

Allergen Guide 3rd September 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 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 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 & Sandwiches

We prepare our freshly made 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 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 not suitable for those with milk and egg allergies.

															for tho	se witl	h milk	and e	gg allergi	es.											
	-	Ve					Tre	ee Nuts						(	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
Baguettes																															
Artichoke, Tapenade & Olive	Υ	Υ										~						~											L'		
Avo, Olives & Toms	Υ	Υ										~						~													~
Beef & Horseradish Baguette												<u> </u>						~			<b>V</b>								<u> </u>		
Brie & Bacon Baguette												~						~			<b>&gt;</b>		~								
Brie, Tomato & Basil	Y																	~					~						<u> </u>		
Chicken Caesar & Bacon												~						~			~	~	~								
Chicken Salad Baguette																		~			~		~						L'		
Smoked Salmon, Egg Mayo & Avo												~						~			~	~									
Smoked Salmon, Soft Cheese & Dill Baguette												~						~				~	~								
Italian Prosciutto												>						~			>		>							i	
Mexican Style Avo & Pepper	Υ	Υ										>						~												, ,	
Posh Cheddar & Pickle	Υ											>						>			~		>					~			
Free Range Egg Mayo & Smoked Salmon																		~			>	~						~			
Mozzarella, Roasted Pepper & Pesto Baguette	Υ											~						~			~		~								>
Spicy Tuna																		~			<b>Y</b>	~	~								
Tuna Mayo & Cucumber																		~			~	~									
Wiltshire-Cured Ham & Greve																		~			~		~					~			
Sandwiches																															
BLT													~					~			<b>y</b>										
Chicken, Avocado & Basil													>					~			~		~								
Chicken & Pork Stuffing													>					~			~									~	
Chicken Salad													>					~			~		~								
Classic Super Club													>					~			~										
Crayfish & Rocket													>					V	_		<u> </u>										
Free-Range Egg Mayo	Υ												~					~			·							~			
Ham & Cheese													<u> </u>					7					_								
Humous & Veg	Υ	Υ										7	~					·													
Kids' Cheese Triangles	Ý												Ż					Ż					_								
Kids' Cheese & Tomato Triangles	Y												V					V					V								
Kids' Chicken & Cucumber Triangles													y					Ż			~		•								
Kids' Ham Triangles													~					J			-		~						$\vdash$		
Mature Cheddar & Pickle	Y												<b>*</b>					Ť			_		Ž								
Scottish Smoked Salmon	+ •												· >					V			•	_	V						$\vdash$		
Super Greens & Reds	Y	Y											V					V											-		
·	+ •	Ė											~					V			~	~							$\vdash$		
Tuna Mayo & Cucumber													_					_			•	_									

## Rolls & Wraps

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	<	Ve					Tre	e Nuts						C	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	Pine Nuts
Rolls																															
Egg, Mustard & Tomato Rye Roll	Υ												>			~		>			>							>			
Jambon Buerre																		>					>								
Mediterranean Style Tuna Rye Roll													>			>		>			>	>									
New Yorker Rye Roll													>			<b>&gt;</b>		>			>							>			
Scandi Style Salmon													>			>		>			>	>						>		<	
Veggie Deli Rye Roll	Υ												<b>Y</b>			>		>			<		>					~			
Wraps																															
Avo & Herb Wrap	Υ															>		>			<		>								>
Chicken Pesto Wrap																<b>&gt;</b>		>			>		>								>
Chicken Satay Wrap																>		>			>								>		
Fajita Style & Chicken Avo Wrap																<b>y</b>		>													
Falafel, Avocado & Chipotle Salad Wrap	Υ	Υ														~		>												<	
Hoisin Duck Salad Wrap																~		>			<b>V</b>								~		
Humous & Chipotle Wrap	Υ	Υ										>				>		>													
Thai Style Avo & Slaw Wrap	Υ	Υ														¥		>											>		
Flatbreads																															
Shawarma Spiced Chicken Flatbread											•	>				,		>													
Falafel, Avo & Chipotle Flatbread	Υ	Υ																>												<	
Mediterranean Style Tuna Flatbread											•							<b>y</b>			~	<b>y</b>		·						·	

