

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.

# Pret's *Ingredient* List



This ingredient list only covers food and drink sold in our UK shops.

21st September 2020 V2

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.



Our kitchens are very busy places that handle allergens and that means we *can't guarantee* our food is suitable for those with allergies.

We know that many of our customers would like to understand more about our food & drink, especially if they are avoiding specific ingredients.

To make things easier, we've put together this *handy list* of all the ingredients used in Pret's food and drinks. Inside you'll find all of the products sold in our shops, with ingredients listed for easy reference. If you have any trouble finding what you're looking for, just *ask the Manager* in the shop – they'll be more than happy to help.

*Please remember* to check our ingredient guide 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 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](http://www.pret.co.uk) or contact our Customer Service Team on 0345 450 0222.



This ingredient list only covers food and drink sold in our UK shops.

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## **Baquettes**

### **Avo, Olives & Toms Baguette**

Stone Baked Baguette (**Wheat** Flour, Water, Brown Linseed, Malted **Wheat** Flakes, Sunflower Seeds, Yeast, Salt, **Wheatgerm**, Potassium Chloride, Potassium Gluconate, Malted **Wheat** Flour), Avocado (30%), Roasted Tomatoes (8%) (Tomato, Sunflower Oil, Sugar, Salt), Kalamata Olives (7%), Rocket, **Pine Nuts**, Lemon Juice, Basil, Rapeseed Oil, Tomato Concentrate, Sea Salt, Black Pepper, Concentrated Lemon Juice, Garlic, Sugar, Parsley, Oregano, **Sesame** Seeds.

### **Brie, Tomato & Basil Baguette**

White Baguette (**Wheat** Flour, Water, Yeast, Salt, **Wheat** Gluten, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Tomato (28%), Vegetarian Brie Cheese (**Milk**) (21%), Basil.

### **Chicken Caesar & Bacon Baguette**

Stone Baked Baguette (**Wheat** Flour, Water, Brown Linseed, Malted **Wheat** Flakes, Sunflower Seeds, Yeast, Salt, **Wheatgerm**, Potassium Chloride, Potassium Gluconate, Malted **Wheat** Flour), Chicken Breast (23%), Rapeseed Oil, Beech-Smoked Streaky Bacon (4.5%) (Pork Belly, Salt, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite), Rocket, Natural Yoghurt (**Milk**), Italian Mature Cheese (**Milk**), Water, Free-Range **Egg** Yolk, Italian Hard Cheese (Cheese (**Milk**), Preservative: Lysozyme (**Egg**)), Red Wine Vinegar, Salt, Lemon Juice from Concentrate, Sugar, Cornflour, Spirit Vinegar, Dried Garlic, Cane Molasses, Tamarind Paste, Anchovy (**Fish**), Onion Powder, Olive Oil, Spices, **Sesame** Seeds.

### **Italian Prosciutto Baguette**

Stone Baked Baguette (**Wheat** Flour, Water, Brown Linseed, Malted **Wheat** Flakes, Sunflower Seeds, Yeast, Salt, **Wheatgerm**, Potassium Chloride, Potassium Gluconate, Malted **Wheat** Flour), Tomato, Italian Prosciutto Ham (15%) (Pork Leg, Salt), Rapeseed Oil, Italian Mature Cheese (**Milk**), Water, Basil, Free-Range **Egg** Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice, **Sesame** Seeds.

### **Jambon-Beurre**

Stone Baked Losange Bread (**Wheat** Flour, Water, Salt, Yeast, **Wheat** Gluten, Deactivated Yeast, Malted **Wheat** Flour, Flour Treatment Agent: Ascorbic Acid), Wiltshire-Cured Ham (27%) (Pork, Salt, Sugar, Antioxidant: Sodium Ascorbate; Preservatives: Sodium Nitrite, Potassium Nitrate), Cornichons (Gherkins, Vinegar, Salt, Sugar, Onion, Cherry Pepper, Dill, Coriander Seeds, Black Pepper, Preservative: Acetic Acid; Colour: Riboflavins), Butter (**Milk**).

### **Chef Special Chipotle Chicken Baguette**

Stone Baked Baguette (**Wheat** Flour, Water, Brown Linseed, Malted **Wheat** Flakes, Sunflower Seeds, Yeast, Salt, **Wheatgerm**, Potassium Chloride, Potassium Gluconate, Malted **Wheat** Flour), Chicken Breast (21%), Red Pepper, Feta Cheese (**Milk**), Rocket, Cherry Tomato, Semi-Dried Red Pepper, Rapeseed Oil, Muscovado Sugar, Tomato Concentrate, Red Wine Vinegar, Onion, Sunflower Oil, Salt, Chipotle Pepper, Water, Tomato Paste, Maize Starch, Garlic, Sugar, Concentrated Lemon Juice, Vinegar, Dried Garlic, Dried Herbs, Black Pepper, Thickener: Xanthan Gum; Flavouring, Cayenne Pepper, Basil Flavouring, **Sesame** Seeds.

### Posh Cheddar & Pickle Baguette

Stone Baked Baguette (**Wheat** Flour, Water, Brown Linseed, Malted **Wheat** Flakes, Sunflower Seeds, Yeast, Salt, **Wheatgerm**, Potassium Chloride, Potassium Gluconate, Malted **Wheat** Flour), Vegetarian Mature Cheddar Cheese (**Milk**) (17%), Pret Pickle (15%) (Apple, Sugar, Water, Balsamic Vinegar (Red Wine Vinegar, Grape Must), Tomato Purée, Kibbled Onion, Raisins, Garlic Purée, Salt, Apple Extract, Ginger Powder), Roasted Tomatoes (Tomato, Sunflower Oil, Sugar, Salt), Rapeseed Oil, Red Onion, Water, **Mustard** Cress, Free-Range **Egg** Yolk, Sea Salt, Spirit Vinegar, Black Pepper, Cornflour, Sugar, Salt, Concentrated Lemon Juice, **Sesame** Seeds.

### Tuna Mayo & Cucumber Baguette

White Baguette (**Wheat** Flour, Water, Yeast, Salt, **Wheat** Gluten, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Pole and Line Caught Tuna (**Fish**) (22%), Cucumber (15%), Rapeseed Oil, Water, Free-Range **Egg** Yolk, Spirit Vinegar, Sugar, Red Onion, Cornflour, Salt, Capers, Spring Onion, Anchovy (**Fish**), Horseradish, Concentrated Lemon Juice, Black Pepper, Olive Oil, White Wine Vinegar.

### Wiltshire-Cured Ham & Greve Baguette

White Baguette (**Wheat** Flour, Water, Yeast, Salt, **Wheat** Gluten, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Wiltshire-Cured Ham (24%) (Pork, Salt, Sugar, Antioxidant: Sodium Ascorbate; Preservatives: Sodium Nitrite, Potassium Nitrate), Grevé Cheese (**Milk**) (15%), Salad Vegetable Mix in varying proportions (Apollo Lettuce, Spinach, Red Chard, Red Salanova® Lettuce, Baby Red Leaf Lettuce), Rapeseed Oil, Water, **Mustard** Flour, Free-Range **Egg** Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Colours: Curcumin, Plain Caramel.

## Barista Prepared Drinks

### Organic Coffee – Hot & Over-Ice

#### Americano

Water, Espresso.

#### Babyccino

Semi-skimmed / Skimmed Milk (**Milk**).

#### Cappuccino

Semi-skimmed / Skimmed Milk (**Milk**), Espresso, Chocolate Powder (Sugar, Cocoa Powder).

#### Cold Brew

Water, Coffee.

#### Filter Coffee

Water, Coffee.

#### Flat White

Semi-skimmed / Skimmed Milk (**Milk**), Espresso.

#### Espresso

Espresso.

#### Latte

Semi-skimmed / Skimmed Milk (**Milk**), Espresso.

#### Macchiato

Semi-skimmed / Skimmed milk (**Milk**), Espresso.

#### Mocha

Semi-skimmed / Skimmed Milk (**Milk**), Espresso, Chocolate Powder (Sugar, Cocoa Powder).

#### White Americano

Water, Espresso, Semi-skimmed / Skimmed Milk (**Milk**).

### White Filter Coffee

Water, Coffee, Semi-skimmed / Skimmed Milk (**Milk**).

## **Syrups**

### Sugar Cane Syrup

Sugar, Water

### Caramel Syrup

Sugar, Water, Natural Flavouring, Acidifying Agent (Citric Acid), Colour (Caramel).

### Hazelnut Flavour Syrup

Sugar, Water, Flavouring, Concentrated Lemon Juice, Colour: Plain Caramel; Preservative: Potassium Sorbate.

### Vanilla Syrup

Sugar, Water, Natural Flavouring, Natural Vanilla Flavouring, Concentrated Lemon Juice, Preservative (Potassium Sorbate).

### Pumpkin Spice Syrup

Sugar, Water, Natural Pumpkin Flavouring, Concentrated Lemon Juice, Colour: Caramel; Natural Cinnamon Flavouring with other Natural Flavourings, Natural Clove Flavouring, Natural Flavouring, Preservative: Potassium Sorbate; Pumpkin Juice.

## **Toppings/Other**

### Cinnamon Powder

### Cream

Cream (**Milk**).

### Sweetener

Dextrose, Sucralose, Anti Caking Agent (Silicon Dioxide).



## Pret's Frappes

### Chocolate

Semi-Skimmed / Skimmed milk, (**Milk**), Chocolate Powder (Sugar, Cocoa Powder), Frappe Mix (Water, Vanilla Powder (Caster Sugar, Dried Skimmed Milk (**Milk**), Maltodextrin, Guar Gum, Flavouring, Natural Vanilla Flavouring).

### Classic

Semi-Skimmed / Skimmed milk, (**Milk**), Espresso, Frappe Mix (Water, Vanilla Powder (Caster Sugar, Dried Skimmed Milk (**Milk**), Maltodextrin, Guar Gum, Flavouring, Natural Vanilla Flavouring).

*We have recommended recipes, and due to the nature of the above products they can only be served with Semi-skimmed milk or Skimmed milk.*

## **Organic Tea**

### **English Breakfast**

Water, Black Tea.

### **Earl Grey**

Water, Black Tea, Rose Petals, Bergamot Oil.

### **Peppermint**

Water, Peppermint Leaves, Spearmint Leaves.

### **Tropical Green**

Water, Green Tea, Lemongrass, Natural Flavouring, Calendula Flower.

## **Real Fruit Smoothies**

### **Berry Blast**

Fruit Mix (Mango, Raspberry, Blackberry), Apple Juice Not from Concentrate, Antioxidant (Ascorbic Acid).

### **Mango & Pineapple**

Fruit Mix (Mango, Pineapple, Water, Concentrated Passion Fruit Juice), Apple Juice Not from Concentrate, Antioxidant (Ascorbic Acid).

### **Strawberry & Banana**

Fruit Mix (Strawberry, Banana), Apple Juice Not from Concentrate, Antioxidant (Ascorbic Acid).

## Other Drinks

### Chai Latte

Semi-Skimmed / Skimmed milk, (**Milk**), Chai Sachet (Sugar, Maltodextrin, Black Tea, Ground Spices (Cinnamon, Ginger, Cloves, Cardamom, Black Pepper) Cellulose Gum).

### Hazelnut Hot Chocolate

Semi-Skimmed / Skimmed **Milk**, Cream (**Milk**), Sugar, Cocoa Powder, Hazelnut Flavour Syrup (Sugar, Water, Flavouring, Concentrated Lemon Juice, Colour: Plain Caramel; Preservative: Potassium Sorbate).

### Hot Chocolate

Semi-Skimmed / Skimmed milk, (**Milk**), Water, Chocolate Powder (Sugar, Cocoa Powder).

### Turmeric Latte

Rice-Coconut Dairy Alternative (Water, Rice Syrup, Coconut Milk, Natural Coconut Flavour, Sea Salt), Water, Turmeric Sachet (Maltodextrin, Turmeric Powder, Black Tea, Ginger Powder, Cinnamon Powder, Nutmeg, Cardamom, Black Pepper).

### Matcha Latte

Rice-Coconut Dairy Alternative (Water, Rice Syrup, Coconut Milk, Natural Coconut Flavour, Sea Salt), Water, Matcha (Ground Japanese Green) Tea.

*We have recommended recipes, and all the above hot drinks can be served with Semi-skimmed milk, Skimmed milk, over ice or with the milk alternatives below;*

## Milk Alternatives

### Rice-Coconut

Water, Rice Syrup, Coconut Milk, Natural Coconut Flavour, Sea Salt.

### Soya

Water, Hulled Soya beans (**Soya**), Apple Concentrate, Calcium, Sea Salt.

### Organic Oat Drink

Water, **Oats**, Sunflower Oil, Inulin, Sea Salt.

*All our Barista prepared coffees (except filter) can be made with decaffeinated beans – just ask*

# Bakery Counter

## Almond Croissant

**Wheat** Flour, Butter (**Milk**) (21%), **Almond** filling (19%) (Sugar, **Almonds**, Water, **Wheat** Flour), Water, Sugar, **Almonds** (3%), Yeast, **Wheat** Gluten, **Egg**, Salt, Flavouring (Alcohol), Flour Treatment Agent (Ascorbic Acid), Icing Sugar (Sugar).

## Chocolate Croissant

**Wheat** Flour, Butter (**Milk**) (21%), Chocolate Filling (Sugar, Chocolate (25%) (Fat Reduced Cocoa Powder, Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: Sunflower Lecithin; Natural Vanilla Flavouring), Sunflower Oil, Palm Oil, Palm Fat, Maize Starch), Water, Sugar, Dark Chocolate Decoration (3,5%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: **Soya** Lecithin), Yeast, **Wheat** Gluten, Free-Range **Egg**, Salt, Flour Treatment Agent: Ascorbic Acid.

## Cinnamon Danish

**Wheat** Flour, Butter (**Milk**) (19%), Water, Yeast, Sugar, **Egg**, Salt, **Wheat** Gluten, Flour Treatment Agent Ascorbic Acid), Cinnamon custard (Sugar, Butter (**Milk**), Water, Cinnamon (5%), Corn Starch, Salt, Whey Powder (**Milk**), Whole **Milk** Powder, Thickener (Sodium Alginate), **Egg** White, Dried Skimmed **Milk**, Colour (Turmeric Extract, Carrot Extract), Natural Flavouring), Egg wash (**Egg**, Water), Brown Sugar.

## Double Berry Muffin

Fortified Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Thiamin, Nicotinamide, Niacin), Sugar, Blueberry, Rapeseed Oil, Free Range **Egg**, Potato Starch, Unsalted Butter (**Milk**), Vegetable Glycerine, **Wheat** Gluten, Dried Skimmed **Milk**, Demerara Sugar, Raising Agents (Sodium Carbonates, Diphosphates), Salt, Water, Maize Starch).

## French Butter Croissant

**Wheat** Flour, Butter (**Milk**) (27%), Water, Sugar, Yeast, **Wheat** Gluten, Salt, **Egg**, Flour Treatment Agent (Ascorbic Acid).

## Pain aux Raisins

**Wheat** Flour, Butter (**Milk**) (23%), Water, Sugar, Yeast, Whole **Milk** Powder, **Egg**, Salt, **Wheat** Gluten, Flour Treatment Agent Ascorbic Acid)), Pastry Cream (Water, Sugar, Corn Starch, **Egg**, Whole **Milk** Powder, Whey Powder (**Milk**), **Egg** White Powder, Dried Skimmed **Milk**, Thickener (Sodium Alginate), Colour (Turmeric Extract, Carrot Extract), Vanilla, Salt, Natural (Flavouring), Acidity Regulator Citric Acid), Raisins (12%) (Raisins), Egg Wash (**Egg**, Water), Brown Sugar.

## Very Berry Croissant

Mixed Berry Filling (34%) (Sugar, Strawberry, Redcurrant, Blackcurrant, Raspberry, Blackberry, Concentrated Lemon Juice, Gelling Agent: Pectins; Flavouring), **Wheat** Flour, Shea Butter, Water, Sugar, Yeast, **Wheat** Gluten, Salt, Sunflower Oil, Potato Starch, Concentrated Lemon Juice, Flour Treatment Agent: Ascorbic Acid.

# Breakfast

## Ham, Cheese Tomato & Bacon Croissant

Wheat Flour, Vegetable Margarine (Palm Fat, Sunflower Oil), Water, Salt, Emulsifier: Mono-and Diglycerides of Fatty Acids, Acidity Regulator: Citric Acid, Flavouring), Ham (13%) (Pork, Water, Salt, Flavouring, Glucose Syrup, Spice, Antioxidant: Extracts of Rosemary, Preservative: Sodium Nitrite), Mozzarella Cheese (**Milk**) (9%), Emmental Cheese (**Milk**) (9%), Water, Tomato, Tomato Paste, Cooked Smoked Lardons (4%) (Pork Belly, Water, Salt, Dextrose, Spice, Antioxidant: Extracts of Rosemary, Preservative: Sodium Nitrite, Flavouring), Yeast, Sugar, Carrot, Courgette, Egg, **Wheat** Gluten, Tomato Concentrate, Onion, Salt, Herbs and Spices (Pepper, Poppy Seed, Garlic, Pink Peppercorns, Sunflower Oil), Acidity Regulator: Citric Acid, White Pepper, Flour Treatment Agent: Ascorbic Acid.

## Mozzarella & Tomato Croissant

Water, **Wheat** Flour, Vegetarian Mozzarella Cheese (**Milk**) (18%), Vegetarian Emmental Cheese (**Milk**) (10%), Tomato Paste (7%), Tomato (6%), Salt, Palm Fat, **Egg**, Emulsifier (Mono-and Diglycerides of Fatty Acids) Yeast, Carrot, Courgette, Acidity Regulator (Citric Acid), Sugar, Sunflower Oil, Tomato Concentrate (1%), Onion, Flavouring, **Wheat** Gluten, Herbs (Savory, Rosemary, Thyme, Marjoram, Oregano, Basil), White Pepper, Flour Treatment Agent (Ascorbic Acid).

## Pret's Proper Porridge

Whole **Milk**, Water, **Oats**.

## Bacon Breakfast Roll

Crusty Roll (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, **Rye** Flour, Yeast, Salt, Malted **Wheat** Flour, Durum **Wheat** Semolina, Emulsifier: Mono- and Diglycerides of Fatty Acids; Flour Treatment Agent: Ascorbic Acid), Smoked Bacon (35%) (Pork, Salt, Preservative: Sodium Nitrite; Antioxidant: Sodium Ascorbate), Butter (**Milk**).

## Bacon & Egg Breakfast Roll

Crusty Roll (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, **Rye** Flour, Yeast, Salt, Malted **Wheat** Flour, Durum **Wheat** Semolina, Emulsifier: Mono- and Diglycerides of Fatty Acids; Flour Treatment Agent: Ascorbic Acid), Free-Range **Egg** (24%), Smoked Bacon (18%) (Pork, Salt, Preservative: Sodium Nitrite; Antioxidant: Sodium Ascorbate), Semi-Skimmed **Milk**, Salt.

## Ham & Egg Breakfast Roll

Crusty Roll (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, **Rye** Flour, Yeast, Salt, Malted **Wheat** Flour, Durum **Wheat** Semolina, Emulsifier: Mono- and Diglycerides of Fatty Acids; Flour Treatment Agent: Ascorbic Acid), Free-Range Boiled **Egg** (24%), Wiltshire-Cured Ham (17%) (Pork, Salt, Sugar, Antioxidant: Sodium Ascorbate; Preservatives: Sodium Nitrite, Potassium Nitrate), Mature Cheese (**Milk**), Rapeseed Oil, Natural Yogurt, Water, Free-Range **Egg** Yolk, Sea Salt, Spirit Vinegar, **Mustard** Flour, Black Pepper, Sugar, Cornflour, Salt, Colours: Curcumin, Plain Caramel.

