(Cereals cont	aining glute	n							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
Baguettes																			•	•										
Avo, Olives & Toms	Υ	Υ										~						~												
Avocado, Bacon & Tomato Baguette												>						~			>	~	~					1		
Beef & Horseradish Baguette												~						~			~		~					~		~
Brie, Tomato & Basil Baguette	Υ																	~					~							
Brie, Pistachio & Cranberry Baguette	Υ									~		~						~			~		~							
Chicken Caesar & Bacon												>						~			>	~	~							
Chicken and Stuffing Baguette																		~			>									~
Chicken, Stuffing & Cranberry Hot Baguette												~						~			~		~							-
Chipotle Chicken & Feta Baguette												>						~						~	~					
Christmas Lunch Baguette																		~			~									<u> </u>
Ham & Emmental																		~			~		~					~		
Italian Prosciutto												>						~			>		~							
Posh Cheddar & Pickle	Υ											~						-			~		~					~		
Tuna Mayo & Cucumber	-																	-			>	_								
Sweet Chilli Chicken Baguette												~						~											~	
Sandwiches																														
Beef & Horseradish													~					~			~		~					~		~
Chicken, Avocado & Basil													~					>			>		¥							
Classic Super Club													~					~			>									
Crayfish & Rocket Bloomer															~	~		~	~		~									
Egg Florentine	Υ												~					~			>		~							
Free-Range Egg Mayo	Υ												~					~			~							~		
Ham & Cheese													~					~					~							
Humous and Veg	Υ	Υ										>	>					~												
Kids' Chicken & Cucumber Triangles													~					~			>									
Mature Cheddar & Pickle	Υ												~					>			>		>							
Pret's Christmas Lunch													>					>			>									>
Pulled Ham and Pickle													>					>			>									
Smashed Avo Open Sandwich	Υ	Υ													~															<u> </u>
Smoked Salmon													~					~				~	~							
Smoked Salmon & Soft Cheese Open Sandwich															>							~	~							
Super Greens & Reds	Υ	Υ											~					~												
Tuna Mayo & Cucumber					1	1							~			1	l	~			>	~	l					1		

Rolls & Wraps

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.

	<	Veg					Tre	ee Nuts							Cereals cont	aining glute	n							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
Rolls																				•										
Avo Brunch Rye Roll	Υ												>			>		>			Y							~		
Jambon Beurre																		>					>							
Spicy Chicken Rye Roll													>			>		>			>									
Scandi Salmon Rye Roll													>			>		>			>	>						>		
Wraps & Flatbreads																														
Avo & Herb Salad Wrap	Υ															~		~			Y		~							
Chicken & Caesar Wrap																>		>			>	>	>							
Chipotle Chicken & Feta Wrap																>		>						>	>					
Chicken Pesto & Rocket Wrap																>		>			>		~							
Mexican Style Falafel & Avo Flatbread	Υ	Υ																>												
Greek Style Chicken Salad Flatbread													~					>			>		~	>	~					
Hoisin Duck Salad Wrap																>		>			>								~	
Humous & Chipotle Wrap	Υ	Υ										~	~			>		>												
Mediterranean Style Tuna Flatbread																		~			~	~								
Middle Eastern Style Chicken Flatbread												~	~					>												
Pret's Chicken Satay Wrap													~			>		>											~	
Thai Style Avo Wrap	Υ	Υ														>		~											¥	

Breakfast

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.

	<	Veg					Tre	ee Nuts						C	Cereals conta	ining gluter	n							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
Almond Croissant	Υ			~														~			<		<							
Banana, Honey & Granola Pot	Υ														<								<							
Bircher Muesli	Υ									>					<								<							
Cheese Twist	Υ																	>			<		<							
Chocolate Croissant	Υ																	>			<		<						~	
Cinnamon Danish	Υ																	>			<		<							
Cranberry and Seed Bircher Muesli	Υ									>					<								<							
Egg & Bacon Breakfast Baguette																		>			<									
Egg & Tomato Breakfast Baguette	Υ																	~			~									
Five Berry Bowl	Υ														\								<							
Five Berry Yoghurt Pot	Υ																						>							
Egg & Avo Breakfast Baguette	Υ																	>			>									
Butter Croissant	Υ																	¥			~		~							
Egg. Mayo & Bacon Baguette																		~			•									
Egg. Mayo & Roasted Tomatoes Baguette	Υ																	~			•									
Ham, Cheese, Tomato & Bacon Croissant																		y			•		~							
Mango & Banana Sunshine Bowl	Υ	Υ													>															
Mozzarella & Tomato Croissant	Υ																	y			~		~							
Pain aux Raisin	Υ																	>			<		<							
Pastel de Nata	Υ																	>			>		<							
Porridge	Υ														<								<							
Banana & Honey Yoghurt Pot	Υ																						<							
Smoked Salmon & Egg Mayo Breakfast Baguette																		>			<	>						>		
Triple Bacon Ciabatta																~		~					<							
Triple Sausage Ciabatta																~		~					<							
Ultimate Breakfast Ciabatta																¥		>			~									
Very Berry Croissant	Υ	Υ																>												

