

7th January 2025 V2

#### 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.

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	< e	Vega				1	Tre	ee Nuts				-		С	ereals conta	aining glute	en		4	Celery				Milk	1	4					'
Product	getarians	yan Friendl	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Baguettes																															
Artichoke, Tapenade & Olive	Υ	Υ	Τ	Т	Т	T	Т			T T		<b>V</b>	I					V							Τ	Т					
Avo, Olives & Toms	Y	Y										V						V													~
Beef & Horseradish Baguette												7						<u> </u>			>										
Brie, Tomato & Basil	Υ																	~					~								
Chicken Caesar & Bacon												<b>-</b>						7			~	~	-								
Chicken Salad Baguette																		~			~		~								
Free Range Egg Mayo & Smoked Salmon																		~			<b>&gt;</b>	<b>&gt;</b>						~			
Italian Prosciutto												~						~			~		~								
Mexican Style Avo & Pepper	Υ	Υ	1									~						~													
Mozzarella, Roasted Pepper & Pesto Baguette	Υ											~						~			>		~								~
Posh Cheddar & Pickle	Υ											~						~			<b>\</b>		~					~			
Smoked Salmon, Egg Mayo & Avo												~						~			<b>&gt;</b>	>									
Smoked Salmon, Soft Cheese & Dill Baguette												~						~				>	~								
Spicy Tuna																		~			<b>&gt;</b>	>	~								
Sticky Mushroom Banh Mi	Υ	Υ																~											~		
Tuna Mayo & Cucumber																		~			~	>									
Wiltshire-Cured Ham & Greve																		~			<b>&gt;</b>		<b>&gt;</b>					<b>&gt;</b>			
Sandwiches																															
Chicken, Avocado & Basil													>					>			>		>								
Chicken Salad													>					<b>&gt;</b>			>		>								
Chicken & Pork Stuffing													>					>			>									<b>&gt;</b>	
Classic Super Club													>					~			>										
Crayfish & Rocket													>					~	<b>Y</b>		>										
Free-Range Egg Mayo	Υ												>					~			>							>			
Ham & Cheese													>					~					>								
Kids' Cheese & Tomato Triangles	Υ												>					~					>								
Kids' Chicken & Cucumber Triangles													>					>			>										
Kids' Ham Triangles													>					<b>✓</b>					>								
Mature Cheddar & Pickle	Υ												>					<b>&gt;</b>			<b>Y</b>		>								
Scottish Smoked Salmon													>					>				>	<b>&gt;</b>								
Super Greens & Reds	Υ	Υ											>					>													
The VLT	Υ	Υ											>					~													
Tuna Mayo & Cucumber													>					<b>&gt;</b>			>	>									

# Rolls & Wraps

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.

	<	< ⊕					Tre	e Nuts						C	Cereals cont	aining glut	ten							Milk							
Product	Vegetarians	Vegan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamut (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													<b>&gt;</b>			>		*			>	>									
New Yorker Rye Roll													<b>&gt;</b>			>		•			>							<			
Scandi Style Salmon													>			>		*			>	>						<		>	
Veggie Deli Rye Roll	Υ												>			>		>			>		>					<			
Wraps																															
Avo & Herb Wrap	Υ															>		>			>		>								<b>\</b>
Chicken Pesto Wrap																>		>			>		>								<b>\</b>
Chicken Satay Wrap																>		>			>								>		
Fajita Style & Chicken Avo Wrap																>		>													
Falafel, Avocado & Chipotle Salad Wrap	Υ	Υ														>		>												>	
Hoisin Duck Salad Wrap																>		>			>								>		
Humous & Chipotle Wrap	Υ	Υ										~				>		*													
Flatbreads																															
Pret's Greek Style Flatbread	Υ																	~			<b>~</b>		~	~	~					~	
Shawarma Spiced Chicken Flatbread												~						~													
Falafel, Avo & Chipotle Flatbread	Υ	Υ																•												~	
Mediterranean Style Tuna Flatbread																		~			>	>									