#### Fruit & Pots

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														Suitai	ole loi	those	with in	mk and	u egg an	ici gics.									/		/
		<					Tre	e Nuts						C	ereals cont	aining glute	en							Milk					1		
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
Fruit						,																									
Apple	Υ	Υ																													
Banana	Υ	Υ																													
Easy Peeler	Υ	Υ																											<u> </u>		
Fruit Salad	Υ	Υ																													
Mango & Lime	Υ	Υ																											<u> </u>		<u> </u>
Melon & Blueberry	Υ	Υ																													
Seasons Sweetest Pineapple	Υ	Υ																													
Superfruit Salad	Υ	Υ																													
Watermelon & Lime	Υ	Υ																													<u></u>
Pots																															
Acai & Almond Butter Bowl	Υ	Υ		~											~																
Banana, Honey & Yogurt Pot	Υ																						~						<u> </u>		
Bircher Muesli	Υ									>					>								>								
Yogurt & Five Berry Pot	Υ																						~						i '		
Five Berry Bowl	Υ														>								~								
Kids' Mango & Banana Yogurt Pot	Υ																						~								
Mango & Banana Sunshine Bowl	Υ	Υ													>																
Pret's Rice Pudding	Υ																				<b>\</b>		~								
The Big Apple Bowl	Υ														~								~								

#### Breakfast

We prepare our freshly made 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 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 not suitable for those with milk and egg allergies.

																		-55	or Gress												
	<	Veg					Ti	ree Nuts						C	ereals con	taining glute	n							Milk							1
Product	egetarians	jan 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			~														~			~		>								1
Breakfast Baguette Free-Range Egg Mayo & Avocado	Υ																	>			>										ĺ
Breakfast Baguette Free-Range Egg Mayo & Bacon																		~			>										1
Breakfast Baguette Roasted Tomatoes & Egg Mayo	Υ																	~			<b>&gt;</b>										
Breakfast Baguette Salmon & Egg Mayo																		~			>	<						<			1
Butter Croissant	Υ																	~			>		<								1
Cheese Twist	Υ																	~			~		<								
Chocolate Croissant	Υ																	~			~		>						~		
Cinnamon Danish	Υ																	~			>		<								1
Ham, Cheese, Tomato & Bacon Croissant																		~			~		>								
Mozzarella & Tomato Croissant	Υ																	~			~		<b>\</b>								
Pain aux Raisin	Υ																	~			>		<								1
Pastel de Nata	Υ																	~			>		<								1
Porridge Topper - Chocolate, Banana & Coconut	Υ	Υ																											<		1
Porridge Topper - Cranberry & Seeds	Υ	Υ																													1
Porridge Topper - Seed & Fruit	Υ	Υ																													1
Porridge Topping - Five Berry Compote	Υ	Υ																													1
Porridge Topping - Honey	Υ																														
Pret's Ham & Bechamel Croissant																		~			~		<								
Pret's Mushroom & Bechamel Croissant																		>			>		>								
Pret's Proper Porridge	Υ														>								<		-						 
Pret's Veggie Breakfast Ciabatta	Υ															~		~			~		~	<	<b>~</b>						i
Triple Bacon Ciabatta																~		~					>								1
Triple Sausage Ciabatta																~		~					>								
Ultimate Breakfast Ciabatta																~		~			~		Υ .								
Very Berry Croissant	Υ	Υ																~													

#### Cold Drinks

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		<					Tre	e Nuts							Cereals cont	aining gluten								Milk							
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
Apple Juice	Υ	Υ																													
Coke (all types)	Υ	Υ																													
Cranberry, Raspberry & Pomegranate Pret Still	Υ	Υ																													
Easy Greens	Υ	Υ																													
Ginger Shot	Υ	Υ																													
Green Tea & Peach Pret Still	Υ	Υ																													
Hot Shot	Υ	Υ																													
Lemon & Ginger Pret Still	Υ	Υ																													
Mango Smoothie	Υ																														
Mango, Passion Fruit & Lime Pret Still	Υ	Υ																													
Orange Juice	Υ																														
Pret Apple Fizz	Υ	Υ																													
Pret Cucumber & 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																													
Raspberry, Dragonfruit & Yuzu Juice	Υ	Υ																													
Reusable Aluminium Water Bottle	Υ	Υ																													
Sparkling Spring Water	Υ	Υ																													
Still Water 500ml	Υ	Υ																													
Still Water 750ml	Υ	Υ																													
Vitamin Volcano	Υ	Υ																													

