Brioches	Suit	able for													8-N	ov-23
	Vege	Veç							Conta	ains these a	allergens					
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Feta & Spinach Brioche	1			✓	✓		Wheat									
Chicken Sausage and Egg Brioche				/	√		Wheat									
Egg & Bacon Brioche					✓		Wheat									
Egg Tomatoes Brioche	1			>	✓		Wheat		✓			1				
Egg Salmon Brioche				√	1		Wheat		✓			1			✓	

Hot Box Curries	Suita	able for													8-	-Nov-23
	Vege	Ve						Cor	ntains	these a	llerge	ns				
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containin g gluten	Mollusc s	Soya	Peanut	Celery and celeria c	Mustar d	Sulphite s	Crustacean	Fish	Nuts
Butter Chicken Rice Bowl				√												Cashew Almond
Indian Paneer Rice Bowl	√			✓												
Thai Green Vegetable Curry Rice Bowl	√	√	√													
Chilli Con Carne Rice Bowl							Wheat				✓					

Breakfast Baguettes		itable for													8-N	ov-23
	Vegeta	Veç		Contains these allergens Cereals Peanu Celery Peanu and Mustard Sulphites Crustagen Fish												
Product	tarians	Vegans	Sesame	Cereals Peanu Celery											Fish	Nuts
Egg Mayo and Roasted Tomato Baguette	✓				>		Wheat		√			✓				
Smoked Salmon and Egg Mayo Baguette					√		Wheat		√			√			√	

Hot Croissants		table for												8-N	ov-23
	Veç	٧						Co	ntain	s these a	llergens				
Product	Vegetarians	Vegans	Sesame	ame Milk Egg Lupi n Cereals containin g gluten Molluscs Soya Peanut and celeriac Sulphites Crustacean									Fish	Nuts	
HK-Tomatoes and Cheese(Savory Croissant)	1			√	√		Wheat								
HK-Smoked Salmon and Egg				√	√		Wheat							✓	

Rye Rolls		able or													8-N	ov-23
	Veg	٧						Con	tains	these a	llergen	S				
Product	/egetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containin g gluten	Mollusc s	Soya	Peanut	Celery and celeriac		Sulphites	Crustacean	Fish	Nuts
New Yorker Rye Roll			√		✓		Wheat, Barley, Rye		>			✓				
Veggie Deli Rye Roll	1		√	√	✓		Wheat, Barley, Rye		√			>				

Breakfast		table or													8-N	ov-23
	Veg	<						Conta	ains 1	these	allerge	ens				
Product	Vegetarians	Vegans	Sesam e	Milk	Egg	Lupi n	Cereals containin g gluten	Mollusc s	Soya	Peanu t	Celery and celeria c		Sulphite s	Crustacea n	Fish	Nuts
Pret's Soya Porridge	/	/					Oat		√							

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.

French Pastries		able or					
	Vege	Ve					
Product	Vegetarians	Vegans	Sesam e	Milk	Egg	Lupi n	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	/	\					Wheat
Cinnamon Donut	√	√					Wheat

We can't guarantee any of our products are suitable for those wit made to a vegan recipe but are not suitable

Contains these allergens

Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
								Almond
								Almond
	/							
	/							
	/							
	\							
	\							
	\							
	√							

h allergies due to a high risk of cross contamination. Our vegan products are for those with dairy and egg allergies. Please take care.

French Pastries		able or														8-Nov-23
	Ve	_							Conta	ins these	allergens	1				
Product	Vegetarians	Vegans	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	1			√			Wheat, Oat									
Dark Chocolate & Almond Butter Cookie	1	1					Wheat									Almond
Double Berry Muffin	1			✓	\		Wheat									
Chicken & Mushroom Turnover				√			Wheat		√			✓				
Bacon & Cheese Turnover				\			Wheat					√				
Garlic & Parsley Swirl	1			√	\		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	1			✓	>		Wheat									
Gingerebread Man	✓			✓	>		Wheat		✓							
Sausage and Onion Roll				√	>		Wheat									
Mince Pie	/			√	>		Wheat		√							
Savory Croissant- Mozzarella & Tomato	1			√	✓		Wheat									
Zaatar Croisants	1		✓	✓	✓		Wheat									