## Sausage & Egg Breakfast Roll

Crusty Roll (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, **Rye** Flour, Yeast, Salt, Malted **Wheat** Flour, Durum **Wheat** Semolina, Emulsifier: Mono- and Diglycerides of Fatty Acids; Flour Treatment Agent: Ascorbic Acid), Pork Sausage (27%) (Pork, Rice Flour, Salt, Marjoram, Sage, Parsley, Brown Sugar, Nutmeg, White Pepper, Black Pepper), Free-Range **Egg** (21%), Semi-Skimmed **Milk**, Salt.

### Pret's Veggie Breakfast Roll

Crusty Roll (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, **Rye** Flour, Yeast, Salt, Malted **Wheat** Flour, Durum **Wheat** Semolina, Emulsifier: Mono- and Diglycerides of Fatty Acids; Flour Treatment Agent: Ascorbic Acid), Free-Range **Egg**, Mushroom (16%), Semi-Skimmed **Milk**, Vegetarian Mature Cheese (**Milk**), Roasted Tomatoes (Tomato, Sunflower Oil, Sugar, Salt), Spinach, Salt, Black Pepper.

### Beans & Egg Power Pot

Tomato, Cannellini Beans, Free-Range Poached **Egg** (13%), Onion, Borlotti Beans, Tomato Purée, Water, Rapeseed Oil, Salt, Paprika, Sherry Vinegar, Oregano, Black Pepper.

### Sausage Roll

Pork Shoulder (37%), Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pork Belly (17%), Butter (**Milk**), Onion, Free-Range **Egg**, Salt, White Wine Vinegar, Yeast Extract, Ground Spices (Black Pepper, White Pepper, Nutmeg, Mace, Coriander, Pimento), Rapeseed Oil, Poppy Seeds, Dried Herbs (Thyme, Oregano, Sage, Parsley, Marjoram), Yeast, Cracked Black Pepper.

## **Breakfast Baguettes**

### Free Range Egg Mayo & Avo

White Baguette (**Wheat** Flour, Water, Yeast, Salt, **Wheat** Gluten, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Free-Range Egg Mayonnaise (30%) (**Egg**, Rapeseed Oil, Water, **Egg** Yolk, Spirit Vinegar, Sugar, Black Pepper, Salt, Cornflour), Avocado (23%), Lemon Juice, Sea Salt, Black Pepper.

### Free-Range Egg Mayo & Bacon

White Baguette (**Wheat** Flour, Water, Yeast, Salt, **Wheat** Gluten, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Free-Range Egg Mayonnaise (43%) (**Egg**, Rapeseed Oil, Water, **Egg** Yolk, Spirit Vinegar, Sugar, Black Pepper, Salt, Cornflour), Beech-Smoked Streaky Bacon (7%) (Pork Belly, Salt, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite).

### Free-Range Egg Mayo & Roasted Tomatoes

White Baguette (**Wheat** Flour, Water, Yeast, Salt, **Wheat** Gluten, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Free-Range Egg Mayonnaise (40%) (**Egg**, Rapeseed Oil, Water, **Egg** Yolk, Spirit Vinegar, Sugar, Black Pepper, Salt, Cornflour), Roasted Tomatoes (13%) (Tomato, Sunflower Oil, Sugar, Salt).

### Free-Range Egg Mayo & Smoked Salmon

White Baguette (**Wheat** Flour, Water, Yeast, Salt, **Wheat** Gluten, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Free-Range Egg Mayonnaise (39%) (**Egg**, Rapeseed Oil, Water, **Egg** Yolk, Spirit Vinegar, Sugar, Black Pepper, Salt, Cornflour), Smoked Salmon (11%) (Salmon (**Fish**), Sea Salt), **Mustard** Cress.

## Breakfast Bowls

### Bircher Muesli

Natural Yogurt (**Milk**), Apple, **Oats**, Honey, Pomegranate Seeds, Pumpkin Seeds, Muscovado Sugar, Golden Syrup (Partially Inverted Refiners Syrup), Roasted **Pistachio Nuts**, Sweetened Dried Cranberries (Cranberry, Sugar, Sunflower Oil), Sultanas (Sultanas, Cottonseed Oil), Sunflower Seeds, Sugar, Raisins, Sunflower Oil, Golden Linseed, Concentrated Apple Juice, Buckwheat Flakes, Cassia, Salt.

### Coconut and Mango Bowl

Coconut with Mango Purée (51%) (Coconut Cream, Mango Purée, Coconut Water, Tapioca Starch), Banana, Mango (12%), **Oats**, Pomegranate Seeds, Muscovado Sugar, Golden Syrup (Partially Inverted Refiners Syrup), Pumpkin Seeds, Raisins, Sunflower Oil, Golden Linseed, Concentrated Apple Juice, Buckwheat Flakes, Cassia, Salt

### Five Berry Bowl

Natural Yogurt (**Milk**), Five Berry Compote (25%) (Water, Strawberries, Sugar, Blackcurrants, Redcurrants, Raspberries, Blackberries, Cornflour, Lemon Juice, Gelling Agent: Pectins), **Oats**, Muscovado Sugar, Golden Syrup (Partially Inverted Refiners Syrup), Pumpkin Seeds, Raisins, Sunflower Oil, Golden Linseed, Concentrated Apple Juice, Buckwheat Flakes, Cassia, Salt.

### Fresh Fruit, Yoghurt & Granola Bowl

Natural Yogurt (**Milk**), Blueberries, Pomegranate Seeds, **Oats**, Muscovado Sugar, Golden Syrup (Partially Inverted Refiners Syrup), Pumpkin Seeds, Raisins, Sunflower Oil, Golden Linseed, Concentrated Apple Juice, Buckwheat Flakes, Cassia, Salt.

### Mango & Banana Sunshine Bowl

Banana (15%), Mango Purée (14%), Banana Purée (13%), Coconut Milk, **Oats**, Mango (11%), Blueberries, Muscovado Sugar, Golden Syrup (Partially Inverted Refiners Syrup), Coconut, Pumpkin Seeds, Raisins, Sunflower Oil, Golden Linseed, Concentrated Apple Juice, Buckwheat Flakes, Lemon Juice, Turmeric, Cassia, Salt, Antioxidant: Ascorbic Acid.

## Breakfast Toppings

### Cranberry & Seed Porridge Topping

Caramelised Sunflower Seeds (Sunflower Seeds, Sugar), Pumpkin Seeds, Sweetened Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Sultanas (Sultanas, Cottonseed Oil).

### Five Berry Compote

Water, Strawberries, Sugar, Blackcurrants, Redcurrants, Raspberries, Blackberries, Cornflour, Lemon Juice, Gelling Agent: Pectins.

### Honey

Honey 100%



## **Cold Drinks**

### **Juices**

#### **Apple Juice**

Apple Juice, Antioxidant (Ascorbic Acid).

#### **Daily Greens**

Pear (35%), Apple (24%), Cucumber (15%), Spinach (15%), Kale (6%), Romaine Lettuce (3%), Lime (1%), Yuzu Juice (1%), Antioxidant: Ascorbic Acid.

#### **Ginger Shot**

Apple (75%), Ginger (25%), Antioxidant (Ascorbic Acid).

#### **Hot Shot**

Apple (60%), Orange (22%), Lemon (12%), Turmeric (3%), Ginger (2%), Cayenne Pepper, Antioxidant (Ascorbic Acid).

#### **Orange Juice (250ml and 400ml)**

Orange juice (100%).

#### **Mango Smoothie**

Apple Juice (32%) (Apple Juice, Antioxidant (Ascorbic Acid), Alphonso Mango Purée (26%), Mango (18%), Orange Juice (9%), Banana Purée (8%), Passion Fruit Purée (7%), Antioxidant (Ascorbic Acid).

#### **Vitamin Volcano**

Apple Juice (45.9%), Banana Puree (25%), Blackberry Puree (9.5%), Strawberry Puree (9%), Boysenberry Puree (7%), Raspberry Puree (3.5%), Antioxidant (Ascorbic Acid), Vitamin C, Vitamin E, Pantothenic Acid, Vitamin B6, Thiamin, Vitamin A, Folic Acid, Biotin, Vitamin D3, Vitamin B12.

## Pure Pret Cans

### Apple Fizz

Fruit Juices from Concentrate (Apple 65%, Grape 5%), Carbonated Water, Natural Flavourings, Antioxidant (Ascorbic Acid).

### Ginger Beer

Fruit Juices from Concentrate (Grape 58%, Lime 1%), Carbonated Water, Ginger Juice (1%), Natural Flavourings, Acid (Citric Acid), Antioxidant (Ascorbic Acid).

### Ginger Kombucha

Kombucha (97,6%) (Water, Cane Sugar, Sencha Tea, Kombucha Culture), Ginger (2,2%), Turmeric (0,2%).

### Grape & Elderflower

Fruit Juices from Concentrate (Grape 37%, Apple 15%, Lemon 5%), Carbonated Water, Elderflower Extract (0,5%), Natural Flavourings, Antioxidant (Ascorbic Acid), Lime Flower Infusion.

### Green Tea Yoga Bunny

Grape Juice from Concentrate (58%), Carbonated Water, Green Tea Infusion (1,5%), Acid (Citric Acid), Natural Flavourings, Herbal Infusions (0,4%) (Echinacea, Ginseng).

### Rhubarb Lemonade

Fruit and Vegetable Juices from Concentrate (Grape 50%, Lemon 5%, Rhubarb 5%) Carbonated Water, Lemon Juice (14%), Natural Flavouring, Colouring Concentrate (Black Carrot).

## **Pure Pret Stills**

### **Cranberry & Raspberry**

Apple Juice from Concentrate, Water, Red Grape Juice from Concentrate, Raspberry Juice from Concentrate (1%), Cranberry Juice from Concentrate (1%), Flavourings, Fruit and Vegetable Concentrates (Black Carrot, Hibiscus).

### **Green Tea and Peach**

Water, Fruit Extract (Apple Extract), Lemon Juice from Concentrate (2%), Peach Juice from Concentrate (1%), Green Tea Extract (0,1%), Natural flavouring (Flavouring), Antioxidant (Ascorbic Acid).

### **Lemon & Ginger**

Apple Juice from Concentrate, Water, Lemon Juice from Concentrate (2,5%), Lemon Comminute from Concentrate (1,5%), Natural Flavouring (including Ginger Extract).

### **Orange & Passionfruit**

Apple Juice from Concentrate, Water, Orange Juice from Concentrate (7,5%), Passion Fruit from Concentrate (2,5%), Flavourings, Fruit and Vegetable Concentrates (Safflower, Apple, Carrot).

## **Fruit**

### **Mango & Lime**

Mango (90%), Lime (10%).

### **Pret's Fruit Salad**

Pineapple (25%), Melon (24%), Mango (19%), Apple (13%), Kiwi Fruit (10%), Blueberries (8%).

### **Superfruit Salad**

Mango (44%), Kiwi Fruit (31%), Pomegranate (17%), Blueberries (8%).

## Pret's Hot

### Hot Wraps

#### Falafel & Halloumi Hot Wrap

Kibbled Rye Wrap (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **Rye** Flakes, Rapeseed Oil, Humectant: Glycerol; Raising Agents: Diphosphates, Sodium Hydrogen Carbonate; Dried Fermented **Wheat** Flour, Emulsifier: Mono-and Diglycerides of Fatty Acids; Salt, Acidity Regulator: Citric Acid; **Wheat** Starch, Flour Treatment Agent: L-cysteine), Red Pepper, Sweet Potato Falafel (21%) (Sweet Potato, Cooked Chickpeas (Chickpeas, Water), Onion, Dried Potato, Coriander Leaf, Red Peppers, Salt, Ground Cumin, Concentrated Lemon Juice, Rapeseed Oil, Dried Garlic, Paprika, Smoked Paprika, Black Pepper, Ground Coriander, Chilli Flakes), Vegetarian Halloumi Cheese (21%) (Halloumi Cheese (**Milk**), Mint Extract), Red Tapenade (Cherry Tomato, Semi-Dried Red Pepper, Rapeseed Oil, Tomato Concentrate, Sugar, Salt, Concentrated Lemon Juice, Dried Herbs, Dried Garlic, Basil Flavouring), Crispy Onions (Onion, Palm Oil, **Wheat** Flour, Salt), Sea Salt, Black Pepper.

#### Spicy Chicken Hot Wrap

Kibbled Rye Wrap (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **Rye** Flakes, Rapeseed Oil, Humectant: Glycerol; Raising Agents: Diphosphates, Sodium Bicarbonate; Dried Fermented **Wheat** Flour, Emulsifier: Mono-and Diglycerides of Fatty Acids; Salt, Acidity Regulator: Citric Acid; **Wheat** Starch, Flour Treatment Agent: L-Cysteine), Chicken Breast (27%), Red Pepper, Grevé Cheese (**Milk**), Red Onion, Onion, Muscovado Sugar, Red Wine Vinegar, Sunflower Oil, Chipotle Pepper, Salt, Palm Oil, Water, **Wheat** Flour, Tomato Paste, Maize Starch, Garlic, Sea Salt, Black Pepper, Vinegar, Sugar, Thickener: Xanthan Gum; Smoked Essence (Flavouring), Cayenne Pepper.

#### Swedish Meatball Hot Wrap

Meatballs (38%) (Pork, Onion, Tomato Paste, Red Pepper, Paprika, Garlic Purée, Parsley, Salt, Black Pepper, Rosemary, Sage, Thyme, Flavouring), Kibbled Rye Wrap (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **Rye** Flakes, Rapeseed Oil, Humectant: Glycerol; Raising Agents: Diphosphates, Sodium Bicarbonate; Dried Fermented **Wheat** Flour, Emulsifier: Mono-and Diglycerides of Fatty Acids; Salt, Acidity Regulator: Citric Acid; **Wheat** Starch, Flour Treatment Agent: L-Cysteine), Grevé Cheese (**Milk**), Red Pepper, Red Onion, Cherry Tomato, Semi-Dried Red Pepper, Rapeseed Oil, Muscovado Sugar, Tomato Concentrate, Red Wine Vinegar, Onion, Sunflower Oil, Chipotle Pepper, Water, Tomato Paste, Maize Starch, Salt, Garlic, Sea Salt, Black Pepper, Sugar, Concentrated Lemon Juice, Vinegar, Dried Garlic, Dried Herbs, Thickener: Xanthan Gum; Smoked Essence (Flavouring), Cayenne Pepper, Basil Flavouring.

### Macaroni Cheese

#### Macaroni Cheese Kale & Cauli

Béchamel Sauce (Whole **Milk**, Water, Barber's Vegetarian Mature Cheddar Cheese (**Milk**), Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (Butter (**Milk**), Salt), Salt, Vegetable Stock (Maltodextrin, Maize Starch, Yeast Extract, Salt, Onion Powder, Sunflower Oil, Dried Garlic, White Pepper), Cooked Macaroni (Water, Durum **Wheat** Semolina), Cauliflower (14%), Vegetarian Italian Mature Cheese (**Milk**), Kale (6%).

#### Macaroni Cheese Prosciutto

Béchamel Sauce (Whole **Milk**, Water, Barber's Mature Cheddar Cheese (**Milk**), Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (Butter (**Milk**), Salt), Salt, Vegetable Stock (Maltodextrin, Maize Starch, Yeast Extract, Salt, Onion Powder, Sunflower Oil, Dried Garlic, White Pepper), Cooked Macaroni (Water, Durum **Wheat** Semolina), Cauliflower, Italian Mature Cheese (**Milk**), Italian Prosciutto Ham (5%) (Pork Leg, Salt), Parsley, Sea Salt, Black Pepper.

## Toasties

### Classic Cheese Toastie

Seeded Bloomer Bread (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **Wheat** Flakes, **Rye** Flour, Poppy Seeds, Sunflower Seeds, Yeast, Millet, Salt, **Wheat** Gluten, **Oats**, Brown Linseed, Malted **Barley** Flour, Cracked **Wheat**, **Wheat** Bran, Flour Treatment Agent: Ascorbic Acid), Vegetarian Mature Cheddar Cheese (**Milk**) (20%), Vegetarian Mozzarella Cheese (**Milk**) (13%), Vegetarian Italian Mature Cheese (**Milk**) (6%), Rapeseed Oil, Spring Onion (2%), Water, **Mustard** Flour, Free-Range **Egg** Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Colours: Curcumin, Plain Caramel.

### Ham, Cheese & Mustard Toastie

Seeded Bloomer Bread (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **Wheat** Flakes, **Rye** Flour, Poppy Seeds, Sunflower Seeds, Yeast, Millet, Salt, **Wheat** Gluten, **Oats**, Brown Linseed, Malted **Barley** Flour, Cracked **Wheat**, **Wheat** Bran, Flour Treatment Agent: Ascorbic Acid), Wiltshire-Cured Ham (28%) (Pork, Salt, Sugar, Antioxidant: Sodium Ascorbate; Preservatives: Sodium Nitrite, Potassium Nitrate), Mature Cheddar Cheese (**Milk**) (19%), Rapeseed Oil, Water, **Mustard** Flour, Free-Range **Egg** Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Colours: Curcumin, Plain Caramel.

### Tuna Melt Toastie

Seeded Bloomer Bread (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **Wheat** Flakes, **Rye** Flour, Poppy Seeds, Sunflower Seeds, Yeast, Millet, Salt, **Wheat** Gluten, **Oats**, Brown Linseed, Malted **Barley** Flour, Cracked **Wheat**, **Wheat** Bran, Flour Treatment Agent: Ascorbic Acid), Pole and Line Caught Tuna (28%) (Tuna (**Fish**), Salt), Grevé Cheese (**Milk**), Rapeseed Oil, Red Onion, Water, Free-Range **Egg** Yolk, Sea Salt, Spirit Vinegar, Black Pepper, Cornflour, Sugar, Salt, Concentrated Lemon Juice.

## Toasted Focaccia

### Brie & Bacon Toasted Focaccia

Focaccia Roll (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Extra Virgin Olive Oil (4%), Rosemary (1%), Salt, Yeast), Brie Cheese (**Milk**) (22%), Beech-Smoked Streaky Bacon (10%) (Pork Belly, Salt, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite), Red Onion, Rocket, Balsamic Vinegar (White Wine Vinegar (**Sulphites**), Grape Must, Colour: **Sulphite** Ammonia Caramel), Golden Granulated Sugar, Sugar (**Sulphites**), White Wine Vinegar (**Sulphites**), Water, Cornflour (**Sulphites**), Concentrated Lemon Juice, Dried Onion, Sea Salt, Black Pepper.

### Firecracker Chicken Toasted Focaccia

Focaccia Roll (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Extra Virgin Olive Oil (3,5%), Rosemary (1%), Salt, Yeast), Red Pepper, Chicken Breast (20%), Roasted Tomatoes (Tomato, Sunflower Oil, Sugar, Salt), Muscovado Sugar, Rapeseed Oil, Red Wine Vinegar, Water, Onion, Sunflower Oil, Chipotle Pepper, Salt, Tomato Paste, Maize Starch, Garlic, Free-Range **Egg** Yolk, Paprika, Vinegar, Sugar, Spirit Vinegar, Cornflour, Sea Salt, Chilli Flakes, Black Pepper, Concentrated Lemon Juice, Thickener: Xanthan Gum; Flavouring, Cayenne Pepper.

