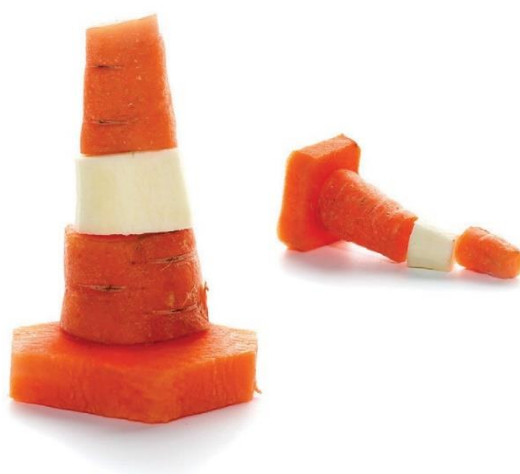


We can't guarantee any of our products are suitable for those with allergies due to a high risk of cross contamination. Our vegan products are made to a vegan recipe but are not suitable for those with dairy and egg allergies. Please take care.

# Pret's *Ingredient* List



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

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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## Baguettes

### 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, Roasted **Pine Nuts**, Basil, Rapeseed Oil, Tomato Concentrate, 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 Yogurt (**Milk**), Mature Cheese (**Milk**), Water, Free-Range **Egg** Yolk, Italian Hard Cheese (Cheese (**Milk**), Preservative: Lysozyme (**Egg**)), Red Wine Vinegar, Salt, Sugar, Cornflour, Spirit Vinegar, Concentrated Lemon Juice, Anchovy (**Fish**), Cane Molasses, Dried Garlic, Tamarind Paste, Onion Powder, Spices, Olive Oil, **Sesame** Seeds.

### 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.

### 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**).

### Naked Chicken Katsu Baguette

White Baguette (**Wheat** Flour, Water, Yeast, Salt, **Wheat** Gluten, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Chicken Breast (19%), Cucumber, Carrot, Rapeseed Oil, Onion, Coconut Milk (Coconut Extract, Water), Mooli, Water, Pickled Onions (Red Onion, Cider Vinegar (**Sulphites**), Rice Vinegar (**Sulphites**), Sugar (**Sulphites**), Water), Coriander, Salt, Free-Range **Egg** Yolk, Ginger Purée, Pear, Tomato Purée, Soya Sauce (Water, Salt, Glucose Syrup, **Barley** Malt Extract, Spirit Vinegar, **Soya** Bean, **Wheat** Flour), Palm Oil, Ground Spices (Cumin, Turmeric, Coriander, Fenugreek, Allspice, Clove, Cinnamon, Nutmeg, Cardamom, Black Pepper, Chilli Powder, Lovage, Garlic, White Pepper, Mace), Agave Syrup, **Wheat** Flour, Spirit Vinegar, Cornflour, Garlic Purée, Sugar, Concentrated Lemon Juice, Maltodextrin, Potato Starch, Yeast Extract, Onion

Powder, Parsnip Powder, Dried Parsley, Sunflower Oil, Lovage Extract.

### 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, Free-Range **Egg** Yolk, **Mustard** Flour, 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, Acid: Citric Acid; Colour: Plain 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 (Plain Caramel), Natural Cinnamon Flavouring with Other Natural Flavourings, Natural Clove Flavouring, Natural Flavouring, preservative (Potassium Sorbate).

## **Toppings/Other**

### Cinnamon Powder

### Cream

Cream (**Milk**).

### Sweetener

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



## Pret's Frappes & Shakes

### 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).

### Mocha Frappe

Semi-Skimmed/Skimmed **Milk**, Water, Whole **Milk** Powder, Sugar, Espresso (Water, Arabica Coffee Beans), Fructose, Cocoa Powder (2.5%), Thickener: Xanthan Gum; Salt, Natural Vanilla Flavouring.

### Caramel Shake

Semi-Skimmed/Skimmed **Milk**, Water, Whole **Milk** Powder, Fructose, Sugar, Thickener: Xanthan Gum; Salt, Natural Vanilla Flavouring, Natural Flavouring, Acid: Citric Acid; Colour: Plain Caramel.