Bowls/ Pots		table or														8-Nov-23
	Ve								Cont	ains thes	se allerger	ıs				
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupi n	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacea n	Fish	Nuts
Five Berry Breakfast Bowl	1			√			Oat									Cashew, Pecan
Berry Yoghurt Parfait	✓			√			Oat									Cashew, Pecan
Banana & Honey Bowl	1			√			Oat									Cashew, Pecan
Cranberry Goodness Bowl	√			√			Oat									Cashew, Pecan
Bircher Muesli Bowl	✓			✓			Oat									Pistachio, Cashew, Pecan
Blue Goodness Bowl	√			✓			Oat						✓			Cashew, Pecan
Pink Goodness Bowl	1			√			Oat									Cashew, Pecan, Almond
Yellow Goodness Bowl	✓			√			Oat						✓			Cashew, Pecan

Fruits	Suital	ble for												8-N	ov-23
	Veg	\						Conta	ains these	allergens	;				
Product	Vegetarians	Vegans	Sesam e	Milk	Egg	Lupin	Cereals containing gluten	Mollus cs	Soya	Peanut	Celery and celeria c	Sulphit es	Crusta cean	Fish	Nuts
Banana	1	1													
Pomegranate Pot	1	√													
Pear & Grapes	/	1													
Mango and Lime	1	1													
Superfruit Salad	1	✓													

Soup	Suita	ble for													8-N	ov-23
	Vege	Ve						(Contains t	these aller	gens					
Product	Vegetarians	Vegans	Sesam e	Milk	Egg	Lupin	Cereals containing gluten	Mollusc s	Soya	Peanut	Celery and celeriac	Mustar d	Sulphites	Crustacean	Fish	Nuts
Malaysian Chicken Soup															\	
Carrot and Coriander Soup	1			√							√					
Chicken Laksa							Wheat		\						\	
Thai Red Chicken Curry Soup									\		✓			✓	✓	
Souper Tomato Soup	1	1														
Chicken Multigrain Soup							Wheat, Barley				✓					
Veggie Tom Yum	1	1							\							
Curried Lentil, Sweet Potatoe & Quiona Soup	/			>							>					
Chicken Shitake Miso Mushrooms									\							
Rye Roll	\	/	✓				Wheat, Rye, Barley									
Soup Bread	1	1	✓				Wheat, Rye, Barley, Oat									
We can't g	uarante						ith allergies due e for those with						n products ar	e		

Toasties	Suital	ble for													8-N	ov-23
	Veg	<						Conta	ins these	allergens	3					
Product	Vegetarians	Vegans	Sesam e	Milk	Egg	Lupin	Cereals containing gluten	Mollus c	Soya	Peanut	Celery and celeria c		Sulphit e	Crusta cean	Fish	Nuts
Tuna Melt Toastie				>	>		Wheat, Barley, Rye Oat		>			✓			\	
Chicken, Avocado & Basil Toastie				>	>		Wheat, Barley, Rye Oat		>			✓				
Classic Cheese Toastie	✓	C		√	✓		Wheat, Barley, Rye Oat	1.1.1	√			✓				

Salads	Suita	ble for													8-	-Nov-23
	Vege	Ve						Con	ntains thes	se allerger	is					
Product	Vegetarians	Vegans	Sesam e	Milk	Egg	Lupin	Cereals containing gluten	Mollus cs	Soya	Peanut	Celery and celeria c	Mustar d	Sulphit es	Crusta cean	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	1				>											
Chicken & Smashed Avo Protein Pot				✓	✓				√							
Chicken Tikka Salad Bowl				✓												Almond
We can't guar							allergies due to r those with da					r vegan p	roducts a	re		

Granary	Suita	ble for														8-Nov-23
	Vege	Ve						C	ontains th	nese allerg	ens					
Product	Vegetarians	Vegans	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	1			>	>		Wheat, Barley		>			>				
Cracking Egg Salad Sandwich	1				>		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	1			>			Wheat, Barley h allergies due									Pinenut

Baguettes	Suital	ble for													8-N	ov-23
	Vege	Ve						Conta	ins these	allergens						
Product	Vegetarians	Vegans	Sesam e	Milk	Egg	Lupin	Cereals containing gluten	Mollus cs	Soya	Peanut	Celery and celeria c	Mustar d	Sulphit es	Crusta cean	Fish	Nuts
Chicken Ceasar and Bacon Baguette			✓	√	✓		Wheat, Rye, Barley, Oats		√			✓			✓	
Tuna Mayo & Cucumber Baguette					✓		Wheat		✓			✓			✓	
Posh Cheddar & Pickle Baguette	1		<	√	✓		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	1			✓	√		Wheat		√			√				
Spicy Chicken Toasted Baguette			>	>			Wheat, Rye, Barley, Oats					✓				
We can't guarant							lergies due to a those with dair					vegan pr	oducts are			

