

Baguettes		Suitable for		14 June 2022 version 2												
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Brie, Tomato & Basil Baguette	✔		✔	✔			WHEAT									
Chicken Caesar Baguette			✔	✔	✔		WHEAT, RYE, OAT, BARLEY		✔		✔	✔			✔	
Chipotle Mozzarella Hot Baguette	✔		✔	✔			WHEAT, RYE, OAT, BARLEY				✔					
Egg Mayo & Roasted Tomato	✔		✔		✔		WHEAT		✔							
Ham & Greve Baguette			✔	✔	✔		WHEAT		✔			✔				
Hot Chilli Chicken Baguette			✔		✔		WHEAT		✔		✔	✔				
Prosciutto Baguette			✔	✔	✔		WHEAT, RYE, OAT, BARLEY		✔			✔				
Posh Prosciutto Baguette			✔	✔			WHEAT, RYE, OAT, BARLEY									
Posh Cheddar Baguette	✔		✔	✔	✔		WHEAT, RYE, BARLEY		✔		✔	✔				
Smoked Salmon, Soft Cheese & Dill Baguette			✔	✔			WHEAT, RYE, BARLEY				✔	✔			✔	
Smoked Salmon & Egg Mayo			✔		✔		WHEAT		✔						✔	
Tuna Mayo & Cucumber Baguette			✔		✔		WHEAT		✔						✔	

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Breakfast		Suitable for														
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Bacon & Egg Brioche				✓	✓		WHEAT									
Banana & Honey Muesli	✓			✓												
Bircher Muesli	✓			✓												PISTACHIO
Croissant Almond	✓			✓	✓		WHEAT									ALMOND
Croissant Chocolate	✓			✓	✓		WHEAT		✓							HAZELNUT
Bacon & Egg Brioche				✓	✓		WHEAT				✓	✓				
Sausage & Egg Brioche				✓	✓		WHEAT				✓	✓				
Five Berry Bowl	✓			✓												
Five Berry Pret Pot	✓			✓												
Mozzarella & Tomato Croissant	✓			✓	✓		WHEAT				✓					
Portobello Croissant	✓			✓	✓		WHEAT									
Chicken Croissant				✓	✓		WHEAT									
Pain au Raisin	✓			✓	✓		WHEAT		✓							
Plain Croissant	✓			✓	✓		WHEAT									
Feta, Spinach & Roasted Tomato Brioche	✓			✓	✓		WHEAT									

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Cold Drinks		Suitable for		14 June 2022 version 2													
Product	Vegetarians	Vegans	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
ABC - Apple Beetroot Carrot	✓	✓															
Water - Aqua Panna 500ml Still	✓	✓															
Coke (All types)	✓	✓															
Juice - Fresh Lemon & Mint	✓	✓															
Heineken Beer	✓	✓					BARLEY										
Juice - Orange	✓	✓															
Juice - Pink Grapefruit	✓	✓															
Radiance	✓	✓									✓						
Restorative	✓	✓															
Water - San Pellegrino 500ml Sparkling	✓	✓															
Tiger Beer	✓	✓					BARLEY										
Ultra Boost	✓	✓															
Water - Vittel 500ml Still	✓	✓															
Juice - Watermelon	✓	✓															

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Fruit		Suitable for		14 June 2022 version 2												
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Apple	✔	✔														
Banana	✔	✔														
Dragon Fruit Salad	✔	✔														
Melon Trio	✔	✔														
Papaya & Lime	✔	✔														
Pineapple & Lime	✔	✔														

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Pret's Hot		Suitable for		14 June 2022 version 2												
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
All Day Breakfast Hot Wrap				✓	✓		WHEAT, RYE		✓		✓	✓				
Avocado, Cheddar & Chipotle Toasted Tortilla	✓			✓			WHEAT, RYE				✓	✓				
Brie, Avocado & Tomato Toastie	✓			✓			WHEAT, OAT, RYE, BARLEY				✓	✓				
Chicken Caesar & Avocado Toasted Tortilla				✓	✓		WHEAT, RYE		✓		✓	✓			✓	
Chicken, Avocado & Basil Toastie				✓	✓		WHEAT, OAT, RYE, BARLEY		✓		✓	✓				
Chilli Crab Toastie				✓			WHEAT, OAT, RYE, BARLEY							✓		
Chicken Chipotle Hot Wrap				✓			WHEAT, RYE		✓		✓	✓				
Chipotle Chicken Toasted Tortilla				✓			WHEAT, RYE				✓	✓				
Eggs Florentine Toasted Tortilla	✓			✓	✓		WHEAT, RYE		✓		✓	✓				
Mozzarella & Pesto Toastie	✓			✓			WHEAT, OAT, RYE, BARLEY									
Ham, Cheese & Mustard Toastie				✓	✓		WHEAT, OAT, RYE, BARLEY		✓		✓	✓				