#### Pret's Hot

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	<	Veç					Tre	ee Nuts						C	ereals 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
Chicken Arrabbiata Pasta Bake																		~					<b>&gt;</b>								1
Chicken & Pork Stuffing Hot Baguette												>						>			~		~							~	
Chipotle Chicken Mozzarella & Feta Hot Baguette												>						>						>	~						1
Falafel & Halloumi Hot Wrap	Υ															<		~					~	<b>Y</b>	~						
Garlic & Herb Swirl	Υ																	~			~		~						1		
Italian Style Chicken & Basil Hot Wrap																~		>					~								
Kale Macaroni Cheese	Υ																	~					<						1		
Macaroni Cheese Prosciutto																		>					<								
Prosciutto & Mozzarella Hot Baguette												>						>					<b>&gt;</b>								
Pret's Sausage Roll																		>			~		~								
Shawarma Spiced Vegetable Hot Wrap	Υ	Υ										>				<		>													
Swedish Meatball Hot Wrap																<		>					>								
Tomato, Red Pepper & Mozzorella Hot Baguette	Υ											>						>					•								
Tuna Melt Hot Baguette												>						>			<	~	<								
Toasties																															
Chipotle Chicken & Feta Toastie													>		•	•		~						>	~						
Classic Cheese Toastie													>		~	~		~			<b>✓</b>		<b>V</b>					<b>&gt;</b>			
Creamy Mushroom Toastie													>		•	~		>					<b>~</b>								
Halloumi, Red Pepper & Basil Toastie													>		<	<		>					<	>	>						
Ham & Cheese Toastie													>		<	<		>			<		<					>			
Kids' Pizza Toastie													>					>					<b>&gt;</b>								
Mushroom Floretine Toastie													>		~	~		~					<b>&gt;</b>								
Tuna Melt Toastie											-		>		~	~		~			~	~	~								

Pret's Hot

Contents Key:

✓ (Product Contains)

Y (Suitable For)

We prepare our freshly made 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 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 not suitable for those with milk and egg allergies.

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		<					Tre	ee Nuts						С	ereals con	taining glute	en							Milk							
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
Soup																															
Butternut Masala Soup	Υ	Υ																													
Butternut & Sage Soup	Υ	Υ																													
Chicken Laksa																												>	>		
Chilli Chicken Broth																						~							~		
Lasagne Soup																		~													
Pret's Mushroom Risotto Soup	Υ	Υ																											~		
Souper Tomato	Υ	Υ																													
Spicy Lemongrass Chicken Broth																						~							~		
Sunshine Dhal	Υ	Υ																													
Soup Baguette with Butter	Υ																	~					~								
Soup Roll with Butter	Υ												~			~		~					~								

## Salads

We prepare our freshly made 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 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 not suitable for those with milk and egg allergies.

																			_												
		< e					Tre	e Nuts						(	ereals 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										~											~	>	>								
Chicken & Avo Protein Bowl												~									<								<		
Chicken Satay Salad																													<		
Egg & Spinach Protein Pot	Υ																				<										
Humous & Falafel Mezze	Υ	Υ										>																			
Kids' Humous & Cucumber Bowl	Υ	Υ										>																			
Pesto, Pasta & Mozzarella	Υ																	>					>							<b>&gt;</b>	>
Petite Crayfish & Avo Salad																			>												
Salmon & Mango Salad																						>							<b>Y</b>	~	
Smoked Salmon Protein Bowl																					>	>							<b>~</b>		
Smoked Salmon & Egg Protein Pot																					>	>									
Tuna Nicoise Salad																					>	>									
Dressing																															
Green Dressing	Υ	Υ																											~		
Balsamic Dressing	Υ	Υ																												~	
Chilli & Lime Dressing	Υ	Υ																													
French Dressing	Υ	Υ																													

