

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.

Breakfast Baguettes		Suitable for		8-Nov-23												
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containin g gluten	Molluscs	Soya	Peanu t	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Egg Mayo and Roasted Tomato Baguette	✓				✓		Wheat		✓			✓				
Smoked Salmon and Egg Mayo Baguette					✓		Wheat		✓			✓			✓	
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Hot Croissants		Suitable for		8-Nov-23												
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
HK-Tomatoes and Cheese(Savory Croissant)	✓			✓	✓		Wheat									
HK-Smoked Salmon and Egg				✓	✓		Wheat								✓	
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Rye Rolls		Suitable for		8-Nov-23												
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containin g gluten	Mollusc s	Soya	Peanut	Celery and celeriack	Mustard	Sulphites	Crustacean	Fish	Nuts
New Yorker Rye Roll			✓		✓		Wheat, Barley, Rye		✓			✓				
Veggie Deli Rye Roll	✓		✓	✓	✓		Wheat, Barley, Rye		✓			✓				
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Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupine	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Pret's Soya Porridge	✓	✓					Oat		✓							
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French Pastries	Suitable for						
	Vegetarians	Vegans	Sesame	Milk	Egg	Lupine	Cereals containing gluten
Vanilla Donut	✓	✓					Wheat
Super Chocolate Donut	✓	✓					Wheat
Pret Vegan Frank-O-nstein	✓	✓					Wheat
Pret Vegan Yummy Mummy	✓	✓					Wheat
Pret Vegan Diwali Donut	✓	✓					Wheat
Pret Vegan Festive Merry berry	✓	✓					Wheat
Pret Vegan Festive Rudolph Choco	✓	✓					Wheat
Pret Vegan Rugby 7 Donut	✓	✓					Wheat
Pret Vegan Festive Snowman Coconut	✓	✓					Wheat
Cinnamon Donut	✓	✓					Wheat

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Contains these allergens								
Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
								Almond
								Almond
	✓							
	✓							
	✓							
	✓							
	✓							
	✓							
	✓							