Cold Drinks

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk or egg allergies.

																•														
		<					Tre	e Nuts							Cereals cont	aining gluten								Milk					i i	
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
Apple Juice	Υ	Υ																											1	
Coke (all types)	Υ	Υ																												
Cranberry, Raspberry & Pomegranate Pret Still	Υ	Υ																											1	
Easy Greens	Υ	Υ																												
Ginger Shot	Υ	Υ																												
Green Tea & Peach Pret Still	Υ	Υ																												
Hot Shot	Υ																												1	
Lemon & Ginger Pret Still	Υ	Υ																												
Mango, Passion Fruit & Lime Pret Still	Υ	Υ																												
Orange Juice	Υ	Υ																												
Orchard Blend	Υ	Υ																											<u> </u>	
Pret Apple Fizz	Υ	Υ																												
Pret Cumcumber & Mint Seltzer	Υ	Υ																											i	
Pret Ginger Beer	Υ	Υ																												
Pret Grape & Elderflower	Υ	Υ																												
Pret Lime & Raspberry Seltzer	Υ	Υ																												
Pret Rhubarb Lemonade	Υ	Υ																											<u> </u>	
Raspberry, Dragonfruit,& Yuzu Juice	Υ	Υ																												
Roots & Fruits Juice	Υ	Υ																												
Sparkling Spring Water	Υ	Υ																												
Still Water 500ml	Υ	Υ																											1	
Still Water 750ml	Υ	Υ																												
Tropical Zest	Υ	Υ																												

Fruit

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.

																	_	_								Ŭ			
		<					Tre	e Nuts					(Cereals cont	aining glute	n							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
Apple	Υ	Υ																											
Fruit Salad Pot	Υ	Υ																											
Mango and Lime Pot	Υ																												
Banana	Υ	Υ																											

Pret's Hot

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk or egg allergies.

								ris	K OI CI	oss-coi	itact. U	ur veg	an rooc	ı is mac	ie to a	vegan i	ecipe	out is n	iot suitat	ie for ti	nose w	յես այլլ	k or eg	g aller	ies.					
	٧.	Veg					Tr	ee Nuts							Cereals cont	aining glute	n							Milk						
Product	egetarians	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	Sulphite
Chipotle Chicken, Mozzarella & Feta Hot Baguette												>						~					>	>	<					
Chipolte Mozzarella Hot Baguette	Υ											>						~					~							
Falafel & Halloumi Hot Wrap	Υ															~		~					~	>	>					
Italian Style Chicken Hot Wrap																~		~					~							
Pret's Meatball Hot Wrap																~		~					~							
Meatless Meatball Hot Wrap	Υ	Υ														~		~												
Mozzarella, Pepper & Tomato Hot Baguette	Υ											>						~					>							
Spicy Chicken Hot Wrap																~		~					~							
Prosciutto & Mozzarella Hot Baguette												~						~					~							
Toasties																														
All Day Breakfast Toastie													>		>	>		~			~		>							
Brie & Cranberry Toastie													>		>	>		>					>							
Chipotle Chicken & Feta Toastie													>		>	>		~						>	>					
Halloumi, Red Pepper & Basil Toastie													~		~	~		~					~	~	~					
Ham, Cheese & Mustard Toastie													>		>	>		~			~		>					~		
Tuna Melt Toastie													>		~	<		~			~	~	>							
Turkey & Trimmings Toastie													>		~	>		~			~		>							~
Reuben Toastie													>		>	>		~			Y		>					<		
Soup																														
Red Thai Veg Soup	Υ	Υ																											>	
Barley & Rye Roll Soup Bread	Υ	Υ											~			~		~												
Christmas Ham Hock Soup																														
Lentil & Bacon Soup																				~			~					>		
Mushroom Risotto Soup	Υ	Υ																											>	
Butternut Masala Soup	Υ	Υ																												
Souper Tomato	Υ	Υ																												
Soup Baguette	Υ	Υ																~												
Stone Baked Losange	Υ	Υ																~												
Sunshine Dhal Soup	Υ	Υ																												
Thai Chicken Curry Soup																				~		~								
Hot Food																														
Pigs in Blankets Hot Roll																~		~			V							~		
Mexican Chicken & Feta Hot Roll																>		~			V			>	>					
Meatless Meatball Marinara Hot Roll	Υ															~		~			y		~							

Salad & Platters

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk or egg allergies.