Kibbled Rye Salad Wraps	Suital	ole for													8-	Nov-23
	Vege	Ve						Con	ntains the	se allerge	ns					
Product	Vegetarians	'egans	Sesam e	Milk	Egg	Lupin	Cereals containing gluten	Mollus cs	Soya	Peanut	Celery and celeria c	Mustar d	Sulphit es	Crusta cean	Fish	Nuts
Chicken Tikka Wrap				✓			Wheat, Rye									Almond, Cashew
Avocado & Herb Salad Wrap	\			\	√		Wheat, Rye		√			>				Pinenut

Flat Breads	Suital	ble for													8-N	ov-23
	Vege	V _e						Conta	nins these	allergens						
Product	Vegetarians	Vegans	Sesam e	Milk	Egg	Lupin	Cereals containing gluten	Mollus cs	Soya	Peanut	Celery and celeria c		Sulphit es	Crusta cean	Fish	Nuts
Avo & Chipotle Flatbread				\			Wheat					√				
Tuna Flatbread					✓		Wheat		√			√			\	

Gluten Free Open Sandwich	Suita	ble for													8-N	ov-23
	Vege	Ve						Conta	ains these	allergens						
Product	Vegetarians	Vegans	Sesam e	Milk	Egg	Lupin	Cereals containing gluten	Mollus cs	Soya	Peanut	Celery and celeria c	Mustar d	Sulphit es	Crusta cean	Fish	Nuts
Pret's Multigrain Open Sandwich- Smashed Avo	1	1					GF Oat									
Pret's Multigrain Open Sandwich- Smoked Samon & Soft Cheese				√			GF Oat								\	

Hot Wraps	Suital	ble for													8-N	ov-23
	Vegeta	Ve						Conta	ains these	allergens	,					
Product	etarians	Vegans	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	1			\			Wheat, Rye									
Chipotle Chicken Hot Wrap				\			Wheat, Rye					√				
Meatball Hot Wrap				\			Wheat, Rye		√			√				

Drinks	Suital	ole for													8-N	ov-23
	Ve							Conta	ains these	allergens						
Product	Vegetarians	Vegans	Sesam e	Milk	Egg	Lupin	Cereals containing gluten	Mollusc s	Soya	Peanut	Celery and celeria c	Mustar d	Sulphit es	Crusta cean	Fish	Nuts
Cold Press Orange Juice	/	/														
Cold Pressed Pomegranate Juice	/	/														
Pineapple Powow	/	/														
Root Reboot	/	/														
Pink Lemonaid	/	/														
Blue Lemonaid	/	/														
Black Lemonaid	1	1														
Sunny Dayz	1	1														
Essential Green	1	1									√					
Ginger Shot	1	1									√					
Tumeric Shot	1	1														
San Pelegrino 500ml	1	1														
Aqua Morelli Still Large	1	1														
Aqua Morelli Still Small	1	1														
Eira Still Small	1	1														
Eira Still Large	1	1														
Arwa 500ml	1	1														
Coke	1	1														
Coke Zero	1	1														
Sprite	1	1														
Nai's- Jasmine White Tea	1	1														
Na's Hibiscous Flower Tea	1	1														
Nai's Morooccan Mint Tea	1	1														
Nai's Ginger Green Tea	1	1														
Coconut Water	1	1														

Snacks & Desserts	Suita	ble for													8	8-Nov-23
	Vege	Ve						Con	ntains the	ese allerge	ns					
Product	Vegetarians	Vegans	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	1	1														
Mature Cheddar Crisps	1			√												
Sweet Chilli Crisps	1	1							√							
Pret Nuts , Fruits & Chocolate	1			√					√							Almonds
Hazelnut Truffle	1	1														Hazelnut
Cranberries in Coats	1			√												
Pret Dark Chocolate Almonds	1	1							√							Almonds
Espresso Mocha Protein Ball	1	1							>							Coconut, Cashew
Coco-nut Protein Ball	√	✓							>							Coconut, Cashew
Pret a Mango	1	1														
Choc Bar	>			>			Wheat		>							
Popcorn Bar	/			>					>							
Love Bar	/			>			Oat		>							Almond Pistachio
Honey Cake	1			\	√		Wheat									
Vegan Lotus Biscoff Cake	1	√					Wheat		\							
Chocolate Brownie	1			√	√		Wheat		√							