#### Snacks

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	Veg	Π <					Tr	ee Nuts						С	ereals cont	taining glut	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		~																									>		
BBQ Popped Chickpea Chips	Υ	Υ																													
Chilli, Bean & Seed Tortilla Chips	Υ	Υ																													
Cranberries in Coats	Υ																						~								
Dark Chocolate Salted Almonds	Υ	Υ		~																									>		
Fruit & Seed Bite	Υ	Υ																													
Fruit, Nuts & Chocolate	Υ			~																			~						>		
Mature Cheddar & Red Onion Crisps	Υ																						~								
Milk Chocolate Bar	Υ																						~						>		
Salted Caramel Dessert Pot	Υ																	<					<b>Y</b>								
Pret A Mango	Υ	Υ																													
Salted Crunchy Corn	Υ	Υ																													
Sea Salt & Cider Vinegar Crisps	Υ	Υ																													
Sea Salt Crisps	Υ	Υ																													
Sea Salt Popcorn	Υ	Υ																													
Smoked Chipotle Crisps	Υ	Υ																													
Sweet & Salt Popcorn	Υ	Υ																													
Smoky Sweet Crunch Mix	Υ					>																							>		

#### **Sweet Treats**

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	Ve	П.					Tr	ee Nuts						Ce	ereals conta			- 00		Celery				Milk							
Product	getarians	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			~																									<		
Banana Fridge cake	Υ																	~			~		~								
Blackforest Dessert Pot	Υ																	<b>~</b>					~						<b>\</b>		
Caramel Waffle	Υ																	~					~						~		
Carrot Cake	Υ										>							~			~		~								
Choc Bar	Υ																	<b>Y</b>					>						<		
Chocolate Brownie Bar	Υ																	<b>Y</b>			~		<b>&gt;</b>						<		
Chocolate Chunk Cookie	Υ																	<b>Y</b>					<b>&gt;</b>								
Chocolate Moose Dessert Pot	Υ																						<b>&gt;</b>						<		
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														<		>	~					~								
Hazelnut Truffles	Υ	Υ					<b>Y</b>																								
Lemon Cake	Υ			<																	~		<b>&gt;</b>						<		
Lemon Cheesecake	Υ																	<b>Y</b>			<		<b>&gt;</b>								
Love Bar	Υ			>						>					>								<b>&gt;</b>						<		
Nut Bar	Υ	Υ		>																									<		
Peach & Almond Bakewell	Υ			>														~			>		>								
Popcom Bar	Υ																						•						~		
Pret's Caramel Shortbread	Υ																	<b>~</b>					~						~		
Pret's Gingerbread Biscuit (Annie & Godfrey)	Υ																	~			•										
Pret Bar	Υ														>			~					>								
Pret's Chocolate Brownie Swirl	Υ																	<b>~</b>			>		<b>&gt;</b>								
Pret's Cinnamon Crown	Υ												>					~			~		<b>V</b>								
Raspberry & White Chocolate Cookie	Υ																	<b>Y</b>					<b>y</b>						<		
Scone with Jam, Butter & Clotted Cream	Υ																	<b>&gt;</b>			>		~								
Stem Ginger Cookie	Υ																	¥					~								
Spiced Apple & Pecan Muffin	Υ								>									~	_		~		~								