### Vanilla Shake

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

### Hazelnut Flavour Shake

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

*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.

## Pumpkin Spice Latte

Semi-Skimmed / Skimmed **Milk**, Espresso, Pumpkin Spice Syrup (Sugar, Water, Natural Pumpkin Flavouring, Concentrated Lemon Juice, colour (Plain Caramel), Natural Cinnamon Flavouring with Other Natural Flavourings, Natural Clove Flavouring, Natural Flavouring, preservative (Potassium Sorbate)), Cinnamon Powder.

*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).

## Nutty Salted Caramel Brownie

Salted Caramel (21%) (**Milk**, Sugar, Salted Butter (**Milk**, Salt), Golden Syrup (Partially Inverted Refiners Syrup), Palm Oil, Whey Powder (**Milk**), Vanilla Flavouring, Salt), Dark Chocolate (14%)(Sugar, Cocoa Mass, Cocoa Butter, Fat Reduced Cocoa Powder, Emulsifier: **Soya** Lecithin, Vanilla Extract), Sugar, Milk Chocolate (12%)(Sugar, Cocoa Butter, Whole **Milk** Powder, Cocoa Mass, Emulsifier: **Soya** Lecithin, Vanilla Extract), Free-Range **Egg**, Salted Butter (**Milk**, Salt), **Walnuts** (6%), **Almonds**, Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Cocoa Powder, Cocoa Mass, Vanilla Flavouring, Raising Agents: Diphosphates, Potassium Hydrogen Carbonate, Salt.

## 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 (**Milk**), Water, Free-Range **Egg** Yolk, Sea Salt, Spirit Vinegar, Black Pepper, **Mustard** Flour, 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.

## 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 & 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.

### Vegan Breakfast Baguette

White Baguette (**Wheat** Flour, Water, Yeast, Salt, **Wheat** Gluten, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Avocado (29%), Chestnut Mushrooms (11%), Roasted Tomatoes (9%) (Tomato, Sunflower Oil, Sugar, Salt), Lemon Juice, Rapeseed Oil, Brown Sugar, Basil, Tamari Soya Sauce (Water, **Soya** Bean, Salt, Alcohol), Sea Salt, Black Pepper, Water, Sunflower Oil, Extra Virgin Olive Oil, Miso Paste (Water, **Soya** Bean, Rice, Salt), Cornflour, Salt.

## Breakfast Bowls

### Acai & Almond Butter Bowl

Banana, Acai Purée (12%), Apple, **Oats**, Almond Butter (7%) (**Almonds**, Sea Salt), Banana Purée, Cherry Purée, Blackcurrants, Pomegranate Seeds, Raspberries, Blackberries, Strawberries, Blackcurrant Juice, Muscovado Sugar, Golden Syrup (Partially Inverted Refiners Syrup), Pumpkin Seeds, Raisins, Sunflower Oil, Golden Linseed, Concentrated Apple Juice, Buckwheat Flakes, Cassia, Salt.

### 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.

### Honey & Granola Pot

Natural Yogurt (**Milk**), Honey (15%), **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).

### **Roots & Fruits**

Beetroot (37%), Coconut Water (16%), Cherry (14%), Apple (13%), Raspberry (12%), Water, Lime (3%), Green Tea Extract (0.5%), 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.



## Pret Cans

### Apple Fizz

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

### Cucumber & Cool Mint Seltzer

Carbonated Water, Flavourings, Acid: Citric 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).

### Zesty Lime & Raspberry Seltzer

Carbonated Water, Flavourings, Acid: Citric Acid.

### Black Cold Brew Coffee

Water, Cold Brew Coffee Concentrate (8%) (Water, Arabica Coffee\*), Acidity Regulator: Sodium Bicarbonate.

\*Organically grown ingredients. Total organic agricultural ingredient content: 100%.

### Latte Cold Brew Coffee

Semi-Skimmed **Milk** (77%), Cold Brew Coffee Concentrate (10%) (Water, Arabica Coffee\*), Water, Sugar, Acidity Regulator: Sodium Bicarbonate; Stabiliser: Carrageenan.

\*Organically grown ingredients. Total organic agricultural ingredient content: 2%.

