

Quiche		Suitable for														
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Quiche Lorraine				✓	✓		Wheat		✓							
Quiche Spinach Goat Cheese	✓			✓	✓		Wheat		✓							

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Pies		Suitable for														
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Steak Pepper Pie				✓	✓		Wheat		✓							
Chicken and Mushroom Pie				✓	✓		Wheat		✓							

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

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

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

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

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

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

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

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

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1-Nov-24

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

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Toasties		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesam e	Milk	Egg	Lupin	Cereals containing gluten	Mollus c	Soya	Peanut	Celery and celeriac	Mustard	Sulphite	Crustacean	Fish	Nuts
			Tuna Melt Toastie				✓	✓		Wheat, Barley, Rye Oat		✓			✓	
Mozzarella & Pesto Toastie	✓			✓			Wheat, Barley, Rye Oat									
Chipotle Chicken Toastie				✓			Wheat, Barley, Rye Oat					✓				
Classic Cheese Toastie	✓			✓	✓		Wheat, Barley, Rye Oat		✓			✓				

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1-Nov-24

Salads		Suitable for		Contains these allergens													
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
			Chef's Italian Chicken Salad				✓	✓				✓			✓		
Smoked Salmon & Avocado Salad												✓			✓		
Mozzarella & Quinoa Bowl	✓			✓			Wheat					✓					
Salsa Verde Chicken Bowl							Wheat					✓					
Avocado, Mozzarella & Roasted Pepper Salad	✓			✓								✓				Pinenut	
Crayfish & Avocado Salad												✓		✓			
Rocket & Parmesan Side Salad Pot	✓			✓								✓					
Side Salad - Mix Leaves	✓	✓										✓					
Egg & Avo Protein Pot	✓				✓												
Chicken & Smashed Avo Protein Pot				✓	✓				✓								

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1-Nov-24

Granary		Suitable for		Contains these allergens													
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
			Chicken Accocado Sandwich			✓	✓		Wheat, Barley		✓			✓			
Summer Chicken Sandwich			✓	✓		Wheat, Barley		✓			✓					Pinenut	
Tuna Mayo Sandwich					✓		Wheat, Barley		✓			✓			✓		
Wild Crayfish and Rocket Sandwich			✓	✓			Wheat, Barley		✓			✓		✓			
Mature Cheddar & Pickle Sandwich	✓		✓	✓			Wheat, Barley		✓			✓					
Chicken Salsa Verde Sandwich			✓				Wheat, Barley					✓					
Cracking Egg Salad Sandwich	✓				✓		Wheat, Barley		✓			✓					
Classic Super Club			✓	✓			Wheat, Barley		✓			✓					
Smoked Salmon Sandwich			✓				Wheat, Barley								✓		
Salmon Dill Sandwich					✓		Wheat, Barley		✓						✓		
Coronation Chicken Sandwich					✓		Wheat, Barley		✓			✓				Almond	
Festive Lunch Sandwich			✓	✓			Wheat, Barley		✓			✓					
Brie & Cranberry Sandwich			✓				Wheat, Barley									Pinenut	

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Baguettes		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
			Chicken Ceasar and Bacon Baguette			✓	✓	✓		Wheat, Rye, Barley, Oats		✓			✓	
Tuna Mayo & Cucumber Baguette					✓		Wheat		✓			✓				✓
Posh Cheddar & Pickle Baguette	✓		✓	✓	✓		Wheat, Rye, Barley, Oats		✓			✓				
Chicken Salad Baguette				✓	✓		Wheat		✓			✓				
Pesto Caprese Toasted Baguette	✓			✓	✓		Wheat		✓			✓				
Chipotle Chicken Bacon Toasted Baguette				✓			Wheat					✓				
Brie ,Turkey & Bacon Hot Baguette			✓	✓			Wheat, Rye, Barley, Oats		✓							
Leftover Festive Turkey Hot Baguette			✓	✓	✓		Wheat, Rye, Barley, Oats		✓			✓				