	_	<					Т	ree Nuts						(Cereals cont	aining glute	n							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
Chef's Italian Chicken Salad										~											>	~	>							
Chicken & Avocado Protein Salad																					>								~	
Chicken, Pesto & Mozzarella Salad																							>							
Chipotle Chicken Burrito Salad Bowl																Y		>			Y		<	~	>					
Egg & Spinach Protein Pot	Υ																				>									
Greek Salad	Υ																							>	>					
Humous & Falafel Salad	Υ	Υ										>	>			>		>												
Pret's Chicken Satay & Slaw Salad																					>								~	
Smoked Salmon Protein Box																					>	~							~	
Smoked Salmon & Egg Protein Pot																					>	>								
Smoked Salmon, Egg & Avocado Salad																					>	>								
Tuna Nicoise Salad																					>	>								
Tricolore Salad	Υ																						\							
Dressing																														
French Dressing	Υ	Υ																												

Snacks

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk or egg allergies.

														_				_												
	Veg	V Fr					Tr	ee Nuts						(Cereals cont	aining glute	n			C-1				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	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites
Almond Butter Protein Ball	Υ	Υ		>																									>	
Chilli, Bean & Seed Tortilla Chips	Υ	Υ																												
Christmas Tiffin	Υ									>								>					>						>	
Cranberries in Coats	Υ																						>							
Dark Chocolate Salted Almonds	Υ	Υ		>																									>	
Mature Cheddar & Red Onion Crisps	Υ																						<							
Fruit, Nuts & Chocolate	Υ			>																			>						>	
Pret A Mango	Υ	Υ																												
Sea Salt Popcom	Υ	Υ																												
Sea Salt & Cider Vinegar Crisps	Υ	Υ																												
Sea Salt Crisps	Υ	Υ																												
Smoked Chipotle Crisps	Υ	Υ																												
Sweet & Salt Popcorn	Υ	Υ										_	_															·		

Sweet Treats

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.

	Veg	Fr					Tr	ee Nuts						C	Cereals conta	ining gluter	n			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
Black Forest Dessert pot	Υ																	~					~						~	
Berry Muffin	Υ																	>			¥		>						1	
Caramel Waffle	Υ																	~					>						~	
Caramel Shortbread	Υ																	~					>						~	
Choc Bar	Υ																	~					>						~	
Chocolate Brownie Bar	Υ																	>			>		>						>	
Chocolate Chunk Cookie	Υ																	>					~							
Chocolate Moose	Υ																						>						\	
Chocolate Orange Mini Loaf Cake	Υ																	>			Y		>						>	
Dark Chocolate	Υ																												~	
Dark Chocolate & Almond Butter Cookie	Υ	Υ		~														~												
Dark Chocolate Corn Cakes	Υ																												~	
Fruit, Oat & Spelt Cookie	Υ														~		~	~					~							
Lemon Cheesecake	Υ																	~			~		>						1	
Love Bar	Υ			~						Y					>								~						~	
Milk Chocolate	Υ																						>						~	
Mince Pie	Υ																	>			V		>							
Nutty Salted Caramel Brownie	Υ			~							>							~			~		>						~	
Peach & Almond Bakewell	Υ			~														>			~		>							
Popcorn bar	Υ																						>						~	
Pret Bar	Υ														<			>					~							
Pret's Chocolate Brownie Swirl	Υ																	>			Y		>						· ————	
Pret's Cinnamon Crown	Υ												>					>			>		>							
Pret's Perfect Scone	Υ																	~			~		~						<u> </u>	
Raspberry Cheesecake Brownie	Υ																	~			~		~						~	
Raspberry & Almond Bakewell Tart	Υ			>														>			~		>							
Salted Caramel Dessert Pot	Υ																	~					~							
Spiced Apple & Pecan Muffin	Υ								>									>			Y		>							
Stem Ginger Cookie	Υ																	>					>							
White Chocolate & Raspberry Cookie	Υ																	>					>						>	