### Mozzarella, Pesto and Roasted Tomatoes Toasted Focaccia

Focaccia Roll (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Extra Virgin Olive Oil (4%), Rosemary (1%), Salt, Yeast), Vegetarian Mozzarella Cheese (18%) (Cheese (**Milk**), Acidity Regulator: Citric Acid), Roasted Tomatoes (12%) (Tomato, Sunflower Oil, Sugar, Salt), Pesto (10%) (Sunflower Oil, Basil, Spinach, **Pine Nuts**, Vegetarian Medium Fat Hard Cheese (**Milk**), Garlic Purée, Salt, Acidity Regulator: Citric Acid), Red Pepper, Vegetarian Mature Cheese (**Milk**), Basil, Sea Salt, Black Pepper.

## Pret Snacks

### Almond Butter

**Almonds** (99%), Sea Salt.

### Cranberries in Coats

Yoghurt Flavour Coating (65%) (Sugar, Vegetable Fat (Palm), Whey (**Milk**), Yoghurt Powder (**Milk**), Rice Flour, Emulsifier (Sunflower Lecithin), Glazing Agents (Gum Arabic, Shellac)), Cranberries (35%) (Cranberries, Sugar, Sunflower Oil)).

### Dark Chocolate Salted Almonds

Belgian Dark Chocolate (60%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (**Soya** Lecithin), Natural Vanilla Flavouring), **Almonds (Nut)** (39%), Cocoa Powder, Salt.

### Nuts, Fruit & Chocolate

**Almonds (Nut)** (50%), Milk Chocolate Raisins (30%) (Raisins, Sugar, Cocoa Butter, Skimmed **Milk** Powder, Cocoa Mass, Whey Powder (**Milk**), Lactose (**Milk**), **Milk** Fat, Glazing Agents (Gum Arabic, Shellac), Emulsifier (**Soya** Lecithin), Vegetable Oil (Sunflower Oil, Coconut Oil, Palm Kernel Oil), Natural Flavouring, Glucose Syrup), Dried Sweetened Cranberries (20%) (Cranberries, Sugar, Sunflower Oil).

### Pret A Mango

Mango, Sugar.

## Crisps & Popcorn

### Pret Cheddar & Onion Crisps

Potato (67%), Sunflower Oil (25%), Buttermilk Powder (**Milk**), Mature Cheddar Cheese (**Milk**), Salt, Red Onion, Sugar, Onion Powder, Yeast Extract Powder, Parsley, Flavouring, Colour (Paprika Extract).

### Pret Salt & Vinegar Crisps

Potato (67%), Sunflower Oil (25%), Salt, Suffolk Cider Vinegar (Cider Vinegar), Rice Flour, Maltodextrin, Apple Powder, Sugar, Yeast Extract Powder, Acidity Regulator (Citric Acid).

### Pret Sea Salt Crisps

Potato (70%), Sunflower Oil (29%), Salt.

### Sea Salt Popcorn

Popped Corn (78%), Sunflower Oil (21%), Salt.

### Smoked Chipotle Crisps

Potato (67%), Sunflower Oil (25%), Salt, Spice (Smoked Paprika, Cayenne Pepper, Coriander, Cumin), Sugar, Tomato Powder, Maltodextrin, Garlic Powder, Bell Pepper, Brown Sugar, Yeast Extract Powder, Onion Powder, Chilli Powder (Chilli, Cumin, Salt, Oregano, Garlic Powder), Spirit Vinegar, Smoked Salt, Spice Extract (Chipotle Chilli, Chilli Extract), Lemon Juice.

### Sweet & Salt Popcorn

Popped Corn (51%), Sunflower Oil, White Sugar, Salt.

### Vegetable Crisps

In Variable Proportions (Parsnip, Sweet Potato, Beetroot), Sunflower Oil, Sea Salt.



## SALADS & SALAD POTS

### Chef's Italian Chicken Salad

Salad Vegetable Mix in varying proportions (Apollo Lettuce, Spinach, Red Chard, Red Salanova® Lettuce, Baby Red Leaf Lettuce), Chicken Breast (19%), Tomato, French Dressing, Red Pepper, Cucumber, Kalamata Olives (Kalamata Olives, Salt), Rapeseed Oil, Roasted **Pistachio Nuts**, Mature Cheese (**Milk**), Water, Free-Range **Egg** Yolk, Italian Hard Cheese (Cheese (**Milk**), Preservative: Lysozyme (**Egg**)), Red Wine Vinegar, Salt, Lemon Juice from Concentrate, Sunflower Oil, Sugar, Cornflour, Dried Garlic, Spirit Vinegar, Cane Molasses, Tamarind Paste, Anchovy (**Fish**), Onion Powder, Olive Oil, Spices.

French Dressing contains: Sunflower Oil, White Wine Vinegar, Extra Virgin Olive Oil, Sugar, Sherry Vinegar, Water, Dijon Mustard (Water, **Mustard** Flour, Spirit Vinegar, Sea Salt, **Mustard** Husk, Pimento, Turmeric), Black Pepper, Lemon Juice, Salt, Garlic Purée, Colour: Plain Caramel.

### Chipotle Sweet Potato Salad Bowl

Sweet Potato (19%), Ceviche Style Dressing, Salad Vegetable Mix in varying proportions (Apollo Lettuce, Spinach, Red Chard, Red Salanova® Lettuce, Baby Red Leaf Lettuce), Lime, Avocado, Sweetcorn, Red Pepper, Sweetheart Cabbage, Pickled Onions (Red Onion, Cider Vinegar (**Sulphites**), Rice Vinegar (**Sulphites**), Sugar (**Sulphites**), Water), Black Turtle Beans, Spring Greens, Carrot, Lemon Juice, Coriander, Lime Juice, Muscovado Sugar, Red Wine Vinegar, Olive Oil, Onion, Salt, Sunflower Oil, Chipotle Pepper, Water, Tomato Paste, Maize Starch, Garlic, Vinegar, Black Pepper, Sugar, Thickener: Xanthan Gum; Flavouring, Cayenne Pepper.

Ceviche Style Dressing contains: Lime Juice, Lemon Juice, Sugar, Water, Rapeseed Oil, Glucose Syrup, Red Chilli, Garlic Purée, Salt, Onion, Lime Zest, Jalapeño Chilli, Red Cherry Pepper, Cornflour, Ginger Purée, Vinegar, Colours: Paprika Extract, Plain Caramel; White Wine Vinegar, Acid: Citric Acid.

### Crayfish & Avocado No Bread

Crayfish (**Crustacean**) (34%), Avocado (31%), Salad Vegetable Mix in varying proportions (Apollo Lettuce, Spinach, Red Chard, Red Salanova® Lettuce, Baby Red Leaf Lettuce), French Dressing, Lemon Juice, Sea Salt, Black Pepper, Salt.

French Dressing contains: Sunflower Oil, White Wine Vinegar, Extra Virgin Olive Oil, Sugar, Sherry Vinegar, Water, Dijon Mustard (Water, **Mustard** Flour, Spirit Vinegar, Sea Salt, **Mustard** Husk, Pimento, Turmeric), Black Pepper, Lemon Juice, Salt, Garlic Purée, Colour: Plain Caramel.

### Egg & Spinach Protein Pot

Free-Range Boiled **Egg** (87%), Spinach.

### Humous & Falafel Mezze

Cooked Brown Rice (Water, Brown Rice), Humous (17%) (Cooked Chickpeas (Chickpeas, Water), Rapeseed Oil, **Sesame** Seed Paste, Concentrated Lemon Juice, Water, Garlic Purée, Salt), Salad Vegetable Mix in varying proportions (Apollo Lettuce, Spinach, Red Chard, Red Salanova® Lettuce, Baby Red Leaf Lettuce), Sweet Potato Falafel (15%) (Sweet Potato, Cooked Chickpeas (Chickpeas, Water), Onion, Dried Potato, Coriander Leaf, Red Pepper, Salt, Cumin Powder, Concentrated Lemon Juice, Rapeseed Oil, Paprika, Water, Smoked Paprika, Black Pepper, Dried Garlic, Coriander Powder, Chilli Flakes), French Dressing, Cucumber, Lemon, Red Cabbage, Pomegranate Seeds, Cooked Red Quinoa (Water, Red Quinoa), Carrot, Lemon Juice, Sugar, Mint, Parsley, Spirit Vinegar, Sunflower Oil, Salt, Cracked Black Pepper.

French Dressing contains: Sunflower Oil, White Wine Vinegar, Extra Virgin Olive Oil, Sugar, Sherry Vinegar, Water, Dijon Mustard (Water, **Mustard** Flour, Spirit Vinegar, Sea Salt, **Mustard** Husk, Pimento, Turmeric), Black Pepper, Lemon Juice, Salt, Garlic Purée, Colour: Plain Caramel.

## Salmon & Mango Salad Bowl

Golden Roast Salmon (22%) (Salmon (**Fish**), Sea Salt, Demerara Sugar), Green Dressing, Salad Vegetable Mix in varying proportions (Apollo Lettuce, Spinach, Red Chard, Red Salanova® Lettuce, Baby Red Leaf Lettuce), Lime, Avocado, Mango (9%), Sweetheart Cabbage, Edamame **Soya** Beans, Pickled Onions (Red Onion, Cider Vinegar (**Sulphites**), Rice Vinegar (**Sulphites**), Sugar (**Sulphites**), Water), Spring Greens, Carrot, Lemon Juice, Coriander, Paprika, Sea Salt, Chilli Flakes.

Green Dressing contains: Water, Sunflower Oil, Coconut Milk (Coconut Extract, Water), Ginger Purée, Coriander, Parsley, Spinach Leaf, White Wine Vinegar, Spring Onion, Sugar, Concentrated Lime Juice, Tamari Soy Sauce (Water, **Soya** Bean, Salt, Spirit Vinegar), Jalapeño Chilli, Sea Salt, Lime Leaf, Garlic Purée.

## Smoked Salmon & Egg Protein Pot

Free-Range Boiled **Egg** (42%), Smoked Salmon (29%) (Salmon (**Fish**), Sea Salt), Spinach, Lemon, Sea Salt, Black Pepper.

## Tamari & Ginger Chicken Salad Bowl

Chicken Breast (18%), Green Dressing, Salad Vegetable Mix in varying proportions (Apollo Lettuce, Spinach, Red Chard, Red Salanova® Lettuce, Baby Red Leaf Lettuce), Lime, Edamame **Soya** Beans, Long Stem Broccoli, Tamari & Ginger Dressing (Water, Sugar, Lime Juice, Brown Sugar, Ginger, **Soya** Bean, Salt, Lime Zest, Spirit Vinegar, Cornflour, Stabiliser: Xanthan Gum), Sweetheart Cabbage, Carrot, Red Cabbage, Spring Greens, Sugar, White **Sesame** Seeds, Black **Sesame** Seeds, Spirit Vinegar, Salt.

Green Dressing contains: Water, Sunflower Oil, Coconut Milk (Coconut Extract, Water), Ginger Purée, Coriander, Parsley, Spinach Leaf, White Wine Vinegar, Spring Onion, Sugar, Concentrated Lime Juice, Tamari Soy Sauce (Water, **Soya** Bean, Salt, Spirit Vinegar), Jalapeño Chilli, Sea Salt, Lime Leaf, Garlic Purée.

## Tuna Niçoise Salad

Pole and Line Caught Tuna (26%) (Tuna (**Fish**), Salt), Salad Vegetable Mix in varying proportions (Apollo Lettuce, Spinach, Red Chard, Red Salanova® Lettuce, Baby Red Leaf Lettuce), French Dressing, Free-Range Boiled **Egg** (14%), Tomato, Cucumber, Kalamata Olives (3%) (Kalamata Olives, Salt), Red Onion, Sea Salt, Black Pepper.

French Dressing contains: Sunflower Oil, White Wine Vinegar, Extra Virgin Olive Oil, Sugar, Sherry Vinegar, Water, Dijon Mustard (Water, **Mustard** Flour, Spirit Vinegar, Sea Salt, **Mustard** Husk, Pimento, Turmeric), Black Pepper, Lemon Juice, Salt, Garlic Purée, Colour: Plain Caramel.

# SANDWICHES

## Chicken, Avocado & Basil Sandwich

Malted Wholegrain Bread (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **Wheat** Flakes, **Wheat** Bran, **Wheat** Gluten, Vinegar, Salt, Malted **Barley** Flour, Yeast, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Flour Treatment Agent: Ascorbic Acid; **Wheat** Starch), Avocado (30%), Chicken Breast (20%), Salad Vegetable Mix in varying proportions (Apollo Lettuce, Spinach, Red Chard, Red Salanova® Lettuce, Baby Red Leaf Lettuce), Natural Yoghurt (**Milk**), Rapeseed Oil, Water, Basil, Salt, Free-Range **Egg** Yolk, Sea Salt, Black Pepper, Spirit Vinegar, Sugar, Cornflour.

## Classic Super Club Sandwich

Malted Wholegrain Bread (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **Wheat** Flakes, **Wheat** Bran, **Wheat** Gluten, Vinegar, Salt, Malted **Barley** Flour, Yeast, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Flour Treatment Agent: Ascorbic Acid; **Wheat** Starch), Tomato, Chicken Breast (20%), Rapeseed Oil, Beech-Smoked Streaky Bacon (6%) (Pork Belly, Salt, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite), Salad Vegetable Mix in varying proportions (Apollo Lettuce, Spinach, Red Chard, Red Salanova® Lettuce, Baby Red Leaf Lettuce), Water, Free-Range **Egg** Yolk, Salt, Spirit Vinegar, Cornflour, Sugar, Sea Salt, Black Pepper, Concentrated Lemon Juice.

## Free-Range Egg Mayo Sandwich

Free-Range Egg Mayonnaise (46%) (**Egg**, Rapeseed Oil, Water, **Egg** Yolk, Spirit Vinegar, Sugar, Black Pepper, Salt, Cornflour), Malted Wholegrain Bread (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **Wheat** Flakes, **Wheat** Bran, **Wheat** Gluten, Vinegar, Salt, Malted **Barley** Flour, Yeast, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Flour Treatment Agent: Ascorbic Acid; **Wheat** Starch), **Mustard** Cress.

## Ham & Cheese Sandwich

Malted Wholegrain Bread (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **Wheat** Flakes, **Wheat** Bran, **Wheat** Gluten, Vinegar, Salt, Malted **Barley** Flour, Yeast, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Flour Treatment Agent: Ascorbic Acid; **Wheat** Starch), Wiltshire-Cured Ham (31%) (Pork, Salt, Sugar, Antioxidant: Sodium Ascorbate; Preservatives: Sodium Nitrite, Potassium Nitrate), Mature Cheddar Cheese (**Milk**) (20%), Butter (**Milk**), Sea Salt, Black Pepper.

## Kids' Ham Sandwich

Malted Wholegrain Bread (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **Wheat** Flakes, **Wheat** Bran, **Wheat** Gluten, Vinegar, Salt, Malted **Barley** Flour, Yeast, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Flour Treatment Agent: Ascorbic Acid; **Wheat** Starch), Wiltshire-Cured Ham (31%) (Pork, Salt, Sugar, Antioxidant: Sodium Ascorbate; Preservatives: Sodium Nitrite, Potassium Nitrate), Butter (**Milk**).

## Kids' Cheese Sandwich

Malted Wholegrain Bread (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **Wheat** Flakes, **Wheat** Bran, **Wheat** Gluten, Vinegar, Salt, Malted **Barley** Flour, Yeast, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Flour Treatment Agent: Ascorbic Acid; **Wheat** Starch), Vegetarian Mature Cheddar Cheese (**Milk**) (31%), Butter (**Milk**).

### Kids' Egg Mayo Sandwich

Malted Wholegrain Bread (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **Wheat** Flakes, **Wheat** Bran, **Wheat** Gluten, Vinegar, Salt, Malted **Barley** Flour, Yeast, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Flour Treatment Agent: Ascorbic Acid; **Wheat** Starch), Free-Range Egg Mayonnaise (43%) (**Egg**, Rapeseed Oil, Water, **Egg** Yolk, Spirit Vinegar, Sugar, Black Pepper, Salt, Cornflour).

### Mature Cheddar & Pickle Sandwich

Malted Wholegrain Bread (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **Wheat** Flakes, **Wheat** Bran, **Wheat** Gluten, Vinegar, Salt, Malted **Barley** Flour, Yeast, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Flour Treatment Agent: Ascorbic Acid; **Wheat** Starch), Tomato, Vegetarian Mature Cheddar Cheese (**Milk**) (16%), Pret Pickle (10%) (Apple, Sugar, Water, Balsamic Vinegar (Red Wine Vinegar, Grape Must), Tomato Purée, Kibbled Onion, Raisins, Garlic Purée, Salt, Apple Extract, Ginger Powder), Salad Vegetable Mix in varying proportions (Apollo Lettuce, Spinach, Red Chard, Red Salanova® Lettuce, Baby Red Leaf Lettuce), Rapeseed Oil, Red Onion, Water, Free-Range **Egg** Yolk, Sea Salt, Spirit Vinegar, Black Pepper, Cornflour, Sugar, Salt, Concentrated Lemon Juice.

### Salmon and Soft Cheese Open Sandwich

Pret's Multigrain Bread (Water, **Oat** Flour, Sunflower Seeds, Corn Starch, Potato Starch, Brown Teff Flour, Buckwheat Flour, Tapioca Starch, Treacle, Potato Protein, Brown Linseed, Red Quinoa, Thickener: Xanthan Gum; Brown Rice Flour, Dried Yeast, Quinoa Flour, Rice Bran, Humectant: Glycerol; Rapeseed Oil, Millet Seeds, Salt, Rice Protein, Apple Fibre, Rice Flour, Cornflour, Acids: Citric Acid, Malic Acid, Tartaric Acid; Flour Treatment Agent: Ascorbic Acid), Smoked Salmon (28%) (Salmon (**Fish**), Sea Salt), Cucumber, Medium Fat Soft Cheese (**Milk**) (15%), Lemon, Dill.

### Scottish Smoked Salmon Sandwich

Malted Wholegrain Bread (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **Wheat** Flakes, **Wheat** Bran, **Wheat** Gluten, Vinegar, Salt, Malted **Barley** Flour, **Wheat** Flour, Yeast, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Flour Treatment Agent: Ascorbic Acid; **Wheat** Starch), Smoked Salmon (41%) (Salmon (**Fish**), Sea Salt), Butter (**Milk**), Lemon Juice, Sea Salt, Black Pepper.

### Smashed Avo Open Sandwich

Avocado (48%), Pret's Multigrain Bread (Water, **Oat** Flour, Sunflower Seeds, Corn Starch, Potato Starch, Brown Teff Flour, Buckwheat Flour, Tapioca Starch, Treacle, Potato Protein, Brown Linseed, Red Quinoa, Thickener: Xanthan Gum; Brown Rice Flour, Dried Yeast, Quinoa Flour, Rice Bran, Humectant: Glycerol; Rapeseed Oil, Millet Seeds, Salt, Rice Protein, Apple Fibre, Rice Flour, Cornflour, Acids: Citric Acid, Malic Acid, Tartaric Acid; Flour Treatment Agent: Ascorbic Acid), Lemon, Lemon Juice, Rapeseed Oil, Extra Virgin Olive Oil, Sea Salt, Paprika, Black Pepper, Chilli Flakes.

### Tuna & Cucumber Sandwich

Malted Wholegrain Bread (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **Wheat** Flakes, **Wheat** Bran, **Wheat** Gluten, Vinegar, Salt, Malted **Barley** Flour, Yeast, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Flour Treatment Agent: Ascorbic Acid; **Wheat** Starch), Pole and Line Caught Tuna (**Fish**) (21%), Cucumber (17%), Rapeseed Oil, Water, Free-Range **Egg** Yolk, Spirit Vinegar, Sugar, Red Onion, Cornflour, Salt, Capers, Spring Onion, Anchovy (**Fish**), Horseradish, Concentrated Lemon Juice, Black Pepper, Olive Oil, White Wine Vinegar.