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

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

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

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Snacks & Desserts		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
			Sea Salt Crisps	✓	✓											
Mature Cheddar Crisps	✓			✓												
Sweet Chilli Crisps	✓	✓							✓							
Pret Crisps - Sea Salt & Black Pepper	✓	✓														
Pret Crisps - Sea Salt & Cider Vinegar	✓	✓					Wheat									
Pret Crisps - Cheese & Chives	✓			✓												
Pret Nuts , Fruits & Chocolate	✓			✓					✓							Almonds
Caramel Waffle	✓			✓			Wheat		✓							
Cranberries in Coats	✓			✓												
Pret Dark Chocolate Almonds	✓	✓							✓							Almonds
Pret a Mango	✓	✓														
Choc Bar	✓			✓			Wheat		✓							
Popcorn Bar	✓			✓					✓							
Love Bar	✓			✓			Oat		✓							Almond Pistachio
Chocolate Mousse				✓	✓				✓							
Lemon Cheesecake				✓	✓		Wheat		✓							
Honey Cake	✓			✓	✓		Wheat									
Vegan Lotus Biscoff Cake	✓	✓					Wheat		✓							
Chocolate Brownie	✓			✓	✓		Wheat		✓							
Caramel Toffee Pudding	✓			✓	✓		Wheat									Pecan

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

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Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
			Spanish Latte	✓			✓										
Iced Spanish Latte	✓				✓												
Eggnog Latte (Hot & Iced)	✓				✓												
Pumpkin Spiced Chai Latte (Hot & Iced)	✓				✓												
Mince Pie Latte (Hot & Iced)	✓				✓												

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

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Platters		Suitable for		Contains these allergens													
Product	Vegetarian	Vegan	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustaceans	Fish	Nuts	
			All Time Classic Platter			✓	✓		Wheat, Barley		✓			✓			
Chef's Italian Chicken Salad Platter				✓	✓				✓			✓			✓	Pistachios	
Chicken Supreme Platter				✓	✓		Wheat, Barley		✓			✓				Almonds	
Chocolate Chunk Cookie Bag	✓			✓			Wheat										
Fish Selection Platter				✓	✓		Wheat, Barley		✓			✓		✓	✓		
Coffee Box	✓	✓															
Tea Box	✓	✓															
Veggie Lover Mixed Platter	✓		✓	✓	✓		Wheat,Rye, Barley, Oats		✓			✓					
Vegetarian Platter	✓			✓	✓		Wheat, Barley		✓			✓					
Mozzarella & Quinoa Salad Platter	✓			✓			Wheat					✓					
Chicken Salsa Verde Salad Platter							Wheat					✓					
Wrap Selection Platter				✓	✓		Wheat, Rye		✓			✓			✓	Pinenuts	
Kids Cheese Triangles Platter	✓			✓			Wheat, Barley										
Kids Tuna Triangles Platter					✓		Wheat, Barley		✓			✓				✓	
Kids Chicken Triangles Platter					✓		Wheat, Barley		✓			✓					
Mixed Kids Triangles Platter					✓	✓	Wheat, Barley		✓			✓				✓	
Kids Egg Triangles Platter	✓				✓		Wheat, Barley										
Vegan Donuts Platter	✓	✓					Wheat									Almonds	
Sweet Pastry Selection Box	✓	✓			✓	✓	Wheat		✓							Almonds	
Salmon & Avocado Salad Platter												✓			✓		
Meat Baguette Platter			✓	✓	✓		Wheat,Rye, Barley, Oats		✓			✓				✓	
Love Bar Bag	✓				✓		Oat		✓							Almonds, Pistachios	
Festive Platter				✓	✓		Wheat, Barley		✓			✓				Pine Nuts	
Mince Pie Platter	✓				✓	✓	Wheat		✓								
Cookie Platter Small/Large	✓				✓		Wheat,Oat									Almonds	
Avocado Mozzarella Salad Platter	✓				✓							✓				Pinenuts	
Baguette Selection Platter			✓	✓	✓		Wheat,Rye, Barley, Oats		✓			✓				✓	
Bar Platter	✓				✓	✓	Wheat, Oat		✓							Almonds, Pistachios	
Best of Pret Platter				✓	✓		Wheat, Barley		✓			✓			✓	Pinenuts	
Breakfast Baguette Selection Platter					✓		Wheat		✓			✓				✓	
Breakfast Brioche Platter					✓		Wheat		✓			✓				✓	
Brownie Bag	✓				✓	✓	Wheat		✓								

We can't guarantee any of our products are suitable for those with allergies due to a high risk of cross contamination. Our vegan products are made to a vegan recipe but are not suitable for those with dairy and egg allergies. Please take care.