### Mocha Cold Brew Coffee

Semi-Skimmed **Milk** (75%), Cold Brew Coffee Concentrate (10%) (Water, Arabica Coffee\*), Water, Sugar, Fat-Reduced Cocoa Powder\* (1%), Acidity Regulator: Sodium Bicarbonate; Salt, Stabiliser: Carrageenan.

\*Organically grown ingredients. Total organic agricultural ingredient content: 3%.

## **Pret Stills**

### **Cranberry, Raspberry & Pomegranate**

\*Water, Apple Juice from Concentrate (31%), Raspberry Juice (5%), Cranberry Juice from Concentrate (4.6%), Pomegranate Juice from Concentrate (3.7%), Lemon Juice.

Or

\*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).

\*We are improving our recipe, please check the back of can for details.

### **Green Tea & Peach**

\*Water, Apple Juice from Concentrate (31%), Peach Juice from Concentrate (18%), Lemon Juice, Green Tea Extract (0.1%), Flavourings.

Or

\*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).

\*We are improving our recipe, please check the back of can for details.

### **Lemon & Ginger**

\*Water, Apple Juice from Concentrate (31%), Lemon Juice (3%), Lemon Comminute from Concentrate (2.4%), Ginger Flavouring (0.1%).

Or

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

\*We are improving our recipe, please check the back of can for details.

### **Mango, Passion Fruit & Lime**

Water, Apple Juice from Concentrate (31%), Mango Purée (5%), Passion Fruit Juice (2.5%), Lime Juice (1.5%).

### **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, Melon, Mango, Apple, Kiwi Fruit, Blueberries.

### Superfruit Salad

Mango, Kiwi Fruit, Pomegranate, Blueberries.

### Watermelon & Lime

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

### Melon & Blueberry

Orange Melon (87%), Blueberries (13%)

## Pret's Hot

### Spicy Chicken Enchilada Bake

Spicy Red Pepper Sauce (Tomato, Red Pepper, Red Onion, Tomato Paste, Water, Rapeseed Oil, Balsamic Vinegar of Modena (Wine Vinegar, Grape Must), Sugar, Garlic Purée, Salt, Cornflour, Dried Chilli, Black Pepper), 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), Whole **Milk**, Chicken Breast (9%), Red Onion, Red Kidney Beans, Water, Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Barber's Mature Cheddar Cheese (**Milk**), Hard Cheese (**Milk**), Haricot Beans, Red Pepper, Tomato, **Celery**, Carrot, Black Eyed Beans, Borlotti Beans, Cannellini Beans, Tomato Paste, Butter (**Milk**), Salt, Extra Virgin Olive Oil, Parsley, Garlic, Maize Starch, Ground Spices (Smoked Paprika, Paprika, White Pepper, Black Pepper, Chilli, Garlic, Lovage, Turmeric, Mace, Nutmeg), Red Chilli, Dark Couverture Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **Soya** Lecithin; Vanilla Flavouring), Cumin Seeds, Corn Oil, Yeast, Maltodextrin, Chilli Flakes, Oregano, Yeast Extract, Potato Starch, Sugar, Onion Powder, Sunflower Oil, Parsnip Powder, Dried Parsley, Lovage Extract.

### Meatless Meatball Protein Pot

Tomato, Cannellini Beans, Meatless Meatballs (14%) (Water, Pea Protein, Rapeseed Oil, Roasted Onion, Thyme, Shea Oil, Garlic, Parsley, Thickener: Methyl Cellulose; Dried Onion, Coconut Oil, Pea Fibre, Potato Starch, Salt, Yeast Extract, Flavouring, Caramelised Carrot Concentrate, Potato Fibre, Black Pepper, Caramelised Sugar, Carrot Concentrate, Dried Potato, Acidity Regulator: Ascorbic Acid; Fruit and Vegetable Extracts (Beetroot, Radish, Tomato), Sunflower Oil, Sugar, Leek Powder, Concentrated Lemon Juice, Bay Leaf, Sage Oil), Onion, Borlotti Beans, Mushroom, Tomato Purée, Water, Rapeseed Oil, Salt, Paprika, Sherry Vinegar, Black Pepper, Oregano.