MTS Drinks	Suita	ble for	ì												8	-Nov-23
															Ŭ	1107 20
Product	Veget	Vegans						Con	ntains the	ese allerge						
Froduct	Vegetarians	ans	Sesam e	Milk	Egg	Lupin	Cereals containing gluten	Mollus cs	Soya	Peanut	Celery and celeria c	Mustar d	Sulphit es	Crusta cean	Fish	Nuts
Extra Shot	1	1														
Filter- Black	1	1														
Filter- White	1			√												
Americano Black	1	/														
Americano White	Ť															
Pret's Matcha Latte	1			√												
Pret's Chai Latte	1			✓												
Latte	1			√												
Cappucino	1			√												
Mocha	1			√												
Organic Chocolate	/			✓												
Macchiato	1			√												
Flat White	1			√												
Rice Coconut Milk	1	1														
Oat Milk	1	/					Oat									
Soya Milk	1	1							✓							
Cup of Milk 80z	1			√												
Hot Tea- Breakfast	1			√												
Hot Tea- Earl Grey	1			√												
Hot Tea- Green	1	1														
Hot Tea- Peppermint	1	/														
Iced Latte	1			√												
Iced Black Americano	1	1														
Iced White Americano	1			√												
Iced Filter	1	/														
Iced Mocha	1			√												
Iced Chocolate	1			√												
Iced Chai Latte	/			√												
Iced Matcha Latte	/			√												
Syrup Vanilla	/	1														
Syrup Caramel	/	1														
Classic Frappe	1			√												
Salted Caramel Frappe	1			✓												
Chocolate Frappe	1			√												
Berries & Cherries Smoothie	1	/														
Sweet Greens Smoothie	/	1									✓					
Tropical Peach Smoothie	/	1														
We can't guara	ntee any	y of ou	r products	are suit	able for t	hose with	allergies due t	o a high r	isk of cro	oss contan	nination.	Our vega	n product	ts are		

MTS Drinks	Suital	ole for							
	Vege	Ve						Cor	ntains the
Product	Vegetarians	Vegans	Sesam e	Milk	Egg	Lupin	Cereals containing gluten	Mollus cs	Soya
Spanish Latte	1			>					
Caramel Oat Latte	/	/					Oat		
Pumpkin Spiced Latte - Full Fat Milk	1			>					
Pumpkin Spiced Latte - Low Fat Milk	/			>					
Pumpkin Spiced Latte - Soy Milk	1	/							\
Pumpkin Spiced Latte - Almond Milk	/	/							
Pumpkin Spiced Latte - Coconut Milk	/	/							
Pumpkin Spiced Latte - Oat Milk	1	1					Oat		
Gingerbread Latte Full Fat Milk	/			>					
Gingerbread Latte Skimmed Milk	1			<					
Gingerbread Latte Soy Milk	1	/							✓
Gingerbread Latte Almond Milk	1	/							
Gingerbread Latte Oat Milk	1	/					Oat		
Gingerbread Latte Coconut Milk	1	/							
Gingerbread iced Latte Full Fat Milk	1			✓					
Gingerbread Iced Latte Skimmed Milk	1			\					
Gingerbread Iced Latte Soy Milk	1	1							✓
Gingerbread Iced Latte Almond Milk	1	1							
Gingerbread Iced Latte Oat Milk	1	1					Oat		
Gingerbread Iced Latte Coconut Milk	1	1							
Iced Spanish Latte	1			√					

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se	all	lerg	ens

Peanut	Celery and celeria c	Mustar d	Sulphit es	Crusta cean	Fish	Nuts
						Almonds
						Almonds
						Almonds

s contamination. Our vegan products are

s. Please take care.

CPG goods	Suital	ble 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
Espresso (450g Whole Bean)	√	√														
Classic Blend (200g Ground)	/	\														
Peru Single Origin (200g Ground)	✓	✓														

Alcohol Range (Airport stores only)	Suita	ble for													8-N	ov-23
Product	Vege	Vegans		Contains these allergens												
	Vegetarians		Sesam e	Milk	Egg	Lupin	Cereals containing gluten	Mollus cs	Soya	Peanut	Celery and celeria c	Mustar	Sulphit es	Crusta cean	Fish	Nuts
Tiger Beer	1	1					Barley									
Amstel Light	1	1					Barley									
Heineken Beer	1	1					Barley									
Vu du Can Sauvignon Blanc	1	1											✓			
Vu du Can Rose Wine	1	1											√			
Vu du Can Malbec	1	1											√			
Vu du Can Sparkling Wine	1	1											√			