Barista Prepared Drinks

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

												1.	o not o	urtabic	TOI th	lose Wi	(3101111	ik and	egg allei	gres.										
	< e	Vega					Tre	e Nuts						С	ereals cont	aining glute	en			Celery				Milk						
Product	getarians	ın 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
Coffee																														
Americano Black	Υ	Υ																												
Americano Low Fat milk	Υ																						~							
Americano Soya (instead of milk)	Υ	Υ																											>	
Americano Coconut (instead of milk)	Υ	Υ																												
Americano Oat (instead of milk)	Υ	Υ													>															
Cappuccino Low Fat milk	Υ																						<							
Cappuccino Soya (instead of milk)	Υ	Υ																											>	
Cappuccino 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 Low Fat milk	Υ																						¥							
Flat White Soya (instead of milk)	Υ	Υ																											V	
Flat White Coconut (instead of milk)	Υ	Υ																												
Flat White Oat (instead of milk)	Υ	Υ													>															
Latte Low Fat milk	Υ																						Y							
Latte Soya (instead of milk)	Υ	Υ																											V	
Latte Oat (instead of milk)	Υ	Υ													>															
Latte Coconut (instead of milk)	Υ	Υ																												
Macchiato Low Fat milk	Υ																						Y							
Macchiato Soya (instead of milk)	Υ	Υ																											>	
Macchiato Oat (instead of milk)	Υ	Υ													~															
Macchiato Coconut (instead of milk)	Υ	Υ																												
Mocha Low Fat milk	Υ																						~							
Mocha Soya (instead of milk)	Υ	Υ																											~	

Barista Prepared Drinks

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

																			egg une	0										
	Ve;	Vega					Tre	e Nuts						C	ereals cont	aining gluter	n			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
Mocha Coconut (instead of milk)	Υ	Υ																												
Mocha Oat (instead of milk)	Υ	Υ													<															
Other Hot Drinks																														
Caramelised Almond Latte (low fat Milk)	Υ																						~							
Caramelised Almond Latte Coconut (instead of milk)	Υ	Υ																												
Caramelised Almond Latte Oat (instead of milk)	Υ	Υ													<															
Caramelised Almond Latte Soya (instead of milk)	Υ	Υ																											<	
Chai Latte Low Fat Milk	Υ																						>							
Chai Latte Coconut (instead of Milk)	Υ	Υ																												
Chai Latte Soya (instead of Milk)	Υ	Υ																											<	
Chai Latte Oat (instead of Milk)	Υ	Υ													<															
Dirty Chai Latte Low Fat Milk	Υ																						~							
Dirty Chai Latte Coconut (instead of Milk)	Υ	Υ																												
Dirty Chai Latte Soya (instead of Milk)	Υ	Υ																											<	
Dirty Chai Latte Oat (instead of Milk)	Υ	Υ													>															
Maple Pecan Latte (Low fat Milk)	Υ																						>							
Maple Pecan Latte Coconut (instead of milk)	Υ	Υ																												
Maple Pecan Latte Oat (instead of milk)	Υ	Υ													>															
Maple Pecan Latte Soya (instead of milk)	Υ	Υ																											Y	
Matcha Latte Low Fat Milk	Υ																						~							
Matcha Latte Coconut (instead of Milk)	Υ	Υ																												
Matcha Latte Soya (instead of Milk)	Υ	Υ																											~	
Matcha Latte Oat (instead of Milk)	Υ	Υ													<															
Iced Drinks																														
Iced Latte Low Fat Milk	Υ																						V							
Iced Latte Soya (instead of milk)	Υ	Υ																											Y	
Iced Latte Coconut (instead of milk)	Υ	Υ																												

