





Caramel Shot	✓	✓																	
Vanilla Shot	✓	✓																	
Salted Caramel	✓	✓																	
<b>Smoothies</b>																			
Berry Blast	✓	✓																	
Strawberry & Banana Smoothie	✓	✓																	
Mango & Pineapple Fruit	✓	✓																	
<b>Frappes</b>																			
Chocolate Frappe	✓																	✗	
Salted Caramel	✓																	✗	
Classic Frappe	✓																	✗	
<b>Iced Drinks</b>																			
Iced Black Americano	✓	✓																	
Iced Coconut Latte	✓																		
Iced Chai Latte	✓																	✗	
Iced Coconut Espresso	✓																		
Iced Mocha	✓																	✗	
Iced Spanish Latte	✓																	✗	
Iced Chocolate	✓																	✗	
Iced White Americano	✓																	✗	
Iced Latte	✓																	✗	
<b>Powder</b>																			
Brown Sugar	✓	✓																	

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Breakfast		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		
																	Almond Croissant	✓
Banana & Honey Breakfast Bowl	✓			✗			OAT									CASHEW, PECAN		
Bircher Muesli	✓			✗			OAT									PISTACHIO, CASHEW, PECAN		
Berry Yoghurt Parfait	✓			✗			OAT									CASHEW, PECAN		
Rice Pudding - Pomegranate	✓			✗														

22/6/2022



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Fruit		Suitable for		22-Jun-22													
Product	Vegetarians	Vegans	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Banana	✓	✓															
Apple	✓	✓															
Mango & Lime	✓	✓															
Superfruit Salad	✓	✓															
Pomegranate Pot	✓	✓															

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Sandwiches		Suitable for		22/6/2022													
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 Avocado				✓	✓		WHEAT, BARLEY		✓			✓	✓				
Cracking Egg Salad	✓				✓		WHEAT, BARLEY		✓			✓	✓				
Wild Crayfish & Rocket					✓		WHEAT, BARLEY		✓			✓	✓	✓			
Mature Cheddar & Pret Pickle	✓			✓	✓		WHEAT, BARLEY		✓			✓	✓				
Smoked Salmon				✓			WHEAT, BARLEY									✓	
Summer Chicken				✓	✓		WHEAT, BARLEY		✓			✓	✓				PINENUTS
Pret's multigrain open sandwich - Salmon & Soft Cheese				✓			GF OAT									✓	
Pole & Line Caught Tuna & Rocket					✓		WHEAT, BARLEY		✓			✓	✓			✓	
Pret's multigrain open sandwich - Smashed Avo	✓	✓					GF OAT										
Veggie New Yorker	✓		✓	✓	✓		WHEAT, BARLEY		✓			✓	✓				
Portobello Lettuce & Tomato Granary	✓		✓	✓	✓		WHEAT, BARLEY		✓			✓					

Beef & Horseradish Granary				✓	✓		WHEAT, BARLEY						✓			
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Pret's Hot		Suitable for		Contains these allergens													22/6/2022
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
			Chicken, Avocado & Basil Toastie				✓	✓		WHEAT, BARLEY, RYE, OAT		✓			✓	✓	
Chipotle Chicken Hot Wrap			✓	✓			WHEAT, RYE					✓					
Classic Cheese Toastie	✓			✓	✓		WHEAT, BARLEY, RYE, OAT		✓			✓					
Falafel & Halloumi Hot Wrap	✓		✓	✓			WHEAT, RYE										
Macaroni - Beef Bolognese				✓			WHEAT				✓						
Macaroni - Veggie Meatball	✓			✓			WHEAT				✓	✓					
Sausage Roll				✓	✓		WHEAT										
Tuna Melt Toastie				✓	✓		WHEAT, BARLEY, RYE, OAT		✓			✓	✓		✓		
Omelette Mushroom and Spinach	✓			✓	✓				✓								
Pret's Porridge	✓	✓					OAT		✓								
Meatball Hot Wrap			✓	✓			WHEAT, RYE		✓			✓					
Spicy Chicken Toasted Baguette			✓	✓			WHEAT, RYE, BARLEY, OATS					✓					

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Soups		Suitable for		Contains these allergens													22/6/2022
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
			Malaysian Chicken														
Souper Tomato	✓	✓															
Carrot & Coriander				✓							✓						
Pumpkin & Corn Chowder				✓							✓						
Mushroom Risotto	✓			✓							✓						
Thai Red Curry Chicken Soup									✓		✓			✓	✓		

Japanese Corn Soup	✓			✓													
Soup Bread	✓	✓						WHEAT									

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Barista Prepared		Suitable for																Contains these allergens																22/6/2022
Product	Vegetarian	Vegan	Suitable for																Contains these allergens															
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts																		
<b>Coffee</b>																																		
Black Filter Coffee	✓	✓																																
Cappuccino	✓			✓																														
Flat White	✓			✓																														
Latte	✓			✓																														
Mocha	✓			✓																														
Spanish Latte	✓			✓																														
White Americano	✓			✓																														
Coconut Flat White	✓	✓																																
Coconut Latte	✓	✓																																
Coconut Mocha	✓	✓																																
<b>Tea</b>																																		
Ceylon Breakfast Tea	✓			✓																														
Green Tea	✓																																	
Earl Grey Tea	✓			✓																														
Peppermint Tea	✓	✓																																
<b>Flavoured Latte</b>																																		
Chai Latte	✓			✓																														
Chai Latte with Rice-Coconut	✓	✓																																
Chai Latte with Oat	✓	✓						✓																										
Chai Latte (Soya)	✓	✓								✓																								
Spanish Latte Oat	✓			✓				✓																										
Spanish Latte Coconut	✓			✓																														
Spanish Latte Soya	✓			✓						✓																								
Matcha Latte with Oat	✓	✓						✓																										
Matcha Latte with Rice-Coconut	✓	✓																																
Matcha Latte (Soya)	✓	✓								✓																								

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Salads		Suitable for																Contains these allergens																22-Jun-22
Product	Vegetarian	Vegans	Suitable for																Contains these allergens															
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts																		

Avocado, Mozzarella & Roasted Peppers Salad Large	✓			✓							✓	✓				PINENUTS
Chef's Italian Chicken Salad Large				✓	✓				✓		✓	✓			✓	PISTACHIO
Chef's Italian Chicken Salad Small				✓	✓				✓		✓	✓			✓	PISTACHIO
Smoked Salmon Salad Large											✓	✓			✓	
Tuna Nicoise Salad Large					✓						✓	✓			✓	
Wild Crayfish & Avocado											✓	✓	✓			
Hanoi Beef Salad				✓					✓							
Roasted Eggplant & Quinoa Salad	✓			✓	✓				✓		✓					
Japanese Potato & Tuna Salad				✓	✓				✓		✓				✓	

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Salads		Suitable for															22-Jun-22
Product	Vegetarians	Vegans															
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Chicken & Smashed Avo Pot				✓	✓					✓							
Edamame Beans Pot	✓	✓								✓							
Coco-Nut Protein Ball	✓	✓								✓							COCONUT CASHEW
Egg & Avocado Protein Pot	✓				✓												
Quinoa & Crayfish Pot					✓							✓			✓		
Japanese Potato Salad Pot				✓	✓					✓		✓					







Kids Tuna Mayo					▼		WHEAT, BARLEY		▼			▼	▼		▼	
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