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French Pastries		Suitable for		8-Nov-23													
Product	Vegetarians	Vegans	Contains these allergens														
			Sesam e	Milk	Egg	Lupi n	Cereals containin g gluten	Mollusc s	Soya	Peanut	Celery and celeria c	Mustard	Sulphite s	Crustacea n	Fish	Nuts	
Chocolate Chubk Cookie	✓			✓			Wheat										
Fruit,Oat & Spelt Cookie	✓			✓			Wheat, Oat										
Dark Chocolate & Almond Butter Cookie	✓	✓					Wheat									Almond	
Double Berry Muffin	✓			✓	✓		Wheat										
Chicken & Mushroom Turnover				✓			Wheat		✓			✓					
Bacon & Cheese Turnover				✓			Wheat					✓					
Garlic & Parsley Swirl	✓			✓	✓		Wheat										
Cheese Twist	✓			✓	✓		Wheat										
Tomato Twist	✓			✓	✓		Wheat										
Very Berry Croissant	✓	✓					Wheat										
French Butter Croissant	✓			✓	✓		Wheat										
Almond Croissant	✓			✓	✓		Wheat									Almond	
Chocolate Croissant	✓			✓	✓		Wheat		✓								
Pain Au Raisin	✓			✓	✓		Wheat										
Gingerebread Man	✓			✓	✓		Wheat		✓								
Sausage and Onion Roll				✓	✓		Wheat										
Mince Pie	✓			✓	✓		Wheat		✓								
Savory Croissant- Mozzarella & Tomato	✓			✓	✓		Wheat										
Zaatar Croissants	✓		✓	✓	✓		Wheat										
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Fruits		Suitable for		8-Nov-23												
Product	Vegetarians	Vegans	Contains these allergens													
			Sesam e	Milk	Egg	Lupin	Cereals containing gluten	Mollus cs	Soya	Peanut	Celery and celeri a c	Mustar d	Sulphit es	Crusta cean	Fish	Nuts
Banana	✓	✓														
Pomegranate Pot	✓	✓														
Pear & Grapes	✓	✓														
Mango and Lime	✓	✓														
Superfruit Salad	✓	✓														
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Soup		Suitable for		8-Nov-23												
Product	Vegetarians	Vegans	Contains these allergens													
			Sesam e	Milk	Egg	Lupin	Cereals containing gluten	Mollusc s	Soya	Peanut	Celery and celeriace	Mustar d	Sulphites	Crustacean	Fish	Nut
Malaysian Chicken Soup															✓	
Carrot and Coriander Soup	✓			✓							✓					
Chicken Laksa							Wheat		✓						✓	
Thai Red Chicken Curry Soup									✓		✓			✓	✓	
Souper Tomato Soup	✓	✓														
Chicken Multigrain Soup							Wheat, Barley				✓					
Veggie Tom Yum	✓	✓							✓							
Curried Lentil, Sweet Potatoe & Quiona Soup	✓			✓							✓					
Chicken Shitake Miso Mushrooms									✓							
Rye Roll	✓	✓	✓				Wheat, Rye, Barley									
Soup Bread	✓	✓	✓				Wheat, Rye, Barley, Oat									
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Salads		Suitable for		8-Nov-23													
Product	Vegetarians	Vegans	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Chef's Italian Chicken Salad				✓	✓				✓			✓			✓	Pistachio	
Smoked Salmon & Avocado Salad												✓			✓		
Avocado , Mozzarella & Roasted Pepper Salad	✓			✓								✓				Pinenut	
Crayfish & Avocado Salad												✓		✓			
Edamame	✓	✓							✓								
Egg & Avo Protein Pot	✓				✓												
Chicken & Smashed Avo Protein Pot				✓	✓				✓								
Chicken Tikka Salad Bowl				✓												Almond	
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Granary		Suitable for														
Product	Vegetarians	Vegans	Contains these allergens													
			Sesam e	Milk	Egg	Lupin	Cereals containing gluten	Mollusc s	Soya	Peanut	Celery and celeriac	Mustar d	Sulphit es	Crustac ean	Fish	Nuts
Chicken Acocado Sandwich				✓	✓		Wheat, Barley		✓			✓				
Summer Chicken Sandwich				✓	✓		Wheat, Barley		✓			✓			Pinenut	
Tuna Mayo Sandwich					✓		Wheat, Barley		✓			✓		✓		
Wild Crayfish and Rocket Sandwich				✓	✓		Wheat, Barley		✓			✓	✓			
Mature Cheddar & Pickle Sandwich	✓			✓	✓		Wheat, Barley		✓			✓				
Cracking Egg Salad Sandwich	✓				✓		Wheat, Barley		✓			✓				
Beef and Horseradish Sandwich				✓	✓		Wheat, Barley					✓	✓			
Classic Super Club				✓	✓		Wheat, Barley		✓			✓				
Smoked Salmon Sandwich				✓			Wheat, Barley							✓		
Pret's Festive Lunch				✓	✓		Wheat, Barley		✓			✓				
Brie & Cranberry	✓			✓			Wheat, Barley								Pinenut	
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Baguettes		Suitable for		8-Nov-23													
Product	Vegetarians	Vegans	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Chicken Ceasar and Bacon Baguette			✓	✓	✓		Wheat, Rye, Barley, Oats		✓			✓			✓		
Tuna Mayo & Cucumber Baguette					✓		Wheat		✓			✓			✓		
Posh Cheddar & Pickle Baguette	✓		✓	✓	✓		Wheat, Rye, Barley, Oats		✓			✓					
Chicken Salad Baguette				✓	✓		Wheat		✓			✓					
Italian Beef Premium Baguette				✓	✓		Wheat		✓			✓					
Salmon, Soft Cheese & Dill Baguette			✓	✓			Wheat, Rye, Barley, Oats								✓		
Portobello Mushroom Toasted Baguette	✓			✓	✓		Wheat		✓			✓					
Spicy Chicken Toasted Baguette			✓	✓			Wheat, Rye, Barley, Oats					✓					
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Kibbled Rye Salad Wraps