Barista Prepared Drinks

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

	*	Veg					Tre	e Nuts							ereals cont				-55	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
Iced Latte Oat (instead of milk)	Υ	Υ													>															
Iced Chai Latte Low Fat Milk	Υ																						>							
Iced Chai Latte Coconut (instead of Milk)	Υ	Υ																												
Iced Chai Latte Soya (instead of Milk)	Υ	Υ																											~	
Iced Chai Latte Oat (instead of Milk)	Υ	Υ													<															
Iced Dirty Chai Latte Low Fat Milk	Υ																						>							
Iced Dirty Chai Latte Coconut (instead of Milk)	Υ	Υ																												
Iced Dirty Chai Latte Soya (instead of Milk)	Υ	Υ																											>	
Iced Dirty Chai Latte Oat (instead of Milk)	Υ	Υ													>															
Iced Matcha Latte Low Fat Milk	Υ																						Y							
Iced Matcha Latte Coconut (instead of Milk)	Υ	Υ																												
Iced Matcha Latte Soya (instead of Milk)	Υ	Υ																											~	
Iced Matcha Latte Oat (instead of Milk)	Υ	Υ													>															
Iced Mocha Low Fat Milk	Υ																						>							
Iced Mocha Soya (instead of milk)	Υ	Υ																											~	
Iced Mocha Coconut (instead of milk)	Y	Υ																												
Iced Mocha Oat (instead of milk)	Υ	Υ													>															
Iced White Americano Low Fat Milk	Υ																						V							
Iced White Americano Oat (instead of milk)	Υ	Υ													>															
Iced White Americano Soya (instead of milk)	Υ	Υ																											~	
Iced White Americano Coconut (instead of milk)	Υ	Υ																												
Pret Coolers			,																		,					,				
Applejito	Υ	Υ																												
Berry Bliss	Υ	Υ																												
Feelin' Peachy	Υ	Υ																												
Mango Sunrise	Υ	Υ																												

Contents Key:

✓ (Product Contains)Y (Suitable For)

Barista Prepared Drinks

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

																							,							
Product	Vegetarians	Vegan F	Peanut		Tree Nuts Cereals containing gluten											Crustacean	Celery	Egg	Fish		Milk		Lupin	Molluscs	Mustard	Soya	Sulphites			
		riendly	Canal	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	celeriac	-55		Cow	Goat	Sheep	Lupin	Wolldaca	ividstald	coya	Guiprines
Raspberry Lemonade	Υ	Υ																												
Rhuberry Breeze	Υ	Υ																												
Hot Chocolate																														
Hot Chocolate Low Fat Milk	Υ																						>							
Hot Chocolate Soya (instead of milk)	Υ	Υ																											~	
Hot Chocolate 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 Soya (instead of milk)	Υ	Υ																											>	
Hot Chocolate Hazelnut Coconut (instead of milk)	Υ	Υ																												
Hot Chocolate Hazelnut Oat (instead of milk)	Υ	Υ													>															
Festive Orange Hot Chocolate (Low Fat Milk)	Υ																						~							
Festive Orange Hot Chocolate Coconut (instead of milk)	Υ	Υ																												
Festive Orange Hot Chocolate Oat (instead of milk)	Υ	Υ													>															
Festive Orange Hot Chocolate Soya (instead of milk)	Υ	Υ																											~	
Syrups & Toppings																														
All Syrups	Υ	Υ																												
Whipped Cream	Υ																						~							
Milk shot																														
Low Fat	Υ																						V							
Soya (instead of milk)	Υ	Υ																											>	
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																												

Contents Key:

✓ (Product Contains)Y (Suitable For)

Barista Prepared Drinks

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

Product	Vegetarians	Veg		Tree Nuts										Cereals containing gluten						Coloni				Milk						
		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
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																														
Low Fat milk cup	Υ																						~							
Soya (instead of milk) cup	Υ	Υ																											<	1
Coconut (instead of milk) cup	Υ	Υ																												
Oat (instead of milk) cup	Υ	Υ													>															
Babyccino	Υ																						•							1
Pumpkin Spice Latte Coconut (instead of milk)	Υ	Υ																												1
Pumpkin Spice Latte Oat (instead of milk)	Υ	Υ													>															
Pumpkin Spice Latte Soya (instead of milk)	Υ	Υ																											<	1
Salted Caramel Latte Low Fat Milk	Υ																						>							
Salted Caramel Latte Coconut (instead of milk)	Υ	Υ																												
Salted Caramel Latte Oat (instead of milk)	Υ	Υ													~															
Salted Caramel Latte Soya (instead of milk)	Υ	Υ																											~	<u> </u>
Iced Pumpkin Spice Latte Low Fat Milk	Υ																						~							
Iced Pumpkin Spice Latte Coconut (instead of milk)	Υ	Υ																												
Iced Pumpkin Spice Latte Soya (instead of milk)	Υ	Υ																											~	
Iced Pumpkin Spice Latte Oat (instead of milk)	Υ	Υ													>															
Iced Salted Caramel Latte Low Fat Milk	Υ																						~							
Iced Salted Caramel Latte Coconut (instead of milk)	Υ	Υ																												
Iced Salted Caramel Latte Soya (instead of milk)	Υ	Υ																											\	
Iced Salted Caramel Latte Oat (instead of milk)	Υ	Υ													>															