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Salads		Suitable for		14 June 2022 version 2													
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 Chicken Salad				✓	✓				✓		✓	✓			✓	PISTACHIO	
Egg, Crab & Avo Pot					✓				✓		✓	✓		✓			
Crab & Corn Salad												✓		✓			
Edamame Beans	✓	✓							✓								
Egg & Spinach Protein Pot	✓				✓												
Greek Salad	✓			✓			WHEAT, RYE					✓				PINENUTS	
Smoked Salmon & Spinach Protein Pot					✓						✓	✓			✓		
Wild Crayfish & Avocado											✓	✓		✓			

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Sandwiches		Suitable for		14 June 2022 version 2												
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Chicken Avocado Granary				✓	✓		WHEAT, BARLEY		✓		✓	✓				
Classic Super Club Granary					✓		WHEAT, BARLEY		✓		✓	✓				
Crab & Avocado Granary					✓		WHEAT, BARLEY		✓		✓	✓		✓		
Cracking Egg Salad Granary	✓				✓		WHEAT, BARLEY		✓		✓	✓				
Ham & Cheese Granary				✓			WHEAT, BARLEY				✓	✓				
Mature Cheddar Granary	✓			✓	✓		WHEAT, BARLEY		✓		✓	✓				
Smoked Salmon				✓			WHEAT, BARLEY				✓	✓			✓	
Pole Line Caught Tuna & Rocket					✓		WHEAT, BARLEY		✓		✓	✓			✓	
Wild Crayfish & Rocket Granary					✓		WHEAT, BARLEY		✓		✓	✓		✓		

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Pret Snacks		Suitable for		14 June 2022 version 2												
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Cranberries in Coats	✔			✘												
Pret A Mango	✔	✔														
Tyrrells Lightly Sea Salted Crisps	✔															
Tyrrells Mature Cheddar & Chives Crisps	✔			✘												
Tyrrells Sea Salt & Cider Vinegar Crisps	✔	✔					BARLEY									
Tyrrells Sea Salt & Cracked Black Pepper Crisps	✔															

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Sweet Treats		Suitable for		14 June 2022 version 2												
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Brownie Bar	✓			✓	✓		WHEAT		✓							
Choc Bar	✓			✓			WHEAT		✓							
Chocolate Chunk Cookie	✓			✓			WHEAT									
Fruit, Oat & Spelt Cookie	✓			✓			WHEAT, OAT, SPELT									
Love Bar	✓			✓			OATS		✓							PISTACHIO, ALMONDS
Muffin Double Berry	✓			✓	✓		WHEAT									
Popcorn bar	✓			✓					✓							
Shortbread	✓			✓			WHEAT									

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Wraps		Suitable for														
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Avocado & Herb Salad Wrap	✔			✔	✔		WHEAT, RYE		✔		✔	✔				PINENUTS
Crayfish & Chipotle Salad Wrap							WHEAT, RYE					✔		✔		
Chicken & Rocket Salad Wrap				✔	✔		WHEAT, RYE		✔		✔	✔				
Chilli Crab & Crunchy Veg Salad Wrap							WHEAT, RYE							✔		
Hoisin Duck Salad Wrap			✔		✔		WHEAT, RYE		✔			✔				

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Barista Prepared Drinks		Suitable for		14 June 2022 version 2													
Product	Vegetarians	Vegans	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Coffee																	
Americano Black	✓	✓															
Americano White Milk	✓			✓													
Americano White Rice Coconut	✓	✓															
Americano White Soya	✓	✓								✓							
Americano White Oat	✓	✓					OAT										
Cappuccino Milk	✓			✓													
Cappuccino Rice Coconut	✓	✓															
Cappuccino Soya	✓	✓								✓							
Cappuccino Oat	✓	✓					OAT										
Decaf Latte Milk	✓			✓													
Decaf Latte Rice Coconut	✓	✓															
Decaf Latte Soya	✓	✓								✓							
Decaf Latte Oat	✓	✓					OAT										
Espresso	✓	✓															
Filter - Black Coffee	✓	✓															
Filter - White Coffee Milk	✓			✓													
Filter - White Coffee Rice Coconut	✓	✓															
Filter - White Coffee Soya	✓	✓								✓							
Filter - White Coffee Oat	✓	✓					OAT										
Flat White Milk	✓			✓													
Flat White Rice Coconut	✓	✓															
Flat White Soya	✓	✓								✓							
Flat White Oat	✓	✓					OAT										
Latte Milk	✓			✓													
Latte Rice Coconut	✓	✓															
Latte Soya	✓	✓								✓							
Latte Oat	✓	✓					OAT										
Macchiato Milk	✓			✓													
Macchiato Rice Coconut	✓	✓															
Macchiato Soya	✓	✓								✓							
Macchiato Oat	✓	✓					OAT										
Mocha Milk	✓			✓													
Mocha Rice Coconut	✓	✓															
Mocha Soya	✓	✓								✓							
Mocha Oat	✓	✓					OAT										