#### **Platters**

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	<						Tre	ee Nuts						C	ereals cont		n	- 68						Milk							
Product	egetaria	Vegan Friendly	Peanut	Almond	Brazil	Cashews		Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult	Oats	Rye	Spelt	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
	ans	y		7 annona	Nuts	Guonono	razonac	madadama	1 GGain	1 lotaoriio	Trainat			(Wheat)	00.0	11,0	(Wheat)			ooiorido				Oout	опоор					<u> </u>	
All Time Classic Platter													~					~			<b>✓</b>	~	>					<b>Y</b>			
Baguette Selection Platter												~						~			~	>	~					_		<u> </u>	
Best Of Pret Platter													~					~			✓	<b>&gt;</b>	<b>Y</b>					<b>V</b>			
Breakfast Baguette Selection Platter																		~			✓	~						~			
Brownie Bar Bag	Υ																	~			<b>~</b>		<b>&gt;</b>						~		
Chef's Italian Chicken Salad Platter										✓											<b>~</b>	>	>								
Chocolate Chunk Cookie Bag	Υ																	>					>								
Cookie Platter	Υ			>											<b>~</b>			>					<								
Humous & Falafel Mezze Salad Platter	Υ	Υ										>																			
Kids' Cheese & Tomato Triangles Platter	Υ												>					>					<								1
Kids' Ham Triangles Platter													~					~					>								
Kids' Mixed Triangles Platter													~					~			~		>								
Love Bar Bag	Υ			<b>&gt;</b>						~					~								>						~		
Pastel De Nata Platter	Υ																	<b>&gt;</b>			~		>								
Pret Bar Platter	Υ			~						~					<b>\</b>			>			~		>						~		
Pret's Classic Salad Wrap Platter																<b>~</b>		>			~								~		
Pret's Chicken Satay Salad Platter																													~		
Pret's Premium Pastries Platter	Υ												~					~			~		~								
Pret's Veggie Salad Wrap Platter	Υ	Υ										~				~		>												>	
Rye Roll Platter Selection													>			<		>			~	>	<					<b>&gt;</b>		<	
Stem Ginger Cookie Bag	Υ																	~					>								
Sweet Pastry Selection Box	Υ			~														~			~		>						~		
Sweet & Savoury Bakery Platter	Υ																	~			<b>~</b>		~								
Tuna Nicoise Salad Platter																					~	~									
Vegan Friendly Mix Platter	Υ	Υ										~	~					~													~
Vegetarian Selection Platter	Υ												~					>			<b>V</b>		~					<b>V</b>			
Veggie Classics Baguette Platter	Υ											~						~			<b>V</b>		<b>\</b>					<b>V</b>			~

## Barista Prepared Drinks

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		<					T	ee Nuts							ereals cont			88	ergies.					Milk							
D 1 .	Vege	egan						ee ivuts	ı	1	1	ł			ereais com	all ling glute	1			Celery				IVIIIK							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
Coffee																															
Americano Black	Υ	Υ																													
Americano Semi Skimmed milk	Υ																						<								
Americano Skimmed milk	Υ																						<								
Americano Coconut (instead of milk)	Υ	Υ																													
Americano Oat (instead of milk)	Υ	Υ													~																
Americano Soya (instead of milk)	Υ	Υ																											~		
Cappuccino Semi Skimmed milk	Υ																						~								
Cappuccino Skimmed milk	Υ																						<								
Cappuccino Coconut (instead of milk)	Υ	Υ																													
Cappuccino Oat (instead of milk)	Υ	Υ													>																
Cappuccino Soya (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																						<								
Flat White Skimmed milk	Υ																						~								
Flat White Coconut (instead of milk)	Υ	Υ																													
Flat White Oat (instead of milk)	Υ	Υ													~																
Flat White Soya (instead of milk)	Υ	Υ																											~		
Latte Semi Skimmed milk	Υ																						✓								
Latte Skimmed milk	Υ																						<b>V</b>								
Latte Coconut (instead of milk)	Υ	Υ																													
Latte Oat (instead of milk)	Υ	Υ													>																
Latte Soya (instead of milk)	Υ	Υ																											<b>V</b>		

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	Product Segetarian	<		1			Tr	ee Nuts						C	ereals cont	aining glute	n		9					Milk							
	Veg	egar			1	1	· ·	L INGUS	1	1		-		<u> </u>	CICAIS COIT	alling glutc			•	Celery			-	IVIIIX							
Product	etarians	ı 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
Macchiato Semi Skimmed milk	Υ																						<								
Macchiato Skimmed milk	Υ																						<								
Macchiato Coconut (instead of milk)	Υ	Υ																													
Macchiato Oat (instead of milk)	Υ	Υ													>																
Macchiato Soya (instead of milk)	Υ	Υ																											>		
Mocha Semi Skimmed milk	Υ																						>								
Mocha Skimmed milk	Υ																						<b>&gt;</b>								
Mocha Coconut (instead of milk)	Υ	Υ																													
Mocha Oat (instead of milk)	Υ	Υ													•															1	
Mocha Soya (instead of milk)	Υ	Υ																											<		
Other Hot Drinks																															
Chai Latte Semi Skimmed Milk	Υ																						~								
Chai Latte Skimmed Milk	Υ																						~								
Chai Latte Coconut (instead of Milk)	Υ	Υ																													
Chai Latte Oat (instead of Milk)	Υ	Υ													>																
Chai Latte Soya (instead of Milk)	Υ	Υ																											>		
Dirty Chai Latte Semi Skimmed Milk	Υ																						<b>✓</b>								
Dirty Chai Latte Skimmed Milk	Υ																						<b>✓</b>								
Dirty Chai Latte Coconut (instead of Milk)	Υ	Υ																													
Dirty Chai Latte Oat (instead of Milk)	Υ	Υ													~																
Dirty Chai Latte Soya (instead of Milk)	Υ	Υ																											>		
Matcha Latte Semi Skimmed Milk	Υ																						>								
Matcha Latte Skimmed Milk	Υ																						>								
Matcha Latte Coconut (instead of Milk)	Υ	Υ																•										·			