## Soups & Side Soups

### Chicken, Broccoli & Brown Rice Soup

Water, Onion, Chicken Thigh (9%) (Chicken Thigh, Salt), Carrot, Leek, Broccoli (6%), Brown Rice (3%) (Water, Brown Rice, Salt), Chicken Stock (Chicken, Yeast Extract, Salt, Chicken Fat, Rehydrated Vegetable Powders (Leek, Onion), Sugar, Lemon Juice from Concentrate, Black Pepper Flavouring, Sage Oil), Rice Flour, Garlic Purée, Parsley, Salt, Rosemary, Black Pepper, Ground Bay Leaf.

### Pret's Chicken Katsu Curry

Water, Onion, Cauliflower, Pear, Chicken (9%), Carrot, Sweet Potato (6%), Coconut Milk (4%) (Coconut Extract, Water), Edamame (**Soya**), Soya Sauce (Water, **Soya** Bean, Salt, Alcohol), Ginger Purée, Garlic Purée, Brown Rice, Tomato Paste, Rapeseed Oil, Katsu Curry Powder (Turmeric, Coriander, Cumin, Fennel, Fenugreek, Cassia, Black Pepper, Chilli, Clove, Nutmeg, Onion, Garlic, Bay Leaf), Coriander, Salt, Demerara Sugar, Chicken Powder (Yeast Extract, Maltodextrin, Chicken Extract, Salt, Sugar, Onion, Leek, White Pepper, Sage Oil), Red Chilli, Ground Spices (Cinnamon, Ginger, Star Anise, Fennel, Clove).

### Souper Tomato Soup

Water, Tomato (24%), Crushed Tomato (20%), Onion, Carrot, Tomato Paste, Olive Oil, Concentrated Tomato Juice, Vegetable Stock (Maltodextrin, Cornflour, Yeast Extract, Salt, Onion, Sunflower Oil, Garlic), Extra Virgin Olive Oil, Salt, Garlic Purée, Black Pepper, Oregano.

### Pea & Mint Soup

Petits Pois (44%), Water, Onion, Leek, Green Pepper, Rapeseed Oil, Kale, Mint (1%) , Bouillon (Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Vegetables (Onions, Parsnip, Parsley), Sunflower Oil, Spices (Turmeric, Lovage, Pepper, Garlic, Mace, Nutmeg), Lovage Extract), Salt, Black Pepper, Red Chilli.

### Red Thai Vegetable Soup

Water, Mushroom, Red Pepper (10%), Coconut Cream (Coconut, Water), Onion, Potato, **Soya** Bean, Tomato, Red Thai Paste (4,5%) (Sugar, Salt, Onion, Red Pepper, Sunflower Oil, Lemongrass, Garlic Purée, Galangal, Concentrated Lemon Juice, Spirit Vinegar, Rapeseed Oil, Black Pepper, Coriander, Cumin, Lime Leaf, Red Chilli, Paprika Extract, Lime Juice, Cayenne Pepper), Red Lentils, Sweetcorn, Spring Onion, Bamboo Shoot, Lime Juice, Coriander, Red Chilli, Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Onion Powder, Parsnip Powder, Dried Parsley, Sunflower Oil, Ground Spices (Lovage, Turmeric, Nutmeg, Garlic, White Pepper, Mace), Lovage Extract.

### Pret's Mushroom Risotto Soup

Mushroom (36%), Water, Cooked Brown Rice (13%) (Water, Brown Rice, Salt), Onion, Cauliflower, Coconut Cream (Coconut, Water), Potato, **Celeriac**, Tofu (Water, **Soya** Bean, **Soya** Extract, Firming Agents: Glucono-Delta-Lactone, Calcium Chloride), Fennel, Salt, Cooked Wild Rice (Water, Wild Rice), Rapeseed Oil, Garlic, Parsley, Mushroom Concentrate, Porcini Mushroom, Black Pepper, Rosemary, Thyme, Tarragon, Cornflour, Sunflower Oil, Sugar.

### EAT.'s Chicken Pot Pie Soup

Water, Potato, Chicken (12%), Onion, Whipping Cream (**Milk**), Mushroom, Petits Pois, **Celery**, Carrot, Roast Chicken Stock (Water, Chicken, Yeast Extract, Salt, Dried Potato, Chicken Fat), Cornflour, Salt, Butter (**Milk**), Thyme, Black Pepper.

### Chicken Laksa Soup

Water, Coconut Milk (Coconut Extract, Water), Chicken Thigh (9%), Red Pepper, Onion, Butternut Squash, Miso Paste (Water, **Soya** Bean, Rice, Salt, Alcohol), Vermicelli Noodles (2,5%) (Rice Flour, Water), Desiccated Coconut, Red Chilli, Ginger Purée, Cornflour, Garlic Purée, Lemongrass, Roast Chicken Stock (Water, Chicken, Yeast Extract, Salt, Dried Potato, Chicken Fat), Curry Powder (Coriander, Turmeric, **Mustard** Powder, Gram Flour, Cumin, Chilli, Fenugreek, Black Pepper, Garlic, Salt, Fennel, Poppy Seeds), Tamari Soy Sauce (Water, **Soya** Bean, Salt, Spirit Vinegar), Lime Juice, Demerara Sugar, Coriander Leaf, Lime Leaf, Salt.

### Roast Chicken & Root Vegetable Soup

Water, Carrot (16%), Onion, Roast Chicken (9%), Parsnip (8%), Swede (7%), Potato, Butternut Squash, Roast Chicken Stock (Water, Roast Chicken, Yeast Extract, Salt, Dried Potato, Chicken Fat), Rapeseed Oil, Chicken Stock (Chicken, Yeast Extract, Salt, Chicken Fat, Water, Concentrated Lemon Juice, Muscovado Sugar, Onion Powder, Leek Powder, Sage Oil, Flavouring), **Oats**, Turnip (0,5%), Parsley, Salt, Thyme, Black Pepper, Sage, Rosemary Infused Sunflower Oil, Rosemary, Bay Leaf.

### Pret's Multigrain Bread

Water, **Oat** Flour, Sunflower Seeds, Corn Starch, Potato Starch, Brown Teff Flour, Buckwheat Flour, Tapioca Starch, Treacle, Potato Protein, Brown Linseed, Red Quinoa, Thickener: Xanthan Gum; Brown Rice Flour, Dried Yeast, Quinoa Flour, Rice Bran, Humectant: Glycerol; Rapeseed Oil, Millet Seeds, Salt, Rice Protein, Apple Fibre, Rice Flour, Cornflour, Acids: Citric Acid, Malic Acid, Tartaric Acid; Flour Treatment Agent: Ascorbic Acid.

### Pret's Pot Pie Top

Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter (**Milk**), Water, Free-Range **Egg**, White Wine Vinegar, Salt.

### Stone Baked Losange

**Wheat** Flour, Water, Salt, Yeast, **Wheat** Gluten, Deactivated Yeast, Malted **Wheat** Flour, Flour Treatment Agent: Ascorbic Acid.

Optional Butter Portion: (**Milk**).

## Sweet Treats

### Annie & Godfrey, Pret's Gingerbread Biscuits

Fortified Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Golden Syrup, Palm Oil, Rapeseed Oil, Water, **Egg**, Ginger Powder, Raising Agent (Sodium Bicarbonate), Salt, Emulsifier (Mono-And Di-Glycerides Of Fatty Acids). Sweets (Sugar, Glucose Syrup, Starch, Acids (Malic Acid, Citric Acid, Lactic Acid) Fruit Juices From Concentrates, Acidity Regulator (Trisodium Citrate) Flavours, Natural Colours (Anthocyanins, Copper Complexes Of Chlorophyllins, Carotenes, Curcumin), Icing: (Icing Sugar, **Egg** White, Natural Colours From Concentrates (Apple, Carrot, Hibiscus, Molasses, Radish, Pumpkin And Tomato).

### Choc Bar

Digestive Biscuits (29%) (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal **Wheat** Flour, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar, Partially Inverted Sugar Syrup, Raising Agents: Sodium Bicarbonate, Ammonium Bicarbonate; Salt), Chocolate (22%) (Sugar, Cocoa Mass, Cocoa Butter, Fat Reduced Cocoa Powder, Emulsifier: **Soya** Lecithin, Vanilla Extract), Milk Chocolate (17%) (Sugar, Cocoa Butter, Whole **Milk** Powder, Cocoa Mass, Emulsifier: **Soya** Lecithin, Vanilla Extract), Unsalted Butter (**Milk**), Golden Syrup, Sultanas (8%) (Sultanas, Sunflower Oil), Salt.

### Chocolate Brownie

Milk Chocolate (25%) (Sugar, Cocoa Butter, Whole **Milk** Powder, Cocoa Mass, Emulsifier: **Soya** Lecithin, Vanilla Extract), Chocolate (23%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: **Soya** Lecithin, Natural Vanilla Flavouring), Sugar, Pasteurised Free Range **Egg**, Unsalted Butter (**Milk**), Cocoa Powder, Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Black Cocoa Powder.

### Chocolate Chunk Cookie

Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Dark Chocolate (21%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: Sunflower Lecithins; Flavouring), Butter (**Milk**), Glucose-Fructose Syrup, Water, **Wheat** Fibre, **Milk** Sugar, Black Treacle, Raising Agents: Sodium Bicarbonate, Diphosphates, Calcium Phosphates; Whey Powder (**Milk**), Salt, Rapeseed Oil, Flavouring.

### Chocolate Praline Cookie

Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Thiamin, Nicotinamide), Chocolate and hazelnut filling (14%) (Sugar, Rapeseed Oil, Palm Oil, **Hazelnut**, Cocoa Powder, Dried Skimmed **Milk**, Whey Powder (**Milk**), Emulsifier (Sunflower lecithins), Flavouring), Water, Sugar, Butter (**Milk**), Brown Sugar, **Hazelnut** (6%), Glucose-Fructose Syrup, Invert Sugar, **Wheat** Fibre, **Milk** Sugar, Black Treacle, Raising Agents (Sodium Bicarbonate, Calcium Phosphates, Diphosphates), Whey Powder (**Milk**), Salt, Rapeseed Oil, Flavouring, Hot Chocolate Powder (Sugar, Cocoa Powder), Icing Sugar.

### Dark Chocolate and Almond Butter Cookie

Fortified Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Nicotinamide, Thiamin), Brown Sugar, Dark Chocolate (15%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (Lecithins), Flavouring), Glucose-Fructose Syrup, Almond Butter (7%) (**Almonds**, Sea Salt), Sugar, Coconut Oil, **Almonds** (3.5%), Invert Sugar, Cocoa Powder, Water, **Wheat** Fibre, Sea Salt, Raising Agent (Sodium Bicarbonate), May be Present: **Milk** and **Soya**

### Fruit, Oat & Spelt Cookie

Brown Sugar, Butter (**Milk**), Spelt (**Wheat**) Flour (14%), Fortified Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Nicotinamide, Thiamin), **Oat** Flakes (11%), Raisins (8%), Cranberry (5%), Pumpkin Seed, Honey, Water, Linseed, Raising Agents (Sodium Bicarbonate, Diphosphates, Calcium Phosphates), **Wheat** Fibre, Orange Zest, Whey Powder (**Milk**), Salt, Rapeseed Oil, Sunflower Oil, Nutmeg

### Ginger Snap Biscuit

Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Butter (**Milk**), Demerara Sugar, Glucose-Fructose Syrup, Brown Sugar, Stem Ginger (5%) (Ginger, Sucrose, Water), Invert Sugar, Mixed Spices (Coriander, Cassia, Ginger, Nutmeg, Fennel, Clove, Cardamom), **Wheat** Fibre, Raising Agents (Calcium Phosphates, Sodium Bicarbonate, Diphosphates, Potassium Hydrogen Carbonate), Ginger Powder (1%), **Milk** Sugar, Whey Powder (**Milk**), Cane Molasses, Salt.

### Pret's Pecan and Caramel Cookie

Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), **Pecan Nuts** (15%), Butter (**Milk**), Brown Sugar, Sugar, Glucose-Fructose Syrup, Toffee Flavoured Pieces (Sugar, Glucose Syrup, Sweetened Condensed Milk (**Milk**, Sugar), Palm Oil, Butteroil (**Milk**), Flavouring), White Chocolate with Caramel (3,5%) (Sugar, Cocoa Butter, Whole **Milk** Powder, Dried Skimmed **Milk**, Whey Powder (**Milk**), **Milk** Fat, Caramelised Sugar, Cocoa Mass, Emulsifier (**Soya** Lecithin), Salt, Flavouring), Caramel Flakes (3%) (Sugar, Glucose Syrup, Butter (**Milk**), Cream (**Milk**), Water), Invert Sugar, Water, **Wheat** Fibre, Salt, **Milk** Sugar, Raising Agents: Sodium Bicarbonate, Diphosphates, Calcium Phosphates; Treacle, Whey Powder (**Milk**), Flavouring.

### Shortbread

Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter (**Milk**), Sugar, Rice Flour, Sea Salt.

### Chocolate Moose

Whipping Cream (**Milk**), Sugar, Water, Cocoa Mass, Cocoa Butter, Whole **Milk** Powder, Double Cream (**Milk**), Glucose, Cocoa Powder, Cornflour, Vanilla Flavouring, Emulsifier (**Soya** Lecithin), Gelling Agent (Pectin).

### Dark Chocolate Corn Cakes

Dark Chocolate (60%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (**Soya** Lecithin), Natural Vanilla Flavouring), Corn (40%) (Corn, Sea Salt, Corn Oil).

### Dark Chocolate with Sea Salt

Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, **Soya** Lecithin, Natural Vanilla Flavouring), Sea Salt.

### Lemon Cheesecake

Cream Cheese Mix (Full Fat Soft Cheese (**Milk**) (42%), Whipping Cream (**Milk**), Sugar, Double Cream (**Milk**), Lemon Concentrate, Water), Lemon Curd (24%) (Glucose, Water, Sugar, Butter (**Milk**), Lemon Concentrate, Maize Starch, Dried **Egg**, Gelling Agent (Pectins), Acidity Regulator (Citric Acid), Emulsifier (Lecithins), Lemon Oil, Colour (Lutein), Ginger Biscuit Crumb (16%) (**Wheat** Flour, Sugar, Butter (**Milk**), Palm Oil, Rapeseed Oil, Invert Sugar Syrup, Treacle, Ginger Powder, Raising Agent (Sodium Bicarbonate), Salt), Soured Cream (**Milk**).

### Love Bar

**Oats** (29%), Caramel (26%) (Sugar, Glucose Syrup, Palm Oil, Sweetened Condensed Milk (**Milk**, Sugar), Rapeseed Oil, Water, Salt, Flavouring, Emulsifier: (**Soya** Lecithin) Colours (Curcumin, Annatto), Salted Butter (Butter (**Milk**), Salt), Golden Syrup, Chocolate Chunks (5%) (Cocoa Mass, Sugar, Emulsifier (**Soya** Lecithin) Vanilla Extract), Light Brown Sugar, Vanilla Pumpkin Seeds (3%) (Pumpkin Seeds, Icing Sugar, Caster Sugar, Vanilla Extract), **Pistachio Nuts** (3%), **Almonds** (3%), Honey.



## Milk Chocolate Bar

Cane Sugar, Cocoa Butter, **Milk** Powder, Cocoa, Emulsifier: **Soya** Lecithin.  
Milk chocolate contains cocoa solids 38% minimum and milk solids 24% minimum.

## Pret Bar

**Oats** (29%), Unsalted Butter (**Milk**), Demerara Sugar (Sugar, Cane Molasses), Sweetened Condensed Milk (**Milk**, Sugar), Golden Syrup, Dried Apricots (5%) (Apricots, Rice Flour), Sweetened Dried Cranberries (5%) (Sugar, Cranberries, Sunflower Oil), Pumpkin Seeds (4%), Honey, Sultanas (3%) (Sultanas, Sunflower Oil), Sunflower Seeds (3%), Dried Apple Flakes (2%), Orange Pieces (2%) (Fruit Concentrates: Concentrated Apple Purée, Concentrated Orange Juice; Humectant: Glycerol, Fructose Glucose Syrup, Glucose Syrup, **Wheat** Fibre, Sugar, Palm Fat, Rice Starch, Gelling Agent: Pectin, Acidity Regulator: Citric Acid, Natural Orange Flavouring, Antioxidant: Ascorbic Acid, Colour: Curcumin), Poppy Seeds (0,4%), Salt, Orange Zest.

## SALAD WRAPS & FLAT BREADS

### Avocado & Herb Salad Wrap

Avocado (28%), Kibbled Rye Wrap (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **Rye** Flakes, Rapeseed Oil, Humectant: Glycerol; Raising Agents: Diphosphates, Sodium Bicarbonate; Dried Fermented **Wheat** Flour, Emulsifier: Mono-and Diglycerides of Fatty Acids; Salt, Acidity Regulator: Citric Acid; **Wheat** Starch, Flour Treatment Agent: L-Cysteine), Cucumber, Tomato, Spinach, Natural Yoghurt (**Milk**), **Pine Nuts**, Vegetarian Italian Mature Cheese (**Milk**), Rapeseed Oil, Water, Basil, Free-Range **Egg** Yolk, Sea Salt, Black Pepper, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice.

### Chef Special Vegan Chilli Wrap

Kibbled Rye Wrap (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **Rye** Flakes, Rapeseed Oil, Humectant: Glycerol; Raising Agents: Diphosphates, Sodium Bicarbonate; Dried Fermented **Wheat** Flour, Emulsifier: Mono-and Diglycerides of Fatty Acids; Salt, Acidity Regulator: Citric Acid; **Wheat** Starch, Flour Treatment Agent: L-Cysteine), Avocado, Red Pepper, Red Onion, Red Kidney Beans, Spinach, Sweetcorn, Haricot Beans, Pickled Onion (Red Onion, Cider Vinegar (**Sulphites**), Rice Vinegar (**Sulphites**), Sugar (**Sulphites**), Water), Tomato, **Celery**, Carrot, Black Eyed Beans, Borlotti Beans, Cannellini Beans, Water, Tomato Paste, Coriander, Rapeseed Oil, Garlic, Salt, Maize Starch, Lime Juice, Red Chilli, Dark Couverture Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **Soya** Lecithin; Vanilla Flavouring), Ground Spices (Smoked Paprika, Paprika, Black Pepper, Chilli, Lovage, Turmeric, White Pepper, Garlic, Mace, Nutmeg), Olive Oil, Cumin Seeds, Chilli Flakes, Oregano, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Black Pepper, Onion Powder, Parsnip Powder, Sunflower Oil, Dried Parsley, Lovage Extract.

### Hoisin Duck Salad Wrap

Kibbled Rye Wrap (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **Rye** Flakes, Rapeseed Oil, Humectant: Glycerol; Raising Agents: Diphosphates, Sodium Bicarbonate; Dried Fermented **Wheat** Flour, Emulsifier: Mono-and Diglycerides of Fatty Acids; Salt, Acidity Regulator: Citric Acid; **Wheat** Starch, Flour Treatment Agent: L-Cysteine), Duck (22%), Cucumber, Spinach, Water, Spring Onion, Rapeseed Oil, Demerara Sugar, White Miso Paste (Water, **Soya** Bean, Rice, Salt, Alcohol), Tomato Paste, Duck Skin, White Wine Vinegar, Dark Soy Sauce (Water, **Soya** Bean, **Wheat**, Salt, Alcohol), Salt, Sugar, Free-Range **Egg** Yolk, Cornflour, Spirit Vinegar, Star Anise, Cinnamon, Concentrated Lemon Juice, Fennel, Ginger, Black Pepper, Fennel Seeds, Clove.