### Pret's Chicken & Chilli Burrito

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), Cooked Brown Rice (Water, Brown Rice), Chicken Breast (13%), Black Beans, Red Pepper, Mature Cheddar Cheese (**Milk**), Red Onion, Bell Pepper, Red Kidney Beans, Water, Haricot Beans, Muscovado Sugar, Cooked Red Quinoa (Water, Red Quinoa), Tomato, **Celery**, Carrot, Black Eyed Beans, Borlotti Beans, Tomato Paste, Cannellini Beans, Red Wine Vinegar, Lemon Juice, Onion, Sunflower Oil, Salt, Rapeseed Oil, Garlic, Jalapeño Chilli, Lime Juice, Maize Starch, Olive Oil, Cumin Seeds, Ground Spices (Smoked Paprika, Paprika, Cumin, Black Pepper, Chilli, Lovage, Turmeric, White Pepper, Garlic, Mace, Nutmeg), Red Chilli, Dark Couverture Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **Soya** Lecithin; Vanilla Flavouring), Cracked Black Pepper, Vinegar, Coriander Seeds, Sugar, Chilli Flakes, Oregano, Chilli, Cayenne Pepper, Black Pepper, Maltodextrin, Potato Starch, Yeast Extract, Onion Powder, Parsnip Powder, Flavouring, Dried Parsley, Lovage Extract.

## 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), Bell 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%), Grevé Cheese (**Milk**), Bell Pepper, Red Pepper, Red Onion, Onion, Muscovado Sugar, Red Wine Vinegar, Sunflower Oil, Jalapeño Chilli, Salt, Palm Oil, Water, Tomato Paste, **Wheat** Flour, Maize Starch, Garlic, Sea Salt, Black Pepper,

Vinegar, Sugar, Cayenne Pepper, Flavouring.

### 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, Jalapeño Chilli, Water, Tomato Paste, Maize Starch, Salt, Garlic, Sea Salt, Black Pepper, Sugar, Concentrated Lemon Juice, Vinegar, Dried Garlic, Dried Herbs, Cayenne Pepper, Flavouring, Basil Flavouring.

### Meatless Meatball Hot Wrap

Meatless Meatballs (42%) (Water, Pea Protein, Rapeseed Oil, Roasted Onion, Thyme, Shea Oil, Garlic, Parsley, Thickener: Methyl Cellulose; Dried Onion, Coconut Oil, Pea Fibre, Potato Starch, Salt, Yeast Extract, Flavouring, Caramelised Carrot Concentrate, Potato Fibre, Black Pepper, Caramelised Sugar, Carrot Concentrate, Dried Potato, Acidity Regulator: Ascorbic Acid; Fruit and Vegetable Extracts (Beetroot, Radish, Tomato), Sunflower Oil, Sugar, Leek Powder, Concentrated Lemon Juice, Bay Leaf, Sage Oil), 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), Bell Pepper, Red Pepper, Red Onion, Onion, Cherry Tomato, Semi-Dried Red Pepper, Rapeseed Oil, Muscovado Sugar, Tomato Concentrate, Red Wine Vinegar, Sunflower Oil, Jalapeño Chilli, Water, Palm Oil, Tomato Paste, Maize Starch, **Wheat** Flour, Salt, Garlic, Sugar, Concentrated Lemon Juice, Vinegar, Dried Garlic, Dried Herbs, Black Pepper, Cayenne Pepper, Flavouring, 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 (13%) (Cheese (**Milk**), Acidity Regulator: Citric Acid), Vegetarian Mature Cheese (**Milk**) (6%), Rapeseed Oil, Spring Onion, Water, Free-Range **Egg** Yolk, **Mustard** Flour, 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, Free-Range **Egg** Yolk, **Mustard** Flour, 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), Chicken Breast (20%), Bell Pepper, Red Pepper, Roasted Tomatoes (Tomato, Sunflower Oil, Sugar, Salt), Muscovado Sugar, Rapeseed Oil, Red Wine Vinegar, Water, Onion, Sunflower Oil, Jalapeño Chilli, Tomato Paste, Salt, Maize Starch, Garlic, Free-Range **Egg** Yolk, Paprika, Vinegar, Sugar, Spirit Vinegar, Cornflour, Sea Salt, Chilli Flakes, Black Pepper, Concentrated Lemon Juice, Cayenne Pepper, Flavouring.