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				1														88	ergies.												
	Ve <sub>Q</sub>	Vega				1	Tr	ee Nuts						С	ereals cont	aining glute	n			Celery				Milk							
Product	yetarians	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
Matcha Latte Oat (instead of Milk)	Υ	Υ													>																
Matcha Latte Soya (instead of Milk)	Υ	Υ																											~		
Iced Drinks																															
Iced Latte Semi Skimmed Milk	Υ																						<								
Iced Latte Skimmed Milk	Υ																						~								
Iced Latte Coconut (instead of milk)	Υ	Υ																													
Iced Latte Oat (instead of milk)	Υ	Υ													~																
Iced Latte Soya (instead of milk)	Υ	Y																											~		
Iced Chai Latte Semi Skimmed Milk	Υ																						~								
Iced Chai Latte Skimmed Milk	Υ																						<b>V</b>								
Iced Chai Latte Coconut (instead of Milk)	Υ	Υ																													
Iced Chai Latte Oat (instead of Milk)	Υ	Υ													>																
Iced Chai Latte Soya (instead of Milk)	Υ	Υ																											•		
Iced Dirty Chai Latte Semi Skimmed Milk	Υ																						<b>~</b>								
Iced Dirty Chai Latte Skimmed Milk	Υ																						<b>&gt;</b>								
Iced Dirty Chai Latte Coconut (instead of Milk)	Υ	Υ																													
Iced Dirty Chai Latte Oat (instead of Milk)	Υ	Υ													~																
Iced Dirty Chai Latte Soya (instead of Milk)	Υ	Υ																											~		
Iced Matcha Latte Semi Skimmed Milk	Υ																						<b>&gt;</b>								
Iced Matcha Latte Skimmed Milk	Υ																						•								
Iced Matcha Latte Coconut (instead of Milk)	Υ	Υ																													
Iced Matcha Latte Oat (instead of Milk)	Υ	Υ													>																
Iced Matcha Latte Soya (instead of Milk)	Υ	Υ																											~		

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															wi	ith mil	k and e	egg all	ergies.												
Product	Vegeta	Vegan Friendly	Peanut				Tr	ee Nuts				Sesame		(	ereals cont	taining glute	en		Crustacean	Celery	F	Fish		Milk		Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Product	tarian	gan ndly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	celeriac	Egg	FISH	Cow	Goat	Sheep	Lupin	Wolluscs	Mustaru	Soya	Sulprilles	Fille Nuts
Iced Mocha Semi Skimmed Milk	Υ																						<								
Iced Mocha Skimmed Milk	Υ																						<								
Iced Mocha Coconut (instead of milk)	Υ	Υ																													
Iced Mocha Oat (instead of milk)	Υ	Υ													>																
Iced Mocha Soya (instead of milk)	Υ	Υ																											>		
Iced White Americano Semi Skimmed Milk	Υ																						~								
Iced White Americano Skimmed Milk	Υ																						~								
Iced White Americano Coconut (instead of milk)	Υ	Υ																													
Iced White Americano Oat (instead of milk)	Υ	Υ													~																
Iced White Americano Soya (instead of milk)	Υ	Υ																											<b>&gt;</b>		
Pret Coolers																															
Applejito	Υ	Υ																													
Feelin' Peachy	Υ	Υ																													
Mango Sunrise	Υ	Υ																													
Raspberry Lemonade	Υ	Υ																													
Hot Chocolate																															
Hot Chocolate Semi Skimmed Milk	Υ																						<								
Hot Chocolate Skimmed Milk	Υ																						<								
Hot Chocolate Coconut (instead of milk)	Υ	Υ																													
Hot Chocolate Oat (instead of milk)	Υ	Υ													~																
Hot Chocolate Soya (instead of milk)	Υ	Υ																											<b>y</b>		
Hot Chocolate Powder	Υ	Υ																													
Hot Chocolate Hazelnut	Υ																						~								
Hot Chocolate Hazelnut Skimmed	Υ																						~								