### Humous & Chipotle Wrap

Kibbled Rye Wrap (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **Rye** Flakes, Rapeseed Oil, Humectant: Glycerol; Raising Agents: Diphosphates, Sodium Bicarbonate; Dried Fermented **Wheat** Flour, Emulsifier: Mono-and Diglycerides of Fatty Acids; Salt, Acidity Regulator: Citric Acid; **Wheat** Starch, Flour Treatment Agent: L-Cysteine), Humous (26%) (Cooked Chickpeas (Chickpeas, Water), Rapeseed Oil, **Sesame** Seed Paste, Concentrated Lemon Juice, Water, Garlic Purée, Salt), Red Pepper, Carrot, Spinach, Red Cabbage, Mooli, Coriander, Sugar, Spirit Vinegar, Muscovado Sugar, Red Wine Vinegar, Onion, Sunflower Oil, Chipotle Pepper, Water, Tomato Paste, Maize Starch, Salt, Garlic, Vinegar, Black Pepper, Thickener: Xanthan Gum; Flavouring, Cayenne Pepper.

## Items sold in selected shops only

### Chipotle Mozzarella Hot Baguette

Stone Baked Baguette (**Wheat** Flour, Water, Brown Linseed, Malted **Wheat** Flakes, Sunflower Seeds, Yeast, Salt, **Wheatgerm**, Potassium Chloride, Potassium Gluconate, Malted **Wheat** Flour), Vegetarian Mozzarella Cheese (21%) (Cheese (**Milk**), Acidity Regulator: Citric Acid), Red Pepper, Roasted Tomatoes (Tomato, Sunflower Oil, Sugar, Salt), Vegetarian Mature Cheese (**Milk**), Muscovado Sugar, Red Wine Vinegar, Onion, Sunflower Oil, Chipotle Pepper, Water, Tomato Paste, Maize Starch, Garlic, Salt, Vinegar, Sugar, Black Pepper, Thickener: Xanthan Gum; Flavouring, Cayenne Pepper, **Sesame** Seeds.

### Posh Prosciutto Hot Baguette

Stone Baked Baguette (**Wheat** Flour, Water, Brown Linseed, Malted **Wheat** Flakes, Sunflower Seeds, Yeast, Salt, **Wheatgerm**, Potassium Chloride, Potassium Gluconate, Malted **Wheat** Flour), Tomato, Italian Prosciutto Ham (14%) (Pork Leg, Salt), Grevé Cheese (**Milk**), **Sesame** See

## Pret At Home and Platters

### Chicken & Butternut Risotto Soup

Water, Butternut Squash (17%), Cooked Brown Rice (Water, Brown Rice, Salt), Onion, Chicken (9%), Roasted Butternut Squash (5%) (Butternut Squash, Rapeseed Oil, Salt, Black Pepper), Carrot, Cannellini Beans, Potato, Salt, Roast Chicken Stock (Water, Chicken, Yeast Extract, Salt, Dried Potato, Chicken Fat), Garlic, Parsley, Chicken Fat, Rapeseed Oil, Lemon Juice, Sage, Black Pepper, Dried Sage.

### Pea & Mint Soup

Peas, Water, Onion, Leek, Green Pepper, Rapeseed Oil, Kale, Mint, Bouillon (Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Vegetables (Onions, Parsnips, Parsley), Sunflower Oil, Spices (Lovage, Turmeric, Pepper, Garlic, Mace, Nutmeg), Lovage Extract), Salt (Salt, Anti-caking Agent (Sodium Ferrocyanide)), Black Pepper, Red Chilli.

### Pret's Mushroom Risotto Soup

Mushroom (36%), Water, Cooked Brown Rice (13%) (Water, Brown Rice, Salt), Onion, Cauliflower, Coconut Cream (Coconut, Water), Potato, **Celeriac**, Tofu (Water, **Soya** Bean, **Soya** Extract, Firming Agents: Glucono-Delta-Lactone, Calcium Chloride), Fennel, Salt, Cooked Wild Rice (Water, Wild Rice), Rapeseed Oil, Garlic, Parsley, Mushroom Concentrate, Porcini Mushroom, Black Pepper, Rosemary, Thyme, Tarragon, Cornflour, Sunflower Oil, Sugar.

### Macaroni Cheese Kale & Cauli

Béchamel Sauce (Whole **Milk**, Water, Barber's Vegetarian Mature Cheddar Cheese (**Milk**), Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (Butter (**Milk**), Salt), Salt, Vegetable Stock (Maltodextrin, Maize Starch, Yeast Extract, Salt, Onion Powder, Sunflower Oil, Dried Garlic), White Pepper), Cooked Macaroni (Water, Durum **Wheat** Semolina), Cauliflower (14%), Vegetarian Italian Mature Cheese (**Milk**), Kale (6%).

### Macaroni Cheese Prosciutto

Béchamel Sauce (Whole **Milk**, Water, Barber's Mature Cheddar Cheese (**Milk**), Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (Butter (**Milk**), Salt), Salt, Vegetable Stock (Maltodextrin, Maize Starch, Yeast Extract, Salt, Onion Powder, Sunflower Oil, Dried Garlic), White Pepper), Cooked Macaroni (Water, Durum **Wheat** Semolina), Cauliflower

### Pret's Proper Porridge

Whole **Milk**, Water, **Oats**.

## Evening Meals

### Chicken & Bacon Caesar Salad Bowl

Chicken Breast (21%), Salad Vegetable Mix in varying proportions (Apollo Lettuce, Spinach, Red Chard, Red Salanova® Lettuce, Baby Red Leaf Lettuce), Tomato, French Dressing, Free-Range Boiled **Egg**, Avocado, Rapeseed Oil, Lemon, Beech-Smoked Streaky Bacon (3%) (Pork Belly, Salt, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite), Mature Cheese (**Milk**), Lemon Juice, Water, Free-Range **Egg** Yolk, Italian Hard Cheese (Cheese (**Milk**), Preservative: Lysozyme (**Egg**)), Red Wine Vinegar, Salt, Lemon Juice from Concentrate, Sugar, Cornflour, Dried Garlic, Spirit Vinegar, Cane Molasses, Tamarind Paste, Anchovy (**Fish**), Onion Powder, Olive Oil, Spices.

French Dressing contains: Sunflower Oil, White Wine Vinegar, Extra Virgin Olive Oil, Sugar, Sherry Vinegar, Water, Dijon Mustard (Water, **Mustard** Flour, Spirit Vinegar, Sea Salt, **Mustard** Husk, Pimento, Turmeric), Black Pepper, Lemon Juice, Salt, Garlic Purée, Colour: Plain Caramel.

### Chipotle Chicken Burrito Bowl

Cooked Brown Rice (Water, Brown Rice), Chicken Breast (19%), Red Pepper, Salad Vegetable Mix in varying proportions (Apollo Lettuce, Spinach, Red Chard, Red Salanova® Lettuce, Baby Red Leaf Lettuce), Ceviche Style Dressing, Lime, Feta Cheese (**Milk**), Pickled Onions (Red Onion, Cider Vinegar (**Sulphites**), Rice Vinegar (**Sulphites**), Sugar (**Sulphites**), Water), Cooked Red Quinoa (Water, Red Quinoa), Coriander, Lemon Juice, Muscovado Sugar, Sunflower Oil, Red Wine Vinegar, Onion, Salt, Chipotle Pepper, Water, Tomato Paste, Maize Starch, Garlic, Cracked Black Pepper, Vinegar, Sugar, Black Pepper, Thickener: Xanthan Gum; Flavouring, Cayenne Pepper.

Ceviche Style Dressing contains: Lime Juice, Lemon Juice, Sugar, Water, Rapeseed Oil, Glucose Syrup, Red Chilli, Garlic Purée, Salt, Onion, Lime Zest, Jalapeño Chilli, Red Cherry Pepper, Cornflour, Ginger Purée, Vinegar, Colours: Paprika Extract, Plain Caramel; White Wine Vinegar, Acid: Citric Acid.

### Falafel & Humous Rice Bowl

Cooked Brown Rice (Water, Brown Rice), Humous (15%) (Cooked Chickpeas (Chickpeas, Water), Rapeseed Oil, **Sesame** Seed Paste, Concentrated Lemon Juice, Water, Garlic Purée, Salt), Salad Vegetable Mix in varying proportions (Apollo Lettuce, Spinach, Red Chard, Red Salanova® Lettuce, Baby Red Leaf Lettuce), Sweet Potato Falafel (14%) (Sweet Potato, Cooked Chickpeas (Chickpeas, Water), Onion, Dried Potato, Coriander Leaf, Red Pepper, Salt, Cumin Powder, Concentrated Lemon Juice, Rapeseed Oil, Paprika, Water, Smoked Paprika, Black Pepper, Dried Garlic, Coriander Powder, Chilli Flakes), French Dressing, Avocado, Red Pepper, Lemon, Red Cabbage, Lemon Juice, Carrot, Cooked Red Quinoa (Water, Red Quinoa), Sugar, Spirit Vinegar, Sunflower Oil, Parsley, Salt, Cracked Black Pepper.

French Dressing contains: Sunflower Oil, White Wine Vinegar, Extra Virgin Olive Oil, Sugar, Sherry Vinegar, Water, Dijon Mustard (Water, **Mustard** Flour, Spirit Vinegar, Sea Salt, **Mustard** Husk, Pimento, Turmeric), Black Pepper, Lemon Juice, Salt, Garlic Purée, Colour: Plain Caramel.

### Roasted Salmon & Pickles Rice Bowl

Cooked Brown Rice (Water, Brown Rice), Golden Roast Salmon (18%) (Salmon (**Fish**), Sea Salt, Demerara Sugar), Salad Vegetable Mix in varying proportions (Apollo Lettuce, Spinach, Red Chard, Red Salanova® Lettuce, Baby Red Leaf Lettuce), Tamari & Ginger Dressing, Pickled Cucumber with Chilli & Garlic (10%) (Cucumber, Red Chilli, Rice Vinegar, Sugar, Salt, Spirit Vinegar, Garlic), Lime, Edamame **Soya** Beans, Red Cabbage, Cooked Red Quinoa (Water, Red Quinoa), Carrot, Lemon Juice, Coriander, Sugar, Spirit Vinegar, White **Sesame** Seeds, Black **Sesame** Seeds, Sunflower Oil, Salt, Cracked Black Pepper.

Tamari & Ginger Dressing contains: Water, Sugar, Lime Juice, Brown Sugar, Ginger, **Soya** Bean, Salt, Lime Zest, Spirit Vinegar, Cornflour, Stabiliser: Xanthan Gum.

## Fish Pie Mac & Cheese

Cooked Macaroni (Water, Durum **Wheat** Semolina), Whole **Milk**, Cauliflower, Smoked Salmon (10%) (Salmon (**Fish**), Sea Salt), Water, Medium Fat Soft Cheese (**Milk**) (6%), Barber's Mature Cheddar Cheese (**Milk**) (6%), Mature Cheese (**Milk**) (5%), Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Kale, Butter (**Milk**), Rapeseed Oil, Sunflower Oil, Extra Virgin Olive Oil, Salt, Maltodextrin, Maize Starch, Corn Oil, Yeast Extract, White Pepper, Yeast, Onion Powder, Garlic Powder.

## Pret's Lasagne Macaroni Cheese

Cooked Macaroni (Water, Durum **Wheat** Semolina), Whole **Milk**, Cauliflower, Water, Beef (8%), Barber's Mature Cheddar Cheese (**Milk**) (5%), Italian Mature Cheese (**Milk**) (5%), Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Tomato Paste, Onion, Rapeseed Oil, Carrot, **Celery**, Tomato, Butter (**Milk**), Tomato Juice, Sun-Dried Tomato, Parsley, Salt, Extra Virgin Olive Oil, Yeast Extract, Garlic Purée, Sunflower Oil, White Wine Vinegar, Cornflour, Fennel Seeds, Sea Salt, Thyme, Black Pepper, Sugar, Maltodextrin, Corn Oil, Maize Starch, White Pepper, Yeast, Onion Powder, Dried Garlic.

## Vegan Ragu & Red Pepper Hot Wrap

Chunky Vegetable and Lentil Sauce (51%) (Tomato, Onion, Carrot, Red Lentils, Green Lentils, Water, Tomato Paste, **Celery**, Dates, Balsamic Vinegar (Red Wine Vinegar, Grape Must), Rapeseed Oil, Sherry Vinegar, Sea Salt, Red Chilli, Garlic, Black Pepper, Oregano), Kibbled Rye Wrap (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **Rye** Flakes, Rapeseed Oil, Humectant: Glycerol; Raising Agents: Diphosphates, Sodium Hydrogen Carbonate; Dried Fermented **Wheat** Flour, Emulsifier: Mono- and Diglycerides of Fatty Acids; Salt, Acidity Regulator: Citric Acid; **Wheat** Starch, Flour Treatment Agent: L- cysteine), Red Pepper (12%), Roasted Tomatoes (Tomato, Sunflower Oil, Sugar, Salt, Acidity Regulators: Citric Acid, Ascorbic Acid), Kalamata Olives (Kalamata Olives, Sunflower Oil, Salt), Crispy Onions (Onion, Palm Oil, **Wheat** Flour, Salt).

## Mozzarella, Pesto & Roasted Tomatoes Focaccia Pizza

Focaccia Roll (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Extra Virgin Olive Oil (4%), Rosemary (1%), Salt, Yeast), Vegetarian Mozzarella Cheese (14%) (Cheese (**Milk**), Acidity Regulator: Citric Acid), Roasted Tomatoes (12%) (Tomato, Sunflower Oil, Sugar, Salt), Pesto (10%) (Sunflower Oil, Basil, Spinach, **Pine Nuts**, Vegetarian Medium Fat Hard Cheese (**Milk**), Garlic Purée, Salt, Acidity Regulator: Citric Acid), Cherry Tomato, Semi-Dried Red Pepper, Rapeseed Oil, Vegetarian Mature Cheese (**Milk**), Tomato Concentrate, Sugar, Salt, Concentrated Lemon Juice, Dried Garlic, Dried Herbs, Basil Flavouring.

## Mozzarella, Prosciutto & Basil Focaccia Pizza

Focaccia Roll (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Extra Virgin Olive Oil (4%), Rosemary (1%), Salt, Yeast), Vegetarian Mozzarella Cheese (15%) (Cheese (**Milk**), Acidity Regulator: Citric Acid), Roasted Tomatoes (Tomato, Sunflower Oil, Sugar, Salt), Prosciutto Ham (9%) (Pork Leg, Salt), Cherry Tomato, Semi-Dried Red Pepper, Rapeseed Oil, Tomato Concentrate, Basil, Sugar, Salt, Concentrated Lemon Juice, Dried Garlic, Dried Herbs, Basil Flavouring.

## Chicken Burrito Hot Rice Bowl

Cooked Brown Rice (Water, Brown Rice), Chicken Thigh (22%), Spinach, Avocado, Red Pepper, Lime, Sweetcorn, Feta Cheese (**Milk**), Pickled Onions (Red Onion, Cider Vinegar (**Sulphites**), Rice Vinegar (**Sulphites**), Sugar (**Sulphites**), Water), Black Turtle Beans, Cooked Red Quinoa (Water, Red Quinoa), Lemon Juice, Muscovado Sugar, Red Wine Vinegar, Sunflower Oil, Onion, Salt, Lime Juice, Chipotle Pepper, Water, Tomato Paste, Coriander, Dextrose, Maize Starch, Garlic, Olive Oil, Cracked Black Pepper, Vinegar, Sugar, Black Pepper, Thickener: Xanthan Gum; Flavouring, Cayenne Pepper.

## Large Side Salad

Rocket, Roasted Tomatoes (Tomato, Sunflower Oil, Sugar, Salt), Rapeseed Oil, Vegetarian Mature Cheese (**Milk**), Lemon, Extra Virgin Olive Oil.

### Chocolate Flavoured Shake

Semi-Skimmed **Milk**, Water, Sugar, Whole **Milk** Powder, Fructose, Cocoa Powder, Thickener: Xanthan Gum; Natural Vanilla Flavouring, Salt, Natural Flavouring, Concentrated Lemon Juice, Preservative: Potassium Sorbate.

### Berry Shake

Water, Semi-Skimmed **Milk**, Whole **Milk** Powder, Sugar, Strawberries, Fructose, Blackcurrants, Redcurrants, Raspberries, Blackberries, Cornflour, Lemon Juice, Thickener: Xanthan Gum; Natural Vanilla Flavouring, Salt, Gelling Agent: Pectins; Natural Flavouring, Concentrated Lemon Juice, Preservative: Potassium Sorbate.

### Chocolate Chunk Cookie Shake

Semi-Skimmed **Milk**, Water, Whole **Milk** Powder, Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Dark Chocolate (4%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: Sunflower Lecithins; Flavouring), Fructose, Butter (**Milk**), Glucose-Fructose Syrup, **Wheat** Fibre, **Milk** Sugar, Thickener: Xanthan Gum; Salt, Black Treacle, Raising Agents: Sodium Bicarbonate, Diphosphates, Calcium Phosphates; Natural Vanilla Flavouring, Whey Powder (**Milk**), Rapeseed Oil, Flavouring.

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.

# Ingredient List

★ VEGGIE PRET ★





# Baguettes

## Artichoke, Olives & Tapenade Baguette

Stone Baked Baguette (**Wheat** Flour, Water, Brown Linseed, Malted **Wheat** Flakes, Sunflower Seeds, Yeast, Salt, **Wheatgerm**, Potassium Chloride, Potassium Gluconate, Malted **Wheat** Flour), Grilled Artichokes (25%) (Artichokes, Sunflower Oil, White Wine Vinegar, Salt, Antioxidant: Ascorbic Acid), Kalamata Olives (7%) (Kalamata Olives, Salt), Cherry Tomato, Semi-Dried Red Pepper, Rapeseed Oil, Tomato Concentrate, Basil, Sugar, Salt, Concentrated Lemon Juice, Dried Garlic, Dried Herbs, Basil Flavouring, **Sesame** Seeds.

## Avo, Olives & Toms Baguette

Stone Baked Baguette (**Wheat** Flour, Water, Brown Linseed, Malted **Wheat** Flakes, Sunflower Seeds, Yeast, Salt, **Wheatgerm**, Potassium Chloride, Potassium Gluconate, Malted **Wheat** Flour), Avocado (30%), Roasted Tomatoes (8%) (Tomato, Sunflower Oil, Sugar, Salt), Kalamata Olives (7%), Rocket, **Pine Nuts**, Lemon Juice, Basil, Rapeseed Oil, Tomato Concentrate, Sea Salt, Black Pepper, Concentrated Lemon Juice, Garlic, Sugar, Parsley, Oregano, **Sesame** Seeds.

## Cheddar, Mustard and Pickles Baguette

Stone Baked Baguette (**Wheat** Flour, Water, Brown Linseed, Malted **Wheat** Flakes, Sunflower Seeds, Yeast, Salt, **Wheatgerm**, Potassium Chloride, Potassium Gluconate, Malted **Wheat** Flour), Vegetarian Mature Cheddar Cheese (**Milk**) (16%), Gherkins (15%) (Gherkins, Sugar, Vinegar, Salt, Flavouring, **Mustard** Seeds, Colour: Riboflavins), Rapeseed Oil, Red Cabbage, Rocket, Water, Carrot, Sugar, Spirit Vinegar, **Mustard** Flour, Free-Range **Egg** Yolk, Salt, Cornflour, Modified Maize Starch, Lemon Juice from Concentrate, Colours: Curcumin, Plain Caramel; Stabiliser: Xanthan Gum; White Pepper, Flavouring, **Sesame** Seeds.