## Fruit & Pots

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																			u egg an	5											
		V <sub>e</sub>					Tre	e Nuts				]		С	ereals cont	aining glute	en							Milk							
Product	Vegetarians	Vegan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamut (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																													
Fruit Salad	Υ	Υ																													
Mango & Lime	Υ	Υ																													
Melon & Blueberry	Υ	Υ																													
Seasons Sweetest Pineapple	Υ	Υ																													
Superfruit Salad	Υ	Υ																													
Pots																															
Acai & Almond Butter Bowl	Υ	Υ		<b>&gt;</b>											<b>&gt;</b>																
Banana, Honey & Yogurt Pot	Υ																						>								
Bircher Muesli	Υ									<b>~</b>					<b>✓</b>								>								
Blueberry Balance Bowl	Υ														<b>&gt;</b>								>								
Yogurt & Five Berry Pot	Υ																						>								
Five Berry Bowl	Υ														<b>\</b>								>								
Kids' Mango & Banana Yogurt Pot	Υ																						>								
Mango & Banana Sunshine Bowl	Υ	Υ													<b>\</b>																
Mindful Matcha Bowl	Υ														<b>\</b>								>								

#### Breakfast

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																			ici gics.												
	<b>€</b>	Veg					Tre	ee Nuts						С	ereals conf	aining glute	en			0.1				Milk							
Product	getarians	an Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamut (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			<b>~</b>														<b>&gt;</b>			<b>&gt;</b>		<b>✓</b>								
Breakfast Baguette Free-Range Egg Mayo & Avocado	Υ																	<b>&gt;</b>			<b>&gt;</b>										
Breakfast Baguette Free-Range Egg Mayo & Bacon																		<b>&gt;</b>			<b>&gt;</b>										
Breakfast Baguette Roasted Tomatoes & Egg Mayo	Υ																	<b>&gt;</b>			<b>&gt;</b>										
Breakfast Baguette Salmon & Egg Mayo																		<b>&gt;</b>			<b>&gt;</b>	<b>✓</b>						~			
British Sausages, Beans & Egg Protein Pot																					>										
Butter Croissant	Υ																	>			>		>								
Coconut & Quinoa Porridge	Υ	Υ													>																
Cheese Twist	Υ																	>			>		>								
Chocolate Croissant	Υ																	>			>		>						>		
Cinnamon Danish	Υ																	>			>		>								
Ham, Cheese, Tomato & Bacon Croissant																		>			>		>								
Mozzarella & Tomato Croissant	Υ																	>			>		>								
Pain aux Raisin	Υ																	>			>		>								
Pastel de Nata	Υ																	>			>		>								
Porridge Topper - Chocolate, Banana & Coconut	Υ	Υ																											<b>Y</b>		
Porridge Topper - Cranberry & Seeds	Υ	Υ																													
Porridge Topper - Seed & Fruit	Υ	Υ																													
Porridge Topping - Five Berry Compote	Υ	Υ																													
Porridge Topping - Honey	Υ																														
Pret's Ham & Bechamel Croissant																		*			>		<b>\</b>								
Pret's Mushroom & Bechamel Croissant																		~			~		~								
Pret's Proper Porridge	Υ														~								~								
Pret's Veggie Breakfast Ciabatta	Υ															>		<b>&gt;</b>			~		~	<b>Y</b>	~						
Roasted Mushrooms, Beans & Egg Protein Pot	Υ																				~										
Triple Bacon Ciabatta																>		>					>								
Triple Sausage Ciabatta																>		>					>								
Ultimate Breakfast Ciabatta																>		>			>		>								
Very Berry Croissant	Υ	Υ																<b>&gt;</b>									_				