Suitable for

8-Nov-23

Product	Vegetarians	Vegans	Contains these allergens													
			Sesam e	Milk	Egg	Lupin	Cereals containing gluten	Mollus cs	Soya	Peanut	Celery and celeric	Mustar d	Sulphit es	Crusta cean	Fish	Nuts
Chicken Tikka Wrap				✓			Wheat, Rye									Almond, Cashew
Avocado & Herb Salad Wrap	✓			✓	✓		Wheat, Rye		✓			✓				Pinenut

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Flat Breads		Suitable for		8-Nov-23												
Product	Vegetarians	Vegans	Contains these allergens													
			Sesam e	Milk	Egg	Lupin	Cereals containing gluten	Mollus cs	Soya	Peanut	Celery and celeri c	Mustar d	Sulphit es	Crusta cean	Fish	Nuts
Avo & Chipotle Flatbread				✓			Wheat					✓				
Tuna Flatbread					✓		Wheat		✓			✓			✓	
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Product	Vegetarians	Vegans	Contains these allergens													
			Sesam e	Milk	Egg	Lupin	Cereals containing gluten	Mollus cs	Soya	Peanut	Celery and celeri a c	Mustar d	Sulphit es	Crusta cean	Fish	Nuts
Pret's Multigrain Open Sandwich-Smashed Avo	✓	✓					GF Oat									
Pret's Multigrain Open Sandwich-Smoked Samon & Soft Cheese				✓			GF Oat								✓	
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Hot Wraps

Suitable for

8-Nov-23

Product	Vegetarians	Vegans	Contains these allergens													
			Sesam e	Milk	Egg	Lupin	Cereals containing gluten	Mollus cs	Soya	Peanut	Celery and celeria c	Mustar d	Sulphit es	Crusta cean	Fish	Nuts
Halloumi & Falafel Hot Wrap	✔			✔			Wheat, Rye									
Chipotle Chicken Hot Wrap				✔			Wheat, Rye					✔				
Meatball Hot Wrap				✔			Wheat, Rye		✔			✔				