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Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Over Ice & Frappes																
Chocolate Frappe	✓			✓												
Classic Frappe	✓			✓												
Iced Americano Black	✓	✓														
Iced Americano White Milk	✓			✓												
Iced Americano White Rice Coconut	✓	✓														
Iced Americano White Soya	✓	✓							✓							
Iced Americano White Oat	✓	✓					OAT									
Iced Cappuccino Milk	✓			✓												
Iced Cappuccino Rice Coconut	✓	✓														
Iced Cappuccino Soya	✓	✓							✓							
Iced Cappuccino Oat	✓	✓					OAT									
Iced Caramel Latte	✓			✓												
Iced Caramel Latte Rice Coconut	✓	✓														
Iced Caramel Latte Soya	✓	✓							✓							
Iced Caramel Latte Oat	✓	✓					OAT									
Iced Chocolate Milk	✓			✓												
Iced Chocolate Rice Coconut	✓	✓														
Iced Chocolate Soya	✓	✓							✓							
Iced Chocolate Oat	✓	✓					OAT									
Iced Filter Coffee Black	✓	✓														
Iced Filter Coffee White Milk	✓			✓												
Iced Filter Coffee White Rice Coconut	✓	✓														
Iced Filter Coffee White Soya	✓	✓							✓							
Iced Filter Coffee White Oat	✓	✓					OAT									
Iced Hazelnut Latte Milk	✓			✓												HAZELNUT
Iced Hazelnut Latte Rice Coconut	✓	✓														HAZELNUT
Iced Hazelnut Latte Soya	✓	✓							✓							HAZELNUT
Iced Hazelnut Latte Oat	✓	✓					OAT									HAZELNUT
Iced Latte Milk	✓			✓												
Iced Latte Rice Coconut	✓	✓														
Iced Latte Soya	✓	✓							✓							
Iced Latte Oat	✓	✓					OAT									
Iced Lemon Tea	✓	✓														
Iced Mocha Milk	✓			✓												
Iced Mocha Rice Coconut	✓	✓														
Iced Mocha Soya	✓	✓							✓							
Iced Mocha Oat	✓	✓					OAT									
Smoothie - Mango & Pineapple	✓	✓														
Smoothie - Strawberry & Banana	✓	✓														

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Barista Prepared Drinks			Suitable for		14 June 2022 version 2												
Product	Vegetarians	Vegans	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Flavoured Latte/ Tea																	
Chai Latte Milk	✔			✔													
Chai Latte Rice Coconut	✔	✔															
Chai Latte Soya	✔	✔							✔								
Chai Latte Oat	✔	✔					OAT										
Caramel Latte Milk	✔			✔													
Caramel Latte Rice Coconut	✔	✔															
Caramel Latte Soya	✔	✔							✔								
Caramel Latte Oat	✔	✔					OAT										
Hazelnut Latte Milk	✔			✔												HAZELNUT	
Hazelnut Latte Rice Coconut	✔	✔														HAZELNUT	
Hazelnut Latte Soya	✔	✔							✔							HAZELNUT	
Hazelnut Latte Oat	✔	✔					OAT									HAZELNUT	
Matcha Latte Milk	✔			✔													
Matcha Latte Rice Coconut	✔	✔															
Matcha Latte Soya	✔	✔							✔								
Matcha Latte Oat	✔	✔					OAT										
Vanilla Latte Milk	✔			✔													
Vanilla Latte Rice Coconut	✔	✔															
Vanilla Latte Soya	✔	✔							✔								
Vanilla Latte Oat	✔	✔					OAT										
Hot Chocolate																	
Hot Chocolate Milk	✔			✔													
Hot Chocolate with Rice-Coconut	✔	✔															
Hot Chocolate Soya	✔	✔							✔								
Hot Chocolate Oat	✔	✔					OAT										
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			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Milk Cup																	
Batycino	✓			✓													
Milk Whole	✓			✓													
Milk Semi-Skimmed	✓			✓													
Rice Coconut	✓	✓															
Soya	✓	✓							✓								
Oat	✓	✓					OAT										
Syrups																	
Syrup Shot - Caramel	✓	✓															
Syrup Shot - Hazelnut	✓	✓														HAZELNUT	
Syrup Shot - Vanilla	✓	✓															
Tea																	
English Breakfast Tea Milk	✓			✓													
English Breakfast Tea Rice-Coconut	✓	✓															
English Breakfast Tea Soya	✓	✓						✓									
English Breakfast Tea Oat	✓	✓					OAT										
Earl Grey Tea Milk	✓			✓													
Earl Grey Tea Rice-Coconut	✓	✓															
Earl Grey Tea Soya	✓	✓						✓									
Earl Grey Tea Oat	✓	✓					OAT										
Green Tea	✓	✓															
Matcha Tea	✓	✓															
Peppermint Tea	✓	✓															
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