#### Cold Drinks

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		<					Tree	Nuts							Cereals conta	aining gluten								Milk							
Product	Vegetarians	egan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamut (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																													
Coconut Shot	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																													
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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	<b>&lt;</b>	Veg					Tre	ee Nuts						С	ereals cont	taining glut	ten							Milk							
Product	egetarians	Vegan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamut (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																		~					~								
Chipotle Chicken Mozzarella & Feta Hot Baguette												~						~						>	~						
Chicken & Pork Stuffing Hot Baguette												~						~			<b>\</b>		<b>&gt;</b>							~	
Crispy Potato Bites	Υ	Υ																													
Falafel & Halloumi Hot Wrap	Υ															~		~					<b>&gt;</b>	<b>&gt;</b>	~						
Garlic & Herb Swirl	Υ																	~			<b>\</b>		~								
Italian Style Chicken & Basil Hot Wrap																~		~					~								
Kale Macaroni Cheese	Υ																	~					~								
Macaroni Cheese Prosciutto																		~					<b>&gt;</b>								
Prosciutto & Mozzarella Hot Baguette												~						~					~								
Pret's Sausage Roll																		~			<b>\</b>		~								
Shawarma Spiced Vegetable Hot Wrap	Υ	Υ										~				~		~													
Swedish Meatball Hot Wrap																~		~					~								
Tomato, Red Pepper & Mozzorella Hot Baguette	Υ											~						~					~								
Tuna Melt Hot Baguette												~						~			<b>\</b>	<b>&gt;</b>	~								
Toasties																															
Brie & Caramelised Onion Toastie													~		<b>~</b>	~		~					~								
Chipotle Chicken & Feta Toastie													~		<b>&gt;</b>	~		~						>	~						
Classic Cheese Toastie													~		~	~		~			<b>&gt;</b>		<b>~</b>					<b>&gt;</b>			
Creamy Mushroom Toastie													~		~	~		~					~								
Halloumi, Red Pepper & Basil Toastie													~		~	~		~					~	<b>Y</b>	~						
Ham & Cheese Toastie													~		~	~		~			<b>&gt;</b>		~					<b>&gt;</b>			
Kids' Pizza Toastie													~					~					~								
Tuna Melt Toastie													~		<b>&gt;</b>	~		~			<b>&gt;</b>	~	~								

#### Pret's Hot

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																			<i>-</i>	Ŭ											
	V <sub>e</sub>	Veg					Tre	ee Nuts						С	ereals cont	aining glut	en							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	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																		<b>&gt;</b>													
Pret's Mushroom Risotto Soup	Υ	Υ																											>		
Souper Greens	Υ	Υ																													
Souper Tomato	Υ	Υ																													
Soup Baguette with Butter	Υ																	~					~								
Soup Roll with Butter	Υ												~			>		~					~								

Salads

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.

		<					Tre	e Nuts						С	ereals cont	aining glute	en							Milk							
Product	Vegetarians	₃gan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamut (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										~											<b>~</b>	>	~								
Chicken & Greens Protein Bowl																					<								<		
Chicken Satay Salad																													>		
Egg & Spinach Protein Pot	Υ																				<										
Humous & Falafel Mezze	Υ	Υ										<b>&gt;</b>																			
Kids' Humous & Cucumber Bowl	Υ	Υ										<b>*</b>																			
Pesto, Pasta & Mozzarella	Υ																	>					>							>	<b>*</b>
Petite Crayfish & Avo Salad																			~												
Smoked Salmon Protein Bowl																					<b>&gt;</b>	>							>		
Smoked Salmon & Egg Protein Pot																					<b>~</b>	>									
Tuna Nicoise Salad																					<b>&gt;</b>	>									
Dressing																															
Green Dressing	Υ	Υ																											<b>&gt;</b>		
Balsamic Dressing	Υ	Υ																												>	
Chilli & Lime Dressing	Υ	Υ																													
French Dressing	Υ	Υ																													

# Snacks

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																			and grea												
	Ve	Vegan					Tr	ee Nuts						С	ereals cont	aining glute	en							Milk							
Product	egetarians	ıan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery 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			>																			<b>&gt;</b>						<		
Mature Cheddar & Red Onion Crisps	Υ																						<b>&gt;</b>								
Milk Chocolate Bar	Υ																						<b>&gt;</b>						<		
Salted Caramel Dessert Pot	Υ																	>					<b>&gt;</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					<b>~</b>																							<b>\</b>		

Contents Key:

✓ (Product Contains) Y (Suitable For)