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Snacks & Desserts		Suitable for		8-Nov-23												
Product	Vegetarians	Vegans	Contains these allergens													
			Sesam e	Milk	Egg	Lupin	Cereals containing gluten	Mollus cs	Soya	Peanut	Celery and celeria c	Mustar d	Sulphit es	Crusta cean	Fish	Nuts
Sea Salt Crisps	✓	✓														
Mature Cheddar Crisps	✓			✓												
Sweet Chilli Crisps	✓	✓							✓							
Pret Nuts , Fruits & Chocolate	✓			✓					✓							Almonds
Hazelnut Truffle	✓	✓														Hazelnut
Cranberries in Coats	✓			✓												
Pret Dark Chocolate Almonds	✓	✓							✓							Almonds
Espresso Mocha Protein Ball	✓	✓							✓							Coconut, Cashew
Coco-nut Protein Ball	✓	✓							✓							Coconut, Cashew
Pret a Mango	✓	✓														
Choc Bar	✓			✓			Wheat		✓							
Popcorn Bar	✓			✓					✓							
Love Bar	✓			✓			Oat		✓							Almond Pistachio
Honey Cake	✓			✓	✓		Wheat									
Vegan Lotus Biscoff Cake	✓	✓					Wheat		✓							
Chocolate Brownie	✓			✓	✓		Wheat		✓							
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MTS Drinks		Suitable for		Contains these allergens													
Product	Vegetarians	Vegans	Sesam	Milk	Egg	Lupin	Cereals containing gluten	Mollus cs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Extra Shot	✓	✓															
Filter- Black	✓	✓															
Filter- White	✓			✓													
Americano Black	✓	✓															
Americano White																	
Pret's Matcha Latte	✓			✓													
Pret's Chai Latte	✓			✓													
Latte	✓			✓													
Cappucino	✓			✓													
Mocha	✓			✓													
Organic Chocolate	✓			✓													
Macchiato	✓			✓													
Fiat White	✓			✓													
Rice Coconut Milk	✓	✓															
Oat Milk	✓	✓					Oat										
Soya Milk	✓	✓							✓								
Cup of Milk 80z	✓			✓													
Hot Tea- Breakfast	✓			✓													
Hot Tea- Earl Grey	✓			✓													
Hot Tea- Green	✓	✓															
Hot Tea- Peppermint	✓	✓															
Iced Latte	✓			✓													
Iced Black Americano	✓	✓															
Iced White Americano	✓			✓													
Iced Filter	✓	✓															
Iced Mocha	✓			✓													
Iced Chocolate	✓			✓													
Iced Chai Latte	✓			✓													
Iced Matcha Latte	✓			✓													
Syrup Vanilla	✓	✓															
Syrup Caramel	✓	✓															
Classic Frappe	✓			✓													
Salted Caramel Frappe	✓			✓													
Chocolate Frappe	✓			✓													
Berries & Cherries Smoothie	✓	✓															
Sweet Greens Smoothie	✓	✓									✓						
Tropical Peach Smoothie	✓	✓															
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MTS Drinks	Suitable for		Contains the following allergens						
Product	Vegetarians	Vegans	Contains the following allergens						
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya
Spanish Latte	✓			✓					
Caramel Oat Latte	✓	✓					Oat		
Pumpkin Spiced Latte - Full Fat Milk	✓			✓					
Pumpkin Spiced Latte - Low Fat Milk	✓			✓					
Pumpkin Spiced Latte - Soy Milk	✓	✓							✓
Pumpkin Spiced Latte - Almond Milk	✓	✓							
Pumpkin Spiced Latte - Coconut Milk	✓	✓							
Pumpkin Spiced Latte - Oat Milk	✓	✓					Oat		
Gingerbread Latte Full Fat Milk	✓			✓					
Gingerbread Latte Skimmed Milk	✓			✓					
Gingerbread Latte Soy Milk	✓	✓							✓
Gingerbread Latte Almond Milk	✓	✓							
Gingerbread Latte Oat Milk	✓	✓					Oat		
Gingerbread Latte Coconut Milk	✓	✓							
Gingerbread iced Latte Full Fat Milk	✓			✓					
Gingerbread Iced Latte Skimmed Milk	✓			✓					
Gingerbread Iced Latte Soy Milk	✓	✓							✓
Gingerbread Iced Latte Almond Milk	✓	✓							
Gingerbread Iced Latte Oat Milk	✓	✓					Oat		
Gingerbread Iced Latte Coconut Milk	✓	✓							
Iced Spanish Latte	✓			✓					

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			Sesam e	Milk	Egg	Lupin	Cereals containing gluten	Mollus cs	Soya	Peanut	Celery and celeri c	Mustar d	Sulphit es	Crusta cean	Fish	Nuts
Espresso (450g Whole Bean)	✓	✓														
Classic Blend (200g Ground)	✓	✓														
Peru Single Origin (200g Ground)	✓	✓														
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Alcohol Range (Airport stores only)		Suitable for		8-Nov-23												
Product	Vegetarians	Vegans	Contains these allergens													
			Sesam e	Milk	Egg	Lupin	Cereals containing gluten	Mollus cs	Soya	Peanut	Celery and celeria c	Mustar d	Sulphit es	Crusta cean	Fish	Nuts
Tiger Beer	✓	✓					Barley									
Amstel Light	✓	✓					Barley									
Heineken Beer	✓	✓					Barley									
Vu du Can Sauvignon Blanc	✓	✓											✓			
Vu du Can Rose Wine	✓	✓											✓			
Vu du Can Malbec	✓	✓											✓			
Vu du Can Sparkling Wine	✓	✓											✓			
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