## Vegan Chuna Mayo Baguette

White Baguette (**Wheat** Flour, Water, Yeast, Salt, **Wheat** Gluten, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Chickpeas (26%), Cucumber, Rapeseed Oil, Red Onion, Wakame Seaweed, Rocket, Water, White Wine Vinegar, Cider Vinegar, Salt, Capers, Sugar, Faba Bean Protein, Lemon Concentrate (**Sulphites**), Spirit Vinegar, Parsley, Sea Salt, Cornflour, Gelling Agent: Pectins; Black Pepper, **Mustard** Seeds.

## Vegan Eggless Mayo & Cress

White Baguette (**Wheat** Flour, Water, Yeast, Salt, **Wheat** Gluten, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Tofu (34%) (Water, **Soya** Bean, Firming Agent: Calcium Chloride), Rapeseed Oil, Water, **Mustard** Cress, Spirit Vinegar, Sugar, Black Salt, Salt, Black Pepper, Modified Maize Starch, Lemon Juice from Concentrate, Turmeric, Stabiliser: Xanthan Gum; White Pepper, Flavouring.

## Barista Prepared Drinks

### Organic Coffee – Hot & Over-Ice

#### Americano

Water, Espresso.

#### Babyccino

Semi-skimmed / Skimmed Milk (**Milk**).

#### Cappuccino

Semi-skimmed / Skimmed Milk (**Milk**), Espresso, Chocolate Powder (Sugar, Cocoa Powder).

#### Cold Brew

Water, Coffee.

#### Filter Coffee

Water, Coffee.

#### Flat White

Semi-skimmed / Skimmed Milk (**Milk**), Espresso.

#### Espresso

Espresso.

#### Latte

Semi-skimmed / Skimmed Milk (**Milk**), Espresso.

#### Macchiato

Semi-skimmed / Skimmed milk (**Milk**), Espresso.

#### Mocha

Semi-skimmed / Skimmed Milk (**Milk**), Espresso, Chocolate Powder (Sugar, Cocoa Powder).

### White Americano

Water, Espresso, Semi-skimmed / Skimmed Milk (**Milk**).

### White Filter Coffee

Water, Coffee, Semi-skimmed / Skimmed Milk (**Milk**).

## **Syrups**

### Sugar Cane Syrup

Sugar, Water

### Caramel Syrup

Sugar, Water, Natural Flavouring, Acidifying Agent (Citric Acid), Colour (Caramel).

### Hazelnut Flavour Syrup

Sugar, Water, Flavouring, Concentrated Lemon Juice, Colour: Plain Caramel; Preservative: Potassium Sorbate.

### Vanilla Syrup

Sugar, Water, Natural Flavouring, Natural Vanilla Flavouring, Concentrated Lemon Juice, Preservative (Potassium Sorbate).

### Pumpkin Spice Syrup

Sugar, Water, Natural Pumpkin Flavouring, Concentrated Lemon Juice, Colour: Caramel; Natural Cinnamon Flavouring with other Natural Flavourings, Natural Clove Flavouring, Natural Flavouring, Preservative: Potassium Sorbate; Pumpkin Juice.

## **Toppings/Other**

### Cinnamon Powder

### Cream

Cream (**Milk**).

### Sweetener

Dextrose, Sucralose, Anti Caking Agent (Silicon Dioxide).

## Pret's Frappes

### Chocolate

Semi-Skimmed / Skimmed milk, (**Milk**), Chocolate Powder (Sugar, Cocoa Powder), Frappe Mix (Water, Vanilla Powder (Caster Sugar, Dried Skimmed Milk (**Milk**), Maltodextrin, Guar Gum, Flavouring, Natural Vanilla Flavouring).

### Classic

Semi-Skimmed / Skimmed milk, (**Milk**), Espresso, Frappe Mix (Water, Vanilla Powder (Caster Sugar, Dried Skimmed Milk (**Milk**), Maltodextrin, Guar Gum, Flavouring, Natural Vanilla Flavouring).

*We have recommended recipes, and due to the nature of the above products they can only be served with Semi-skimmed milk or Skimmed milk.*

## **Organic Tea**

### **English Breakfast**

Water, Black Tea.

### **Earl Grey**

Water, Black Tea, Rose Petals, Bergamot Oil.

### **Peppermint**

Water, Peppermint Leaves, Spearmint Leaves.

### **Tropical Green**

Water, Green Tea, Lemongrass, Natural Flavouring, Calendula Flower.

## **Real Fruit Smoothies**

### **Berry Blast**

Fruit Mix (Mango, Raspberry, Blackberry), Apple Juice Not from Concentrate, Antioxidant (Ascorbic Acid).

### **Mango & Pineapple**

Fruit Mix (Mango, Pineapple, Water, Concentrated Passion Fruit Juice), Apple Juice Not from Concentrate, Antioxidant (Ascorbic Acid).

### **Strawberry & Banana**

Fruit Mix (Strawberry, Banana), Apple Juice Not from Concentrate, Antioxidant (Ascorbic Acid).

## Other Drinks

### Chai Latte

Semi-Skimmed /Skimmed milk, (**Milk**), Chai Sachet (Sugar, Maltodextrin, Black Tea, Ground Spices (Cinnamon, Ginger, Cloves, Cardamom, Black Pepper) Cellulose Gum).

### Hazelnut Hot Chocolate

Semi-Skimmed / Skimmed **Milk**, Cream (**Milk**), Sugar, Cocoa Powder, Hazelnut Flavour Syrup (Sugar, Water, Flavouring, Concentrated Lemon Juice, Colour: Plain Caramel; Preservative: Potassium Sorbate).

### Hot Chocolate

Semi-Skimmed /Skimmed milk, (**Milk**), Water, Chocolate Powder (Sugar, Cocoa Powder).

### Turmeric Latte

Rice-Coconut Dairy Alternative (Water, Rice Syrup, Coconut Milk, Natural Coconut Flavour, Sea Salt), Water, Turmeric Sachet (Maltodextrin, Turmeric Powder, Black Tea, Ginger Powder, Cinnamon Powder, Nutmeg, Cardamom, Black Pepper).

### Matcha Latte

Rice-Coconut Dairy Alternative (Water, Rice Syrup, Coconut Milk, Natural Coconut Flavour, Sea Salt), Water, Matcha (Ground Japanese Green) Tea.

*We have recommended recipes, and all the above hot drinks can be served with Semi-skimmed milk, Skimmed milk, over ice or with the milk alternatives below;*

## Milk Alternatives

### Rice-Coconut

Water, Rice Syrup, Coconut Milk, Natural Coconut Flavour, Sea Salt.

### Soya

Water, Hulled Soya beans (**Soya**), Apple Concentrate, Calcium, Sea Salt.

### Organic Oat Drink

Water, **Oats**, Sunflower Oil, Inulin, Sea Salt.

*All our Barista prepared coffees (except filter) can be made with decaffeinated beans – just ask*

# Bakery Counter

## Dark Chocolate and Almond Butter Cookie

Fortified Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Nicotinamide, Thiamin), Brown Sugar, Dark Chocolate (15%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (Lecithins), Flavouring), Glucose-Fructose Syrup, Almond Butter (7%) (**Almonds**, Sea Salt), Sugar, Coconut Oil, **Almonds** (3.5%), Invert Sugar, Cocoa Powder, Water, **Wheat** Fibre, Sea Salt, Raising Agent (Sodium Bicarbonate), May be present: **Milk** and **Soya**

## Vegan Almond Croissant

**Wheat** Flour, Almond Filling (21%) (Sugar, **Almonds**, Water, **Wheat** Flour, Flavouring), Shea Butter, Water, Sugar, **Almonds** (3%), Yeast, **Wheat** Gluten, Salt, Sunflower Oil, Potato Starch, Concentrated Lemon Juice, Flour Treatment Agent: Ascorbic Acid. May be present: **Egg**, **Milk**, **Soya**, **Sesame**, **Other Tree Nuts**

## Very Berry Croissant

Mixed Berry Filling (34%) (Sugar, Strawberry, Redcurrant, Blackcurrant, Raspberry, Blackberry, Concentrated Lemon Juice, Gelling Agent: Pectins; Flavouring), **Wheat** Flour, Shea Butter, Water, Sugar, Yeast, **Wheat** Gluten, Salt, Sunflower Oil, Potato Starch, Concentrated Lemon Juice, Flour Treatment Agent: Ascorbic Acid.

## Vegan Banana and Walnut Muffin

Banana Purée (24%) (Banana, Antioxidant: Ascorbic Acid), Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Dates (10%), **Walnuts** (9%), Maple Syrup, Rapeseed Oil, Dried Banana (Banana, Coconut Oil, Sugar, Flavouring), Coconut Milk (Coconut Extract, Water), **Soya** Protein Isolate, Cornflour, Natural Vanilla Flavouring, Raising Agents: Sodium Bicarbonate, Potassium Hydrogen Carbonate, Diphosphates, Calcium Phosphates; Dark Brown Sugar, Palm Oil, Salt, Rice Flour, Light Brown Sugar, Cinnamon, Water, Modified Maize Starch, Nutmeg, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Flavouring, Colours: Annatto, Curcumin. May be present: **Egg**, **Milk**, **Other Tree Nuts**

## Vegan Choca Mocha Muffin

Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Coconut Milk (Coconut Extract, Water), Dark Chocolate (12%) (Cocoa Mass, Cocoa Butter, Sugar, Emulsifier: **Soya** Lecithin; Natural Vanilla Flavouring), Rapeseed Oil, Water, Coffee Extract (2.5%), **Soya** Protein Isolate, Light Brown Sugar, Flavourings, Cornflour, Natural Vanilla Flavouring, Palm Oil, Raising Agents: Sodium Bicarbonate, Potassium Hydrogen Carbonate, Diphosphates, Calcium Phosphates; Modified Maize Starch, Salt, Calcium Phosphates, Dextrose, Fat-Reduced Cocoa Powder, Maltodextrin, Bacterial Culture, Vitamin D, Thickener: Pectins; Stabiliser: Xanthan Gum; Vitamin B12, Colours: Carotenes, Annatto, Curcumin; **Barley** Malt Extract, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids. May be present: **Milk**, **Egg**, **Tree Nuts**

## Vegan Chocolate Croissant

**Wheat** Flour, Chocolate Filling (21%) (Sugar, Chocolate (Fat-Reduced Cocoa Powder, Cocoa Mass, Cocoa Butter, Sugar, Emulsifier: Sunflower Lecithin; Natural Vanilla Flavouring), Sunflower Oil, Maize Starch, Palm Oil, Palm Fat, Fat-Reduced Cocoa Powder), Shea Butter, Water, Sugar, Dark Chocolate (3%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: **Soya** Lecithin), Yeast, **Wheat** Gluten, Salt, Sunflower Oil, Potato Starch, Concentrated Lemon Juice, Flour Treatment Agent: Ascorbic Acid. May be present: **Egg**, **Milk**, **Sesame**, **Tree Nuts**

## Vegan Coconut & Raspberry Muffin

Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Coconut Milk (Coconut Extract, Water), Desiccated Coconut (8%), Rapeseed Oil, **Almonds**, Raspberry (5%), Water, Flavourings, **Soya** Protein Isolate, Cornflour, Modified Maize Starch, Natural Vanilla Flavouring, Calcium Phosphates, Salt, Raising Agents: Potassium Hydrogen Carbonate, Diphosphates, Calcium Phosphates, Sodium Bicarbonate; Dextrose, Maltodextrin, Bacterial Culture, Vitamin D, Thickener: Pectins; Palm Oil, Vitamin B12, Colours: Carotenes, Annatto, Curcumin; Stabiliser: Xanthan Gum; Emulsifier: Mono- and Diglycerides of Fatty Acids. May be present: **Milk**, **Egg**, **Other Tree Nuts**

## Vegan Hazelnut & Caramel Brownie

Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **Soya** Lecithin; Vanilla Extract), Dark Brown Sugar, Coconut Milk (Coconut Extract, Water), Caramelised Hazelnuts (9%) (**Hazelnut**, Maple Syrup, Maltodextrin, Rapeseed Oil), Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Palm Oil, Rapeseed Oil, Water, **Almonds**, **Soya** Protein Isolate, Fat-Reduced Cocoa Powder, Golden Syrup (Partially Inverted Refiners Syrup), Light Brown Sugar, Cocoa Mass, Coconut Extract, Maltodextrin, Cornflour, Vanilla Extract, Modified Maize Starch, Salt, Raising Agents: Diphosphates, Potassium Hydrogen Carbonate; Coconut Oil, Flavouring, Stabiliser: Xanthan Gum; Preservative: Potassium Sorbate; Emulsifiers: Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Natural Vanilla Flavouring, Colour: Carotenes. May be present: **Milk, Egg, Other Tree Nuts**

## Vegan Plain Croissant

**Wheat** Flour, Shea Butter, Water, Sugar, Yeast, **Wheat** Gluten, Salt, Sunflower Oil, Concentrated Lemon Juice, Flour Treatment Agent: Ascorbic Acid; Pea Protein, Glucose Syrup, Rice Flour. May be present: **Egg, Milk, Soya, Sesame, Tree Nuts**

## Ultimate Vegan Brownie

Dark Chocolate (40%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **Soya** Lecithin; Vanilla Extract), Dark Brown Sugar, Coconut Milk (Coconut Extract, Water), Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Palm Oil, Rapeseed Oil, **Almonds**, **Soya** Protein Isolate, Fat-Reduced Cocoa Powder, Cocoa Mass, Water, Cornflour, Vanilla Extract, Salt, Raising Agents: Diphosphates, Potassium Hydrogen Carbonate; Stabiliser: Xanthan Gum; Preservative: Potassium Sorbate; Flavouring, Emulsifier: Mono- and Diglycerides of Fatty Acids; Colour: Carotenes. May be present: **Milk, Egg, Other Tree Nuts**



## Breakfast

### Mozzarella & Tomato Croissant

Water, **Wheat** Flour, Vegetarian Mozzarella Cheese (**Milk**) (18%), Vegetarian Emmental Cheese (**Milk**) (10%), Tomato Paste (7%), Tomato (6%), Salt, Palm Fat, **Egg**, Emulsifier (Mono-and Diglycerides of Fatty Acids) Yeast, Carrot, Courgette, Acidity Regulator (Citric Acid), Sugar, Sunflower Oil, Tomato Concentrate (1%), Onion, Flavouring, **Wheat** Gluten, Herbs (Savory, Rosemary, Thyme, Marjoram, Oregano, Basil), White Pepper, Flour Treatment Agent (Ascorbic Acid).

### Pret's Proper Porridge

Whole **Milk**, Water, **Oats**.

### Beans & Egg Power Pot

Tomato, Cannellini Beans, Free-Range Poached **Egg** (13%), Onion, Borlotti Beans, Tomato Purée, Water, Rapeseed Oil, Salt, Paprika, Sherry Vinegar, Oregano, Black Pepper.

### Pret's Veggie Brioche

Brioche Roll (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Whole **Milk**, Free-Range **Egg**, Butter (**Milk**), Sugar, Yeast, Sea Salt), Free-Range **Egg**, Breakfast Mushrooms (17%) (Mushroom, Salt, Black Pepper), Semi-Skimmed **Milk**, Vegetarian Italian Mature Cheese (**Milk**), Roasted Tomatoes (Tomato, Sunflower Oil, Sugar, Salt, Acidity Regulators: Citric Acid, Ascorbic Acid), Spinach.

### Pret's Spicy Egg Brioche

Brioche Roll (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Whole **Milk**, Free-Range **Egg**, Butter (**Milk**), Sugar, Yeast, Sea Salt), Free-Range **Egg** (21%), Red Pepper, Semi-Skimmed **Milk**, Vegetarian Mature Cheese (**Milk**), Sweetcorn, Black Turtle Beans, Spinach, Rapeseed Oil, Water, Muscovado Sugar, Lime Juice, Red Wine Vinegar, Salt, Onion, Sunflower Oil, Chipotle Pepper, Olive Oil, Paprika, Tomato Paste, Maize Starch, Garlic, Sugar, Spirit Vinegar, Sea Salt, Chilli Flakes, Modified Maize Starch, Vinegar, Black Pepper, Lemon Juice from Concentrate, Stabiliser: Xanthan Gum; Flavouring, White Pepper, Cayenne Pepper.

## Breakfast Baguettes

### Breakfast Eggless Mayo & Avo Baguette

White Baguette (**Wheat** Flour, Water, Yeast, Salt, **Wheat** Gluten, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Tofu (24%) (Water, **Soya** Bean, Firming Agent: Calcium Chloride), Avocado (20%), Rapeseed Oil, Water, Lemon Juice, Spirit Vinegar, Sugar, Black Salt, Modified Maize Starch, Salt, Black Pepper, Lemon Juice from Concentrate, Turmeric, Stabiliser: Xanthan Gum; White Pepper, Flavouring.

### Eggless Mayo & Roasted Tomato Baguette

White Baguette (**Wheat** Flour, Water, Yeast, Salt, **Wheat** Gluten, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Tofu (27%) (Water, **Soya** Bean, Firming Agent: Calcium Chloride), Roasted Tomatoes (12%) (Tomato, Sunflower Oil, Sugar, Salt), Rapeseed Oil, Water, Spirit Vinegar, Sugar, Black Salt, Modified Maize Starch, Salt, Black Pepper, Lemon Juice from Concentrate, Turmeric, Stabiliser: Xanthan Gum; White Pepper, Flavouring.

## Breakfast Bowls

### Apricot & Pistachio Overnight Oats

Oat Drink (Water, **Oats**, Sunflower Oil, Inulin, Sea Salt), Apple Juice, **Oats** (14%), Apricot (**Sulphites**) (12%), Apple, **Pistachio Nuts** (6%), Pumpkin Seeds, Chia (*Salvia hispanica*) Seeds, Sweetened Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Sultanas (Sultanas, Cottonseed Oil), Sunflower Seeds, Sugar, Rice Flour.

### Bircher Muesli

Natural Yogurt (**Milk**), Apple, **Oats**, Honey, Pomegranate Seeds, Pumpkin Seeds, Muscovado Sugar, Golden Syrup (Partially Inverted Refiners Syrup), Roasted **Pistachio Nuts**, Sweetened Dried Cranberries (Cranberry, Sugar, Sunflower Oil), Sultanas (Sultanas, Cottonseed Oil), Sunflower Seeds, Sugar, Raisins, Sunflower Oil, Golden Linseed, Concentrated Apple Juice, Buckwheat Flakes, Cassia, Salt.

### Five Berry Bowl

Natural Yogurt (**Milk**), Five Berry Compote (25%) (Water, Strawberries, Sugar, Blackcurrants, Redcurrants, Raspberries, Blackberries, Cornflour, Lemon Juice, Gelling Agent: Pectins), **Oats**, Muscovado Sugar, Golden Syrup (Partially Inverted Refiners Syrup), Pumpkin Seeds, Raisins, Sunflower Oil, Golden Linseed, Concentrated Apple Juice, Buckwheat Flakes, Cassia, Salt.

## Breakfast Toppings

### Cranberry & Seed Porridge Topping

Caramelised Sunflower Seeds (Sunflower Seeds, Sugar), Pumpkin Seeds, Sweetened Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Sultanas (Sultanas, Cottonseed Oil).

### Five Berry Compote

Water, Strawberries, Sugar, Blackcurrants, Redcurrants, Raspberries, Blackberries, Cornflour, Lemon Juice, Gelling Agent: Pectins.