## 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), Bell 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.

### Pret's Almond Butter Protein Ball

**Almond** Butter (32%), Rice Syrup, **Soya** Protein Isolate (12%), Nibbed **Almonds** (8%), Concentrated Grape Juice, Rice Starch, Rice Bran, Rice Protein (4%), Crisped Rice (Rice Flour, Sugar, Rice Bran, Rice Bran Extract), Chicory Fibre, Brown Rice Flour, Stabiliser: Guar Gum; Flavourings, Rice Bran Flour, Sea Salt.

## Crisps & Popcorn

### Chilli, Bean & Seed Tortilla Chips

Corn Flour, Sunflower Oil, Red Kidney Beans (6%), Black Eyed Beans (6%), Sugar, Salt, Brown Linseed, Pumpkin Seeds, Golden Linseed, Sunflower Seeds, Garlic Powder, Acids: Citric Acid, Tartaric Acid; Onion Powder, Tomato Powder, Chilli Powder, Spice Extracts (Chilli, Capsicum), Yeast Extract, Cayenne Pepper, Colour: Paprika Extract; Flavouring, Cumin Powder, Oregano.

### Pret Mature Cheddar & Red Onion Crisps

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

## Pret Sea Salt & Vinegar Crisps

Potato, Sunflower Oil, Suffolk Cider Vinegar Powder, Sea Salt, Rice Flour, Apple Powder, Sugar, Yeast Extract Powder, Acidity Regulator: Citric Acid.

## Pret Sea Salt Crisps

Potato, Sunflower Oil, Sea Salt.

## Sea Salt Popcorn

Popped Corn (78%), Rapeseed Oil, Sea Salt.

## Smoked Chipotle Crisps

Potato, Sunflower Oil, Tomato Powder, Sugar, Smoked Paprika, Garlic Powder, Salt, Dried Red Bell Pepper, Sea Salt, Lemon Juice Powder, Smoked Salt, Onion Powder, Spirit Vinegar Powder, Yeast Extract Powder, Cumin Powder, Acidity Regulator: Citric Acid; Chilli Powder, Flavourings, Cayenne Pepper, Chipotle Chilli Pepper, Oregano, Coriander Powder, Colour: Paprika Extract.

## Sweet & Salt Popcorn

Popped Corn (53%), Rapeseed Oil, Sugar, Salt.

## Vegetable Crisps

Vegetables in varying 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, Sugar, Sunflower Oil, Cornflour, Concentrated Lemon Juice, Spirit Vinegar, Anchovy (**Fish**), Cane Molasses, Dried Garlic, Tamarind Paste, Onion Powder, Spices, Olive Oil.

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, 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.

## Roasted Chickpeas, Mozzarella & Pesto Salad Bowl

Vegetarian Mozzarella Cheese (18%) (Cheese (**Milk**), Acidity Regulator: Citric Acid), Salad Vegetable Mix in varying proportions (Apollo Lettuce, Spinach, Red Chard, Red Salanova® Lettuce, Baby Red Leaf Lettuce), Chickpeas (17%), Tomato, Avocado, French Dressing, Pesto (6%) (Sunflower Oil, Basil, Spinach, **Pine Nuts**, Vegetarian Medium Fat Hard Cheese (**Milk**), Garlic Purée, Salt, Acidity Regulator: Citric Acid), Lemon, Vegetarian Mature Cheese (**Milk**), Rapeseed Oil, Roasted **Pine Nuts**, Water, Lemon Juice, Garlic Powder, Salt, Smoked Paprika, 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), Salad Vegetable Mix in varying proportions (Apollo Lettuce, Spinach, Red Chard, Red Salanova® Lettuce, Baby Red Leaf Lettuce), Green Dressing, Lime, Avocado, Mango (9%), Edamame **Soya** Beans, Carrot, Pickled Onions (Red Onion, Cider Vinegar (**Sulphites**), Rice Vinegar (**Sulphites**), Sugar (**Sulphites**), Water), Mooli, 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.