Sweet Treats

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	Veg					Tre	ee Nuts						Ce	ereals cont	taining glute	en			Celery				Milk							
Product	getarians	gan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamut (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			>										6y															~		
Banana Fridge cake	Υ																	~			~		<b>&gt;</b>								
Blackforest Dessert Pot	Υ																	<b>&gt;</b>					<b>\</b>						~		
Caramel Waffle	Υ																	<b>&gt;</b>					<						<b>&gt;</b>		
Carrot Cake	Υ										<b>&gt;</b>							<b>&gt;</b>			<b>&gt;</b>		<								
Choc Bar	Υ																	~					<b>&gt;</b>						~		
Chocolate Brownie Bar	Υ																	<b>&gt;</b>			<b>&gt;</b>		<						>		
Chocolate Chunk Cookie	Υ																	<b>&gt;</b>					<								
Chocolate Moose Dessert Pot	Υ																						<						>		
Coconut Bite	Υ	Υ																											>		
Dark Chocolate & Almond Butter Cookie	Υ	Υ		<b>&gt;</b>														<b>&gt;</b>													
Dark Chocolate Corn Cakes	Υ																												>		
Dark Chocolate with Sea Salt	Υ																												>		
Double Berry Muffin	Υ																	>			<b>&gt;</b>		<								
Fruit, Oat & Spelt Cookie	Υ														>		<	>					<								
Hazelnut Truffles	Υ	Υ					>																								
Lemon Cake	Υ			>																	<b>&gt;</b>		<						>		
Lemon Cheesecake	Υ																	>			<b>&gt;</b>		<								
Love Bar	Υ			>						>					>								<						>		
Nut Bar	Υ	Υ		>																									>		
Peach & Almond Bakewell	Υ			>														>			<b>&gt;</b>		<								
Popcorn Bar	Υ																						<b>&gt;</b>						>		
Pret's Caramel Shortbread	Υ																	>					<b>&gt;</b>						>		
Pret's Gingerbread Biscuit (Annie & Godfrey)	Υ																	>			<b>&gt;</b>										
Pret Bar	Υ														~			~					<b>&gt;</b>								
Pret's Chocolate Brownie Swirl	Υ																	~			~		~								
Pret's Cinnamon Crown	Υ												~					>			~		<b>&gt;</b>								
Scone with Jam, Butter & Clotted Cream	Υ																	~			~		~								
Stem Ginger Cookie	Υ																	>					~								
Spiced Apple & Pecan Muffin	Υ								<b>&gt;</b>									~			~		~								
Raspberry & White Chocolate Cookie	Υ																	~					~						~		

#### Platters

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	1			т —															ancigics												
	Veg	/egai					Tr	ee Nuts						С	ereals conta	aining glute	en			Celery				Milk							
Product	etarians	n Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Breakfast Platters																															
Breakfast Baguette Selection Platter																		<b>&gt;</b>			>	>						>			
Five Berry & Bircher Bowl Platter	Υ									<b>&gt;</b>					<b>&gt;</b>								>								
Pret's Premium Pastries Platter	Υ												>					<b>&gt;</b>			>		>								
Pret's Veggie Breakfast Ciabatta Platter	Υ															<b>✓</b>		<b>✓</b>			<b>~</b>		<b>~</b>								
Pret's Mixed Breakfast Ciabatta Platter																<b>\</b>		<b>~</b>			<b>&gt;</b>		>	<b>~</b>	<b>&gt;</b>						
Spring Breakfast Bowl Platter	Υ			<b>✓</b>											<b>✓</b>								<b>✓</b>								
Sweet Pastry Selection Box	Υ			<b>✓</b>														<b>✓</b>			<b>✓</b>		<b>✓</b>						<b>~</b>		
Triple Bacon Ciabatta Platter																<b>✓</b>		<b>✓</b>					<b>✓</b>								
Triple Sausage Ciabatta Platter																✓		<b>✓</b>					<b>~</b>								
Pret's Ultimate Breakfast Ciabatta Platter																✓		✓			<b>✓</b>		✓								
Lunch Platters																															
All Time Classic Platter													<b>&gt;</b>					✓			<b>✓</b>	<b>~</b>	<b>✓</b>					~			
Baguette Selection Platter												<b>✓</b>						<b>✓</b>			<b>✓</b>	<b>✓</b>	<b>✓</b>					<b>V</b>			
Best Of Pret Platter													<b>~</b>					✓			<b>✓</b>	<b>~</b>	✓					<b>✓</b>			
Chef's Italian Chicken Salad Platter										<b>✓</b>											<b>~</b>	<b>~</b>	<b>~</b>								
Humous & Falafel Mezze Salad Platter	Υ	Υ										~																			
Pret's Classic Salad Wrap Platter																<b>✓</b>		<b>✓</b>			<b>✓</b>								<b>✓</b>		
Pret's Chicken Satay Salad Platter																													>		
Pret's Veggie Salad Wrap Platter	Υ	Υ										<b>✓</b>				<b>✓</b>		<b>✓</b>												<b>~</b>	
Rye Roll Platter Selection													~			<b>✓</b>		<b>✓</b>			<b>~</b>	<b>✓</b>	<b>✓</b>					<b>~</b>		~	
Tuna Nicoise Salad Platter																					<b>&gt;</b>	<b>~</b>									
Vegan Friendly Mix Platter	Υ	Υ										~	~					✓													<b>✓</b>
Vegetarian Selection Platter	Υ												>					<b>\</b>			<b>&gt;</b>		<b>&gt;</b>					>			
Veggie Classics Baguette Platter	Υ											~						~			>		>					>			<b>✓</b>
Snacking Platters																															
Brownie Bar Bag	Υ																	<b>&gt;</b>			<b>&gt;</b>		<b>&gt;</b>						>		
Chocolate Chunk Cookie Bag	Υ																	<					~								