### Honey

Honey (100%)

## Smoothie Bowls

### Mango & Banana Sunshine Smoothie Bowl

Mango Purée (17%), Banana Purée (15%), Coconut Milk, Mango (13%), Banana (12%), **Oats**, Blueberries, Muscovado Sugar, Golden Syrup (Partially Inverted Refiners Syrup), Coconut, Pumpkin Seeds, Raisins, Sunflower Oil, Golden Linseed, Concentrated Apple Juice, Buckwheat Flakes, Lemon Juice, Turmeric, Cassia, Salt, Antioxidant: Ascorbic Acid.

### Cocoa, Nuts & Blueberries Smoothie Bowl

Coconut Cream (Coconut, Water), Banana Purée, Banana, **Oats**, **Cashew Nuts** (7%), Almond Butter (**Almonds**, Sea Salt), Water, Chestnuts, Blueberries (4.5%), Lemon Juice, Muscovado Sugar, Golden Syrup (Partially Inverted Refiners Syrup), **Pecan Nuts** (2.5%), Dates, Coconut, Cocoa Powder (2%), Pumpkin Seeds, Raisins, Sunflower Oil, Golden Linseed, Concentrated Apple Juice, Buckwheat Flakes, Brown Sugar, Salt, Cassia, Antioxidant: Ascorbic Acid; Black Treacle.

## **Blend Me Drink Me**

### **Cocoa, Almond Butter & Banana Smoothie**

Oat Drink (Water, **Oats**, Sunflower Oil, Inulin, Sea Salt), Banana (29%), Almond Butter (7%) (**Almonds**, Sea Salt), Dates, Sugar, Cocoa Powder (0.5%).

## Cold Drinks

### Juices

#### Apple Juice

Apple Juice, Antioxidant (Ascorbic Acid).

#### Daily Greens

Pear (35%), Apple (24%), Cucumber (15%), Spinach (15%), Kale (6%), Romaine Lettuce (3%), Lime (1%), Yuzu Juice (1%), Antioxidant: Ascorbic Acid.

#### Ginger Shot

Apple (75%), Ginger (25%), Antioxidant (Ascorbic Acid).

#### Hot Shot

Apple (60%), Orange (22%), Lemon (12%), Turmeric (3%), Ginger (2%), Cayenne Pepper, Antioxidant (Ascorbic Acid).

#### Orange Juice (250ml and 400ml)

Orange juice (100%).

#### Mango Smoothie

Apple Juice (32%) (Apple Juice, Antioxidant (Ascorbic Acid), Alphonso Mango Purée (26%), Mango (18%), Orange Juice (9%), Banana Purée (8%), Passion Fruit Purée (7%), Antioxidant (Ascorbic Acid).

#### Vitamin Volcano

Apple Juice (45.9%), Banana Puree (25%), Blackberry Puree (9.5%), Strawberry Puree (9%), Boysenberry Puree (7%), Raspberry Puree (3.5%), Antioxidant (Ascorbic Acid), Vitamin C, Vitamin E, Pantothenic Acid, Vitamin B6, Thiamin, Vitamin A, Folic Acid, Biotin, Vitamin D3, Vitamin B12.

## Pure Pret Cans

### Apple Fizz

Fruit Juices from Concentrate (Apple 65%, Grape 5%), Carbonated Water, Natural Flavourings, Antioxidant (Ascorbic Acid).

### Ginger Beer

Fruit Juices from Concentrate (Grape 58%, Lime 1%), Carbonated Water, Ginger Juice (1%), Natural Flavourings, Acid (Citric Acid), Antioxidant (Ascorbic Acid).

### Ginger Kombucha

Kombucha (97,6%) (Water, Cane Sugar, Sencha Tea, Kombucha Culture), Ginger (2,2%), Turmeric (0,2%).

### Grape & Elderflower

Fruit Juices from Concentrate (Grape 37%, Apple 15%, Lemon 5%), Carbonated Water, Elderflower Extract (0,5%), Natural Flavourings, Antioxidant (Ascorbic Acid), Lime Flower Infusion.

### Green Tea Yoga Bunny

Grape Juice from Concentrate (58%), Carbonated Water, Green Tea Infusion (1,5%), Acid (Citric Acid), Natural Flavourings, Herbal Infusions (0,4%) (Echinacea, Ginseng).

### Rhubarb Lemonade

Fruit and Vegetable Juices from Concentrate (Grape 50%, Lemon 5%, Rhubarb 5%) Carbonated Water, Lemon Juice (14%), Natural Flavouring, Colouring Concentrate (Black Carrot).

## **Pure Pret Stills**

### **Cranberry & Raspberry**

Apple Juice from Concentrate, Water, Red Grape Juice from Concentrate, Raspberry Juice from Concentrate (1%), Cranberry Juice from Concentrate (1%), Flavourings, Fruit and Vegetable Concentrates (Black Carrot, Hibiscus).

### **Green Tea and Peach**

Water, Fruit Extract (Apple Extract), Lemon Juice from Concentrate (2%), Peach Juice from Concentrate (1%), Green Tea Extract (0,1%), Natural flavouring (Flavouring), Antioxidant (Ascorbic Acid).

### **Lemon & Ginger**

Apple Juice from Concentrate, Water, Lemon Juice from Concentrate (2,5%), Lemon Comminute from Concentrate (1,5%), Natural Flavouring (including Ginger Extract).

### **Orange & Passionfruit**

Apple Juice from Concentrate, Water, Orange Juice from Concentrate (7,5%), Passion Fruit from Concentrate (2,5%), Flavourings, Fruit and Vegetable Concentrates (Safflower, Apple, Carrot).

## **Fruit**

### **Mango & Lime**

Mango (90%), Lime (10%).

### **Pret's Fruit Salad**

Pineapple (25%), Melon (24%), Mango (19%), Apple (13%), Kiwi Fruit (10%), Blueberries (8%).

### **Superfruit Salad**

Mango (44%), Kiwi Fruit (31%), Pomegranate (17%), Blueberries (8%).

## Pret's Hot

## Hot Wraps

### Falafel & Halloumi Hot Wrap

Kibbled Rye Wrap (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **Rye** Flakes, Rapeseed Oil, Humectant: Glycerol; Raising Agents: Diphosphates, Sodium Hydrogen Carbonate; Dried Fermented **Wheat** Flour, Emulsifier: Mono- and Diglycerides of Fatty Acids; Salt, Acidity Regulator: Citric Acid; **Wheat** Starch, Flour Treatment Agent: L-cysteine), Red Pepper, Sweet Potato Falafel (21%) (Sweet Potato, Cooked Chickpeas (Chickpeas, Water), Onion, Dried Potato, Coriander Leaf, Red Peppers, Salt, Ground Cumin, Concentrated Lemon Juice, Rapeseed Oil, Dried Garlic, Paprika, Smoked Paprika, Black Pepper, Ground Coriander, Chilli Flakes), Vegetarian Halloumi Cheese (21%) (Halloumi Cheese (**Milk**), Mint Extract), Red Tapenade (Cherry Tomato, Semi-Dried Red Pepper, Rapeseed Oil, Tomato Concentrate, Sugar, Salt, Concentrated Lemon Juice, Dried Herbs, Dried Garlic, Basil Flavouring), Crispy Onions (Onion, Palm Oil, **Wheat** Flour, Salt), Sea Salt, Black Pepper.

### Vegan Chilli Enchilada

Kibbled Rye Wrap (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **Rye** Flakes, Rapeseed Oil, Humectant: Glycerol; Raising Agents: Diphosphates, Sodium Bicarbonate; Dried Fermented **Wheat** Flour, Emulsifier: Mono- and Diglycerides of Fatty Acids; Salt, Acidity Regulator: Citric Acid; **Wheat** Starch, Flour Treatment Agent: L-Cysteine), Water, Red Onion, Red Pepper, Tomato, Red Kidney Beans (6%), Rapeseed Oil, Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Haricot Beans (3,5%), Tomato Paste, **Celery**, Carrot, Black Eyed Beans (2%), Borlotti Beans (2%), Cannellini Beans (2%), Tomato Juice, **Soya** Bean, Yeast Extract, Apple Extract, Salt, Extra Virgin Olive Oil, Garlic, Balsamic Vinegar (Wine Vinegar, Grape Must Concentrate), Parsley, Sugar, Maize Starch, Ground Spices (Smoked Paprika, Paprika, Black Pepper, Chilli, White Pepper, Nutmeg, Lovage, Turmeric, Garlic, Mace), Red Chilli, Dark Couverture Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **Soya** Lecithin; Natural Vanilla Flavouring), Garlic Purée, Cornflour, Cumin Seeds, Chilli Flakes, Corn Oil, Yeast, Oregano, Maltodextrin, Potato Starch, Acidity Regulator: Citric Acid; Onion Powder, Parsnip Powder, Sunflower Oil, Dried Parsley, Lovage Extract.

### Vegan Ragu & Red Pepper Hot Wrap

Chunky Vegetable and Lentil Sauce (51%) (Tomato, Onion, Carrot, Red Lentils, Green Lentils, Water, Tomato Paste, **Celery**, Dates, Balsamic Vinegar (Red Wine Vinegar, Grape Must), Rapeseed Oil, Sherry Vinegar, Sea Salt, Red Chilli, Garlic, Black Pepper, Oregano), Kibbled Rye Wrap (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **Rye** Flakes, Rapeseed Oil, Humectant: Glycerol; Raising Agents: Diphosphates, Sodium Hydrogen Carbonate; Dried Fermented **Wheat** Flour, Emulsifier: Mono- and Diglycerides of Fatty Acids; Salt, Acidity Regulator: Citric Acid; **Wheat** Starch, Flour Treatment Agent: L- cysteine), Red Pepper (12%), Roasted Tomatoes (Tomato, Sunflower Oil, Sugar, Salt, Acidity Regulators: Citric Acid, Ascorbic Acid), Kalamata Olives (Kalamata Olives, Sunflower Oil, Salt), Crispy Onions (Onion, Palm Oil, **Wheat** Flour, Salt).

## Macaroni Cheese

### Pret's Vegan Mac & Greens

Water, Cooked Macaroni (Water, Durum **Wheat** Semolina), Cauliflower (14%), Rapeseed Oil, Tomato, Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Spinach (3%), **Soya** Bean, Yeast Extract, Apple Extract, Parsley (1%), Extra Virgin Olive Oil, Sunflower Oil, Salt, Corn Oil, Yeast, Calcium Chloride, White Pepper, Nutmeg.



## Toasties

### Classic Cheese Toastie

Seeded Bloomer Bread (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **Wheat** Flakes, **Rye** Flour, Poppy Seeds, Sunflower Seeds, Yeast, Millet, Salt, **Wheat** Gluten, **Oats**, Brown Linseed, Malted **Barley** Flour, Cracked **Wheat**, **Wheat** Bran, Flour Treatment Agent: Ascorbic Acid), Vegetarian Mature Cheddar Cheese (**Milk**) (20%), Vegetarian Mozzarella Cheese (**Milk**) (13%), Vegetarian Italian Mature Cheese (**Milk**) (6%), Rapeseed Oil, Spring Onion (2%), Water, **Mustard** Flour, Free-Range **Egg** Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Colours: Curcumin, Plain Caramel.

### Halloumi, Red Pepper & Basil Toastie

Seeded Bloomer Bread (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **Wheat** Flakes, **Rye** Flour, Poppy Seeds, Sunflower Seeds, Yeast, Millet, Salt, **Wheat** Gluten, **Oats**, Brown Linseed, Malted **Barley** Flour, Cracked **Wheat**, **Wheat** Bran, Flour Treatment Agent: Ascorbic Acid), Vegetarian Halloumi Cheese (26%) (Halloumi Cheese (**Milk**), Mint Extract), Red Pepper (8%), Kalamata Olives (Kalamata Olives, Salt), Cherry Tomato, Semi-Dried Red Pepper, Rapeseed Oil, Tomato Concentrate, Basil, Sugar, Salt, Concentrated Lemon Juice, Dried Garlic, Dried Herbs, Basil Flavouring.

## Toasted Focaccia

### Creamy Mushroom Toasted Focaccia

Focaccia Roll (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Extra Virgin Olive Oil (9%), Rosemary (2,5%), Salt, Yeast), Chestnut Mushrooms (18%), Vegetarian Medium Fat Soft Cheese (**Milk**), Vegetarian Italian Mature Cheese (**Milk**), Spring Onion, Rocket, Brown Sugar, Tamari Soya Sauce (Water, **Soya** Bean, Salt, Alcohol), Parsley, Water, Sunflower Oil, Miso Paste (Water, **Soya** Bean, Rice, Salt), Sea Salt, Black Pepper, Cornflour, Salt.

### Mozzarella, Pesto and Roasted Tomatoes Toasted Focaccia

Focaccia Roll (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Extra Virgin Olive Oil (4%), Rosemary (1%), Salt, Yeast), Vegetarian Mozzarella Cheese (18%) (Cheese (**Milk**), Acidity Regulator: Citric Acid), Roasted Tomatoes (12%) (Tomato, Sunflower Oil, Sugar, Salt), Pesto (10%) (Sunflower Oil, Basil, Spinach, **Pine Nuts**, Vegetarian Medium Fat Hard Cheese (**Milk**), Garlic Purée, Salt, Acidity Regulator: Citric Acid), Red Pepper, Vegetarian Mature Cheese (**Milk**), Basil, Sea Salt, Black Pepper.

## Brioche

### Falafel, Halloumi & Pickles Brioche

Brioche Roll (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Whole **Milk**, Free-Range **Egg**, Butter (**Milk**), Sugar, Yeast, Sea Salt), Sweet Potato Falafel (26%) (Sweet Potato, Cooked Chickpeas (Chickpeas, Water), Onion, Dried Potato, Coriander Leaf, Red Pepper, Salt, Cumin Powder, Concentrated Lemon Juice, Rapeseed Oil, Paprika, Water, Smoked Paprika, Black Pepper, Dried Garlic, Coriander Powder, Chilli Flakes), Vegetarian Halloumi Cheese (13%) (Halloumi Cheese (**Milk**), Mint Extract), Gherkins (11%) (Gherkins, Sugar, Vinegar, Salt, Flavouring, **Mustard** Seeds, Colour: Riboflavins), Red Pepper, Rapeseed Oil, Red Onion, Water, Muscovado Sugar, Red Wine Vinegar, Onion, Sunflower Oil, Chipotle Pepper, Tomato Paste, Maize Starch, Garlic, Salt, Sugar, Spirit Vinegar, Modified Maize Starch, Vinegar, Lemon Juice from Concentrate, Stabiliser: Xanthan Gum; Black Pepper, White Pepper, Flavouring, Thickener: Xanthan Gum; Smoked Essence (Flavouring), Cayenne Pepper.

## Pret Snacks

### Almond Butter

**Almonds** (99%), Sea Salt.

### Cranberries in Coats

Yoghurt Flavour Coating (65%) (Sugar, Vegetable Fat (Palm), Whey (**Milk**), Yoghurt Powder (**Milk**), Rice Flour, Emulsifier (Sunflower Lecithin), Glazing Agents (Gum Arabic, Shellac)), Cranberries (35%) (Cranberries, Sugar, Sunflower Oil)).

### Dark Chocolate Salted Almonds

Belgian Dark Chocolate (60%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (**Soya** Lecithin), Natural Vanilla Flavouring), **Almonds (Nut)** (39%), Cocoa Powder, Salt.

### Nuts, Fruit & Chocolate

**Almonds (Nut)** (50%), Milk Chocolate Raisins (30%) (Raisins, Sugar, Cocoa Butter, Skimmed **Milk** Powder, Cocoa Mass, Whey Powder (**Milk**), Lactose (**Milk**), **Milk** Fat, Glazing Agents (Gum Arabic, Shellac), Emulsifier (**Soya** Lecithin), Vegetable Oil (Sunflower Oil, Coconut Oil, Palm Kernel Oil), Natural Flavouring, Glucose Syrup), Dried Sweetened Cranberries (20%) (Cranberries, Sugar, Sunflower Oil).

### Pret A Mango

Mango, Sugar.

## Crisps & Popcorn

### Pret Cheddar & Onion Crisps

Potato (67%), Sunflower Oil (25%), Buttermilk Powder (**Milk**), Mature Cheddar Cheese (**Milk**), Salt, Red Onion, Sugar, Onion Powder, Yeast Extract Powder, Parsley, Flavouring, Colour (Paprika Extract).

### Pret Salt & Vinegar Crisps

Potato (67%), Sunflower Oil (25%), Salt, Suffolk Cider Vinegar (Cider Vinegar), Rice Flour, Maltodextrin, Apple Powder, Sugar, Yeast Extract Powder, Acidity Regulator (Citric Acid).

### Pret Sea Salt Crisps

Potato (70%), Sunflower Oil (29%), Salt.

### Sea Salt Popcorn

Popped Corn (78%), Sunflower Oil (21%), Salt.

### Smoked Chipotle Crisps

Potato (67%), Sunflower Oil (25%), Salt, Spice (Smoked Paprika, Cayenne Pepper, Coriander, Cumin), Sugar, Tomato Powder, Maltodextrin, Garlic Powder, Bell Pepper, Brown Sugar, Yeast Extract Powder, Onion Powder, Chilli Powder (Chilli, Cumin, Salt, Oregano, Garlic Powder), Spirit Vinegar, Smoked Salt, Spice Extract (Chipotle Chilli, Chilli Extract), Lemon Juice.

### Sweet & Salt Popcorn

Popped Corn (51%), Sunflower Oil, White Sugar, Salt.

### Vegetable Crisps

In Variable Proportions (Parsnip, Sweet Potato, Beetroot), Sunflower Oil, Sea Salt.

## SALADS & SALAD POTS

### Egg & Spinach Protein Pot

Free-Range Boiled **Egg** (87%), Spinach.

### Mexican Inspired Salad Bowl

Salad Vegetable Mix in varying proportions (Apollo Lettuce, Spinach, Red Chard, Red Salanova® Lettuce, Baby Red Leaf Lettuce), Sweet Potato (14%), Tomato, Lime, Black Beans (11%), Avocado, Vegetarian Feta Cheese (**Milk**) (6%), Red Pepper, Sweetcorn (4%), Pickled Onions (Red Onion, Cider Vinegar (**Sulphites**), Rice Vinegar (**Sulphites**), Sugar (**Sulphites**), Water), Black Turtle Beans, Red Onion, Water, Lime Juice, Lemon Juice, Coriander, Muscovado Sugar, Olive Oil, Red Wine Vinegar, Salt, Onion, Garlic, Sunflower Oil, Chipotle Pepper, Tomato Paste, Maize Starch, Cumin Seeds, Coriander Seeds, Vinegar, Black Pepper, Chilli, Sugar, Cayenne Pepper, Cumin, Thickener: Xanthan Gum; Flavouring.

### Marinated Tofu Poke Bowl

Cooked Black Rice (Water, Black Rice, Rice Vinegar, Spirit Vinegar, Salt, Sunflower Oil, Sugar, Acidity Regulators: Phosphoric Acid, Citric Acid; Glucose Syrup, Cane Molasses, Rice, Alcohol), Avocado, Tofu (12%) (Water, **Soya** Bean, Salt), Cucumber, Mango, Tamari & Ginger Dressing (8%) (Water, Sugar, Lime Juice, Brown Sugar, Ginger, **Soya** Bean, Salt, Lime Zest, Spirit Vinegar, Cornflour, Stabiliser: Xanthan Gum), Lime, Red Cabbage, Carrot, Sugar, Lemon Juice, Spirit Vinegar, White **Sesame** Seeds, Black **Sesame** Seeds, Coriander, Red Chilli, Rice Vinegar, Salt, Garlic.