#### Contents Key:

✓ (Product Contains)Y (Suitable For)

## Barista Prepared Drinks

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	Vegeta																														
Product	Veget	egan F	Peanut				Tr	ee Nuts				Sesame		С	ereals cont	aining glute	en		Crustacean	Celery	Egg	Fish		Milk		Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Troduct	arians	Friendly	1 ourist	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Coodino	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Orabidobari	celeriac	-99	1 1011	Cow	Goat	Sheep	Lupii	Wolldoop	Wadara	ooya	Сартнос	
Hot Chocolate Hazelnut Coconut (instead of milk)	Υ	Υ																													
Hot Chocolate Hazelnut Oat (instead of milk)	Υ	Υ													<																
Hot Chocolate Hazelnut Soya (instead of milk)	Υ	Υ																											<b>Y</b>		
Syrups & Toppings																															
All Syrups	Υ	Υ																													
Whipped Cream	Υ																						<								
Milk shot																															
Semi Skimmed	Υ																						~								
Skimmed	Υ																						~								
Coconut (instead of milk)	Υ	Υ																													
Oat (instead of milk)	Υ	Υ													<b>&gt;</b>																
Soya (instead of milk)	Υ	Υ																											~		
Tea																															
Ceylon Breakfast (add milk or milk alternative if White)	Υ	Υ																													
Earl Grey (add milk or milk alternative if White)	Υ	Υ																													
Peppermint (add milk or milk alternative if White)	Υ	Υ																													
Tropical Green (add milk or milk alternative if White)	Υ	Υ																													
Milk / instead of milk cup																															
Semi Skimmed milk cup	Υ																						<b>~</b>								
Skimmed milk cup	Υ																						<								
Coconut (instead of milk) cup	Υ	Υ																													
Oat (instead of milk) cup	Υ	Υ													<																
Soya (instead of milk) cup	Υ	Υ																											>		
Babyccino	Υ																						<								

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															w	ith mil	k and e	egg all	ergies.												
Product	Veget	Vegan	Peanut				Tr	ee Nuts				Sesame		C	Cereals conf	taining glute	en		Crustacean	Celery	Egg	Fish		Milk		Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Froduct	arians	Friendly	realiut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Ciustacean	celeriac	Egg	FISH	Cow	Goat	Sheep	Ецрії	Woldses	Wustaru	Suya	Sulphiles	Time Nuts
Seasonal Drinks																															
Pumpkin Spice Latte Semi Skimmed milk	Υ																						~								
Pumpkin Spice Latte Skimmed milk	Υ																						>								
Pumpkin Spice Latte Coconut (instead of milk)	Υ	Υ																													
Pumpkin Spice Latte Oat (instead of milk)	Υ	Υ													_																
Pumpkin Spice Latte Soya (instead of milk)	Υ	Υ																											~		
Salted Caramel Latte Semi Skimmed milk	Υ																						~								
Salted Caramel Latte Skimmed milk	Υ																						V								
Salted Caramel Latte Coconut (instead of milk)	Y	Υ																													
Salted Caramel Latte Oat (instead of milk)	Υ	Υ													J																
Salted Caramel Latte Soya (instead of milk)	Y	Υ													•														_		
Iced Pumpkin Spice Latte Semi Skimmed	Y																						~								
Iced Pumpkin Spice Latte Skimmed milk	Y																						*								
Iced Pumpkin Spice Latte Coconut	Υ	Υ																					•								
(instead of milk) Iced Pumpkin Spice Latte Soya (instead of	Y	Y																											J		
milk) Iced Pumpkin Spice Latte Oat (instead of	Y	Y													v														•		
milk) Iced Salted Caramel Latte Semi Skimmed	-	T																					>								
milk	Υ																	_													
Iced Salted Caramel Latte Skimmed milk Iced Salted Caramel Latte Coconut	Υ																						~								
(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													~																

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