### Platters

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Product	Vegetariar	Vegan Frier	Peanut				Tr	ee Nuts				Sesame		C	ereals cont	aining glut	en		Crustacean	Celery and celeriac	Egg	Fish		Milk		Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
	าร	ndly		Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
Cookie Platter	Υ			~											~			>					>								
Love Bar Bag	Υ			~						~					~								<						<b>&gt;</b>		
Pastel De Nata Platter	Υ																	<b>&gt;</b>			<b>&gt;</b>		<								
Pret Bar Platter	Υ			~						~					~			<b>Y</b>			<b>~</b>		<b>\</b>						<b>&gt;</b>		
Pret's Crisp Platter	Υ																						>								
Pret's Popcorn Platter	Υ	Υ																													
Pret's Snack Platter				~																			>						<b>&gt;</b>		
Raspberry & White Chocolate Cookie Bag	Υ																	>					>						<b>y</b>		
Stem Ginger Cookie Bag	Υ																	>					>								

# Barista Prepared Drinks

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															those	WILLI	IIIIK AI	iu cgg	anergie	3.											
	Vegetar	Vega			7		Tr	ree Nuts	,	,				С	ereals cont	taining glut	en			Celery				Milk							
Product	etarians	n Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamut (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																											<b>~</b>		
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																						<b>&gt;</b>								
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																						>								
Latte Coconut (instead of milk)	Υ	Υ																													
Latte Oat (instead of milk)	Υ	Υ													>																
Latte Soya (instead of milk)	Υ	Υ																											<b>~</b>		
Macchiato Semi Skimmed milk	Υ																						<b>&gt;</b>								
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																											<b>&gt;</b>		

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				т —															ancigic	T			<u> </u>			ı					
		_					Tr	ee Nuts						С	ereals cont	aining glute	en							Milk							
Product	Vegetarians	Vegan Friendly	Peanut	Almond	Brazil Nuts	Cashews	: Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Mocha Semi Skimmed milk	Υ																						<b>&gt;</b>								
Mocha Skimmed milk	Υ																						<b>~</b>								
Mocha Coconut (instead of milk)	Υ	Υ																													
Mocha Oat (instead of milk)	Υ	Υ													>																
Mocha Soya (instead of milk)	Υ	Υ																											>		
Other Hot Drinks																															
Chai Latte Semi Skimmed Milk	Υ																						<b>✓</b>								
Chai Latte Skimmed Milk	Υ																						<b>~</b>								
Chai Latte Coconut (instead of Milk)	Υ	Υ																													
Chai Latte Oat (instead of Milk)	Υ	Υ													<b>&gt;</b>																
Chai Latte Soya (instead of Milk)	Υ	Υ																											<b>&gt;</b>		
Dirty Chai Latte Semi Skimmed Milk	Υ																						<b>&gt;</b>								
Dirty Chai Latte Skimmed Milk	Υ																						>								
Dirty Chai Latte Coconut (instead of Milk)	Υ	Υ																													
Dirty Chai Latte Oat (instead of Milk)	Υ	Υ													<b>~</b>																
Dirty Chai Latte Soya (instead of Milk)	Υ	Υ																											~		
Matcha Latte Semi Skimmed Milk	Υ																						<b>&gt;</b>								
Matcha Latte Skimmed Milk	Υ																						<b>\</b>								
Matcha Latte Coconut (instead of Milk)	Υ	Υ																													
Matcha Latte Oat (instead of Milk)	Υ	Υ													<b>\</b>														$\overline{}$		
Matcha Latte Soya (instead of Milk)	Υ	Υ																											<b>&gt;</b>		
Iced Drinks																															
Iced Latte Semi Skimmed Milk	Υ																						<b>✓</b>								
Iced Latte Skimmed Milk	Υ																						<b>V</b>								
Iced Latte Coconut (instead of milk)	Υ	Υ																													
Iced Latte Oat (instead of milk)	Υ	Υ													~																
Iced Latte Soya (instead of milk)	Υ	Υ																											~		
Iced Chai Latte Semi Skimmed Milk	Υ																						<b>✓</b>								
Iced Chai Latte Skimmed Milk	Υ																						<b>&gt;</b>								