### Sweet Potato Falafel Mezze Salad Bowl [Updated 08/09/20 adding back Pomegranate Seeds](#)

Humous (Cooked Chickpeas (Chickpeas, Water), Rapeseed Oil, **Sesame** Seed Paste, Concentrated Lemon Juice, Water, Garlic Purée, Salt), Sweet Potato Falafel (18%) (Sweet Potato, Cooked Chickpeas (Chickpeas, Water), Onion, Dried Potato, Coriander Leaf, Red Pepper, Salt, Cumin Powder, Concentrated Lemon Juice, Rapeseed Oil, Paprika, Water, Smoked Paprika, Black Pepper, Dried Garlic, Coriander Powder, Chilli Flakes), Salad Vegetable Mix in varying proportions (Apollo Lettuce, Spinach, Red Chard, Red Salanova® Lettuce, Baby Red Leaf Lettuce), Red Pepper, French Dressing, Cucumber, Lemon, Red Cabbage, Pomegranate Seeds, Carrot, Pumpkin Seeds, Sugar, Spirit Vinegar, Sunflower Oil, Salt.

French Dressing contains: Sunflower Oil, White Wine Vinegar, Extra Virgin Olive Oil, Sugar, Sherry Vinegar, Water, Dijon Mustard (Water, **Mustard** Flour, Spirit Vinegar, Sea Salt, **Mustard** Husk, Pimento, Turmeric), Black Pepper, Lemon Juice, Salt, Garlic Purée, Colour: Plain Caramel.

### Tamari & Ginger Mushroom Poke Bowl

Cooked Black Rice (Water, Black Rice, Rice Vinegar, Spirit Vinegar, Salt, Sunflower Oil, Sugar, Acidity Regulators: Phosphoric Acid, Citric Acid; Glucose Syrup, Cane Molasses, Rice, Alcohol), Avocado, Cucumber, Chestnut Mushroom (11%), Edamame **Soya** Beans, Tamari & Ginger Dressing (6%) (Water, Sugar, Lime Juice, Brown Sugar, Ginger, **Soya** Bean, Salt, Lime Zest, Spirit Vinegar, Cornflour, Stabiliser: Xanthan Gum), Lime, Pickled Onions (Red Onion, Cider Vinegar (**Sulphites**), Rice Vinegar (**Sulphites**), Sugar (**Sulphites**), Water), Lemon Juice, Brown Sugar, White **Sesame** Seeds, Black **Sesame** Seeds, Coriander, Red Chilli, Tamari Soya Sauce (Water, **Soya** Bean, Salt, Alcohol), Rice Vinegar, Sugar, Water, Sunflower Oil, Salt, Spirit Vinegar, Miso Paste (Water, **Soya** Bean, Rice, Salt), Garlic, Cornflour, Black Pepper.

# SANDWICHES

## Kids' Cheese Sandwich

Malted Wholegrain Bread (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **Wheat** Flakes, **Wheat** Bran, **Wheat** Gluten, Vinegar, Salt, Malted **Barley** Flour, Yeast, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Flour Treatment Agent: Ascorbic Acid; **Wheat** Starch), Vegetarian Mature Cheddar Cheese (**Milk**) (31%), Butter (**Milk**).

## Sliced Egg & Cress

Free-Range Boiled **Egg** (42%), Malted Wholegrain Bread (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **Wheat** Flakes, **Wheat** Bran, **Wheat** Gluten, Vinegar, Salt, Malted **Barley** Flour, Yeast, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Flour Treatment Agent: Ascorbic Acid; **Wheat** Starch), **Mustard** Cress (9%), Rapeseed Oil, Water, Sea Salt, Black Pepper, Spirit Vinegar, Sugar, Modified Maize Starch, Salt, Lemon Juice from Concentrate, Stabiliser: Xanthan Gum; White Pepper, Flavouring.

## Humous and Roasted Peppers Open Sandwich

Humous (33%) (Cooked Chickpeas (Chickpeas, Water), Rapeseed Oil, **Sesame** Seed Paste, Concentrated Lemon Juice, Water, Garlic Purée, Salt), Pret's Multigrain Bread (Water, **Oat** Flour, Sunflower Seeds, Corn Starch, Potato Starch, Brown Teff Flour, Buckwheat Flour, Tapioca Starch, Treacle, Potato Protein, Brown Linseed, Red Quinoa, Thickener: Xanthan Gum; Brown Rice Flour, Dried Yeast, Quinoa Flour, Rice Bran, Humectant: Glycerol; Rapeseed Oil, Millet Seeds, Salt, Rice Protein, Apple Fibre, Rice Flour, Cornflour, Acids: Citric Acid, Malic Acid, Tartaric Acid; Flour Treatment Agent: Ascorbic Acid), Red Pepper (16%), Vegetarian Feta Cheese (**Milk**), Cherry Tomato, Semi-Dried Red Pepper, Rapeseed Oil, Roasted **Pine Nuts**, Tomato Concentrate, Basil, Sunflower Oil, Sugar, Salt, Concentrated Lemon Juice, Dried Garlic, Dried Herbs, Basil Flavouring.

## Smashed Avo Open Sandwich

Avocado (48%), Pret's Multigrain Bread (Water, **Oat** Flour, Sunflower Seeds, Corn Starch, Potato Starch, Brown Teff Flour, Buckwheat Flour, Tapioca Starch, Treacle, Potato Protein, Brown Linseed, Red Quinoa, Thickener: Xanthan Gum; Brown Rice Flour, Dried Yeast, Quinoa Flour, Rice Bran, Humectant: Glycerol; Rapeseed Oil, Millet Seeds, Salt, Rice Protein, Apple Fibre, Rice Flour, Cornflour, Acids: Citric Acid, Malic Acid, Tartaric Acid; Flour Treatment Agent: Ascorbic Acid), Lemon, Lemon Juice, Rapeseed Oil, Extra Virgin Olive Oil, Sea Salt, Paprika, Black Pepper, Chilli Flakes.

## The VLT

Malted Wholegrain Bread (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **Wheat** Flakes, **Wheat** Bran, **Wheat** Gluten, Vinegar, Salt, Malted **Barley** Flour, Yeast, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Flour Treatment Agent: Ascorbic Acid; **Wheat** Starch), Tomato, Shiitake & Chestnut Mushroom Rashers (10%) (Shiitake Mushroom, Chestnut Mushroom, Sunflower Oil, Olive Oil, Salt, Black Pepper), Salad Vegetable Mix in varying proportions (Apollo Lettuce, Spinach, Red Chard, Red Salanova® Lettuce, Baby Red Leaf Lettuce), Rapeseed Oil, Water, Spirit Vinegar, Sugar, Sea Salt, Black Pepper, Modified Maize Starch, Salt, Lemon Juice from Concentrate, Stabiliser: Xanthan Gum; White Pepper, Flavouring.

## **Soups & Side Soups**

### **Souper Tomato Soup**

Water, Tomato (24%), Crushed Tomato (20%), Onion, Carrot, Tomato Paste, Olive Oil, Concentrated Tomato Juice, Vegetable Stock (Maltodextrin, Cornflour, Yeast Extract, Salt, Onion, Sunflower Oil, Garlic), Extra Virgin Olive Oil, Salt, Garlic Purée, Black Pepper, Oregano.

### **Pea & Mint Soup**

Petits Pois (44%), Water, Onion, Leek, Green Pepper, Rapeseed Oil, Kale, Mint (1%) , Bouillon (Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Vegetables (Onions, Parsnip, Parsley), Sunflower Oil, Spices (Turmeric, Lovage, Pepper, Garlic, Mace, Nutmeg), Lovage Extract), Salt, Black Pepper, Red Chilli.

### **Red Thai Vegetable Soup**

Water, Mushroom, Red Pepper (10%), Coconut Cream (Coconut, Water), Onion, Potato, **Soya** Bean, Tomato, Red Thai Paste (4,5%) (Sugar, Salt, Onion, Red Pepper, Sunflower Oil, Lemongrass, Garlic Purée, Galangal, Concentrated Lemon Juice, Spirit Vinegar, Rapeseed Oil, Black Pepper, Coriander, Cumin, Lime Leaf, Red Chilli, Paprika Extract, Lime Juice, Cayenne Pepper), Red Lentils, Sweetcorn, Spring Onion, Bamboo Shoot, Lime Juice, Coriander, Red Chilli, Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Onion Powder, Parsnip Powder, Dried Parsley, Sunflower Oil, Ground Spices (Lovage, Turmeric, Nutmeg, Garlic, White Pepper, Mace), Lovage Extract.

### **Pret's Mushroom Risotto Soup**

Mushroom (36%), Water, Cooked Brown Rice (13%) (Water, Brown Rice, Salt), Onion, Cauliflower, Coconut Cream (Coconut, Water), Potato, **Celeriac**, Tofu (Water, **Soya** Bean, **Soya** Extract, Firming Agents: Glucono-Delta- Lactone, Calcium Chloride), Fennel, Salt, Cooked Wild Rice (Water, Wild Rice), Rapeseed Oil, Garlic, Parsley, Mushroom Concentrate, Porcini Mushroom, Black Pepper, Rosemary, Thyme, Tarragon, Cornflour, Sunflower Oil, Sugar.

### **Pret's Multigrain Bread**

Water, **Oat** Flour, Sunflower Seeds, Corn Starch, Potato Starch, Brown Teff Flour, Buckwheat Flour, Tapioca Starch, Treacle, Potato Protein, Brown Linseed, Red Quinoa, Thickeners: Xanthan Gum; Brown Rice Flour, Dried Yeast, Quinoa Flour, Rice Bran, Humectant: Glycerol; Rapeseed Oil, Millet Seeds, Salt, Rice Protein, Apple Fibre, Rice Flour, Cornflour, Acids: Citric Acid, Malic Acid, Tartaric Acid; Flour Treatment Agent: Ascorbic Acid.

### **Stone Baked Losange**

**Wheat** Flour, Water, Salt, Yeast, **Wheat** Gluten, Deactivated Yeast, Malted **Wheat** Flour, Flour Treatment Agent: Ascorbic Acid.

Optional Butter Portion: (**Milk**).

## **Sweet Treats**

### **Annie & Godfrey, Pret's Gingerbread Biscuits**

Fortified Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Golden Syrup, Palm Oil, Rapeseed Oil, Water, **Egg**, Ginger Powder, Raising Agent (Sodium Bicarbonate), Salt, Emulsifier (Mono-And Di-Glycerides Of Fatty Acids). Sweets (Sugar, Glucose Syrup, Starch, Acids (Malic Acid, Citric Acid, Lactic Acid) Fruit Juices From Concentrates, Acidity Regulator (Trisodium Citrate) Flavours, Natural Colours (Anthocyanins, Copper Complexes Of Chlorophyllins, Carotenes, Curcumin), Icing: (Icing Sugar, **Egg** White, Natural Colours From Concentrates (Apple, Carrot, Hibiscus, Molasses, Radish, Pumpkin And Tomato).

### **Choc Bar**

Digestive Biscuits (29%) (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal **Wheat** Flour, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar, Partially Inverted Sugar Syrup, Raising Agents: Sodium Bicarbonate, Ammonium Bicarbonate; Salt), Chocolate (22%) (Sugar, Cocoa Mass, Cocoa Butter, Fat Reduced Cocoa Powder, Emulsifier: **Soya** Lecithin, Vanilla Extract), Milk Chocolate (17%) (Sugar, Cocoa Butter, Whole **Milk** Powder, Cocoa Mass, Emulsifier: **Soya** Lecithin, Vanilla Extract), Unsalted Butter (**Milk**), Golden Syrup, Sultanas (8%) (Sultanas, Sunflower Oil), Salt.

## Chocolate Brownie

Milk Chocolate (25%) (Sugar, Cocoa Butter, Whole **Milk** Powder, Cocoa Mass, Emulsifier: **Soya** Lecithin, Vanilla Extract), Chocolate (23%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: **Soya** Lecithin, Natural Vanilla Flavouring), Sugar, Pasteurised Free Range **Egg**, Unsalted Butter (**Milk**), Cocoa Powder, Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Black Cocoa Powder.

## Dark Chocolate Corn Cakes

Dark Chocolate (60%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (**Soya** Lecithin), Natural Vanilla Flavouring), Corn (40%) (Corn, Sea Salt, Corn Oil).

## Dark Chocolate with Sea Salt

Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, **Soya** Lecithin, Natural Vanilla Flavouring), Sea Salt.

## Hazelnut Truffles

Chocolate\* (Cocoa Mass\*, Cane Sugar\*, Cocoa Butter\*, Vanilla Powder\*), **Hazelnuts\*** (17%), Coconut Oil\*, Cocoa Powder\*.

\*= Organically grown ingredients

Chocolate: minimum Cocoa Solids 55%.

## Love Bar

**Oats** (29%), Caramel (26%) (Sugar, Glucose Syrup, Palm Oil, Sweetened Condensed Milk (**Milk**, Sugar), Rapeseed Oil, Water, Salt, Flavouring, Emulsifier: (**Soya** Lecithin) Colours (Curcumin, Annatto), Salted Butter (Butter (**Milk**), Salt), Golden Syrup, Chocolate Chunks (5%) (Cocoa Mass, Sugar, Emulsifier (**Soya** Lecithin) Vanilla Extract), Light Brown Sugar, Vanilla Pumpkin Seeds (3%) (Pumpkin Seeds, Icing Sugar, Caster Sugar, Vanilla Extract), **Pistachio Nuts** (3%), **Almonds** (3%), Honey.

## Milk Chocolate Bar

Cane Sugar, Cocoa Butter, **Milk** Powder, Cocoa, Emulsifier: **Soya** Lecithin.

Milk chocolate contains cocoa solids 38% minimum and milk solids 24% minimum.

## Pret Bar

**Oats** (29%), Unsalted Butter (**Milk**), Demerara Sugar (Sugar, Cane Molasses), Sweetened Condensed Milk (**Milk**, Sugar), Golden Syrup, Dried Apricots (5%) (Apricots, Rice Flour), Sweetened Dried Cranberries (5%) (Sugar, Cranberries, Sunflower Oil), Pumpkin Seeds (4%), Honey, Sultanas (3%) (Sultanas, Sunflower Oil), Sunflower Seeds (3%), Dried Apple Flakes (2%), Orange Pieces (2%) (Fruit Concentrates: Concentrated Apple Purée, Concentrated Orange Juice; Humectant: Glycerol, Fructose Glucose Syrup, Glucose Syrup, **Wheat** Fibre, Sugar, Palm Fat, Rice Starch, Gelling Agent: Pectin, Acidity Regulator: Citric Acid, Natural Orange Flavouring, Antioxidant: Ascorbic Acid, Colour: Curcumin), Poppy Seeds (0,4%), Salt, Orange Zest.

## SALAD WRAPS & FLAT BREADS

### Humous & Chipotle Wrap

Kibbled Rye Wrap (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **Rye** Flakes, Rapeseed Oil, Humectant: Glycerol; Raising Agents: Diphosphates, Sodium Bicarbonate; Dried Fermented **Wheat** Flour, Emulsifier: Mono-and Diglycerides of Fatty Acids; Salt, Acidity Regulator: Citric Acid; **Wheat** Starch, Flour Treatment Agent: L-Cysteine), Humous (26%) (Cooked Chickpeas (Chickpeas, Water), Rapeseed Oil, **Sesame** Seed Paste, Concentrated Lemon Juice, Water, Garlic Purée, Salt), Red Pepper, Carrot, Spinach, Red Cabbage, Mooli, Coriander, Sugar, Spirit Vinegar, Muscovado Sugar, Red Wine Vinegar, Onion, Sunflower Oil, Chipotle Pepper, Water, Tomato Paste, Maize Starch, Salt, Garlic, Vinegar, Black Pepper, Thickener: Xanthan Gum; Flavouring, Cayenne Pepper.

### Vegan Hoisin Mushroom Wrap

Kibbled Rye Wrap (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **Rye** Flakes, Rapeseed Oil, Humectant: Glycerol; Raising Agents: Diphosphates, Sodium Bicarbonate; Dried Fermented **Wheat** Flour, Emulsifier: Mono-and Diglycerides of Fatty Acids; Salt, Acidity Regulator: Citric Acid; **Wheat** Starch, Flour Treatment Agent: L-Cysteine), Chestnut Mushrooms (25%), Cucumber, Spinach, Rapeseed Oil, Red Cabbage, Spring Onion, Water, Demerara Sugar, Brown Sugar, Carrot, White Miso Paste (Water, **Soya** Bean, Rice, Salt, Alcohol), Coriander, Tamari Soya Sauce (Water, **Soya** Bean, Salt, Alcohol), Sugar, Tomato Paste, Spirit Vinegar, White Wine Vinegar, Dark Soy Sauce (Water, **Soya** Bean, **Wheat**, Salt, Alcohol), Sunflower Oil, Cornflour, Salt, Modified Maize Starch, Black Pepper, Lemon Juice from Concentrate, Star Anise, Ginger, Stabiliser: Xanthan Gum; Cinnamon, Fennel Seeds, White Pepper, Flavouring, Clove.

### Vegan Chilli Wrap

Kibbled Rye Wrap (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **Rye** Flakes, Rapeseed Oil, Humectant: Glycerol; Raising Agents: Diphosphates, Sodium Bicarbonate; Dried Fermented **Wheat** Flour, Emulsifier: Mono-and Diglycerides of Fatty Acids; Salt, Acidity Regulator: Citric Acid; **Wheat** Starch, Flour Treatment Agent: L-Cysteine), Avocado, Red Pepper, Red Onion, Red Kidney Beans, Spinach, Sweetcorn, Haricot Beans, Pickled Onion (Red Onion, Cider Vinegar (**Sulphites**), Rice Vinegar (**Sulphites**), Sugar (**Sulphites**), Water), Tomato, **Celery**, Carrot, Black Eyed Beans, Borlotti Beans, Cannellini Beans, Water, Tomato Paste, Coriander, Rapeseed Oil, Garlic, Salt, Maize Starch, Lime Juice, Red Chilli, Dark Couverture Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **Soya** Lecithin; Vanilla Flavouring), Ground Spices (Smoked Paprika, Paprika, Black Pepper, Chilli, Lovage, Turmeric, White Pepper, Garlic, Mace, Nutmeg), Olive Oil, Cumin Seeds, Chilli Flakes, Oregano, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Black Pepper, Onion Powder, Parsnip Powder, Sunflower Oil, Dried Parsley, Lovage Extract.



## Pret At Home

### Pea & Mint Soup

Peas, Water, Onion, Leek, Green Pepper, Rapeseed Oil, Kale, Mint, Bouillon (Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Vegetables (Onions, Parsnips, Parsley), Sunflower Oil, Spices (Lovage, Turmeric, Pepper, Garlic, Mace, Nutmeg), Lovage Extract), Salt (Salt, Anti-caking Agent (Sodium Ferrocyanide)), Black Pepper, Red Chilli.

### Pret's Mushroom Risotto Soup

Mushroom (36%), Water, Cooked Brown Rice (13%) (Water, Brown Rice, Salt), Onion, Cauliflower, Coconut Cream (Coconut, Water), Potato, **Celeriac**, Tofu (Water, **Soya** Bean, **Soya** Extract, Firming Agents: Glucono- Delta-Lactone, Calcium Chloride), Fennel, Salt, Cooked Wild Rice (Water, Wild Rice), Rapeseed Oil, Garlic, Parsley, Mushroom Concentrate, Porcini Mushroom, Black Pepper, Rosemary, Thyme, Tarragon, Cornflour, Sunflower Oil, Sugar.

### Pret's Proper Porridge

Whole **Milk**, Water, **Oats**.