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	Ve	Veg					Tr	ee Nuts						C	ereals conta	aining glute	en			0.1				Milk							
Product	getarians	an Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Iced Chai Latte Coconut (instead of Milk)	Υ	Υ																													
Iced Chai Latte Oat (instead of Milk)	Υ	Υ													<b>\</b>																
Iced Chai Latte Soya (instead of Milk)	Υ	Υ																											<b>&gt;</b>		
Iced Dirty Chai Latte Semi Skimmed Milk	Υ																						<b>\</b>								
Iced Dirty Chai Latte Skimmed Milk	Υ																						~								
Iced Dirty Chai Latte Coconut (instead of Milk)	Υ	Υ																													
Iced Dirty Chai Latte Oat (instead of Milk)	Υ	Υ													<b>~</b>																
Iced Dirty Chai Latte Soya (instead of Milk)	Υ	Υ																											<		
Iced Matcha Latte Semi Skimmed Milk	Υ																						>								
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																											<b>~</b>		
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																											<b>~</b>		
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													<b>&gt;</b>																
Iced White Americano Soya (instead of milk)	Υ	Υ																											<		

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		< <sub>e</sub>					Tr	ee Nuts						C		aining glute		88						Milk							
Product	Vegetarians	Vegan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
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																						<b>&gt;</b>								
Hot Chocolate Skimmed Milk	Υ																						<b>&gt;</b>								
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>~</b>		
Hot Chocolate Powder	Υ	Υ																													
Hot Chocolate Hazelnut	Υ																						>								
Hot Chocolate Hazelnut Skimmed	Υ																						>								
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>&gt;</b>		
Syrups & Toppings																															
All Syrups	Υ	Υ																													
Whipped Cream	Υ																						>								
Milk shot																															
Semi Skimmed	Υ																						>								
Skimmed	Υ																						<b>&gt;</b>								

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Product	Vegeta	Vegan F	Peanut				Tr	ee Nuts				Sesame		C	ereals cont	aining glut	en		Crustacean	Celery and	Egg	Fish		Milk		Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Troduct	arians	riendly	, canat	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	00001110	Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Orabia de an	celeriac	-99	. 10.1	Cow	Goat	Sheep	249		ao.a. a	Joya	Supiniss	, individue
Coconut (instead of milk)	Υ	Υ																													
Oat (instead of milk)	Υ	Υ													<																
Soya (instead of milk)	Υ	Υ																											<b>&gt;</b>		
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>&gt;</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																						<								
Seasonal Drinks																															
Caramelised Almond Latte Semi Skimmed milk	Υ																						<b>~</b>								
Caramelised Almond Latte Skimmed milk	Υ																						<b>✓</b>								
Caramelised Almond Latte Coconut (instead of milk)	Υ	Υ																													
Caramelised Almond Latte Oat (instead of milk)	Υ	Υ													<b>&gt;</b>																
Caramelised Almond Latte Soya (instead of milk)	Υ	Υ																											>		
Festive Orange Hot Chocolate Semi Skimmed Milk	Υ																						>								
Festive Orange Hot Chocolate Skimmed Milk Festive Orange Hot Chocolate Coconut	Υ																						<b>Y</b>								
(instead of milk) Festive Orange Hot Chocolate Oat	Υ	Υ																													
(instead of milk) Festive Orange Hot Chocolate Soya	Y	Y													<b>✓</b>																
(instead of milk)	Y	Υ																											~		
Maple Pecan Latte Semi Skimmed milk	Υ																						<b>✓</b>								

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	Ve	Veg					Tre	ee Nuts						С	ereals cont	taining glute	en			Celery				Milk							
Product	getarians	an Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Maple Pecan Latte Skimmed milk	Υ																						<b>&gt;</b>								
Maple Pecan Latte Coconut (instead omilk)	Υ	Υ																													
Maple Pecan Latte Oat (instead of mill	) <b>Y</b>	Υ													<b>~</b>																
Maple Pecan Latte Soya (instead of m	(k) <b>Y</b>	Υ																											<b>&gt;</b>		