## Smoked Salmon Protein Box

Smoked Salmon (25%) (Salmon (**Fish**), Sea Salt), Free-Range Boiled **Egg** (24%), Spinach, Avocado, French Dressing, Edamame **Soya** Beans, Lemon, Lemon Juice, 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.

## Tamari & Ginger Chicken Salad Bowl

Salad Vegetable Mix in varying proportions (Apollo Lettuce, Spinach, Red Chard, Red Salanova® Lettuce, Baby Red Leaf Lettuce), Chicken Breast (15%), Green Dressing, Cooked Brown Rice (Water, Brown Rice), Lime, Tamari & Ginger Dressing (Water, Sugar, Lime Juice, Brown Sugar, Ginger, **Soya** Bean, Salt, Lime Zest, Spirit Vinegar, Cornflour, Stabiliser: Xanthan Gum), Carrot, Edamame **Soya** Beans, Red Cabbage, Mooli, Cooked Red Quinoa (Water, Red Quinoa), Sugar, Spirit Vinegar, Lemon Juice, White **Sesame** Seeds, Black **Sesame** Seeds, Salt, Sunflower Oil, Cracked Black Pepper.

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**, **Wheat** Bran, Yeast, **Wheat** Gluten, **Barley** Malt Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Avocado (30%), Chicken Breast (21%), Salad Vegetable Mix in varying proportions (Apollo Lettuce, Spinach, Red Chard, Red Salanova® Lettuce, Baby Red Leaf Lettuce), Natural Yogurt (**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**, **Wheat** Bran, Yeast, **Wheat** Gluten, **Barley** Malt Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), 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 (47%) (**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**, **Wheat** Bran, Yeast, **Wheat** Gluten, **Barley** Malt Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), **Mustard** Cress.

## Ham & Cheese Sandwich

Malted Wholegrain Bread (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **Wheat**, **Wheat** Bran, Yeast, **Wheat** Gluten, **Barley** Malt Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Wiltshire-Cured Ham (31%) (Pork, Salt, Sugar, Antioxidant: Sodium Ascorbate; Preservatives: Sodium Nitrite, Potassium Nitrate), Mature Cheddar Cheese (**Milk**) (21%), Butter (**Milk**), Sea Salt, Black Pepper.

## Kids' Ham Sandwich

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

## Mature Cheddar & Pickle Sandwich

Malted Wholegrain Bread (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **Wheat**, **Wheat** Bran, Yeast, **Wheat** Gluten, **Barley** Malt Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Tomato, Vegetarian Mature Cheddar Cheese (**Milk**) (17%), 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.

## Pret's Christmas Lunch

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), British Turkey Breast (23%), Pork Stuffing (19%) (Pork Shoulder, Pancetta (Pork, Salt, Dextrose, Glucose Syrup, Preservatives: Potassium Nitrate, Sodium Nitrite; Stabiliser: Sodium Ascorbate; Flavouring, Garlic Powder), Onion, Apricot (**Sulphites**), Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Butter (**Milk**), Pork Belly, Lemon Juice, Sage, Rosemary, Thyme, Salt, Parsley, Black Pepper, Yeast, Raising Agent: Ammonium Bicarbonate), Cranberry Sauce (10%) (Cranberry, Sugar, Water, Port, Gelling Agent: Pectins; Orange Zest, Lemon Zest, Ginger Powder), Spinach, Rapeseed Oil, Onion, Water, Salt, Free-Range **Egg** Yolk, Palm Oil, **Wheat** Flour, Sea Salt, Spirit Vinegar, Black Pepper, Cornflour, Sugar, 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**, **Wheat** Bran, Yeast, **Wheat** Gluten, **Barley** Malt Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Smoked Salmon (42%) (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**, **Wheat** Bran, Yeast, **Wheat** Gluten, **Barley** Malt Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), 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%), Edamame Beans (**Soya**), Coconut Milk (4%) (Coconut Extract, Water), Tamari Sauce (Water, Soya Bean (**Soya**), Salt, Alcohol), Ginger Purée, Garlic Purée, Brown Rice, Tomato Paste, Rapeseed Oil, Katsu Curry Powder (Turmeric, Coriander, Cumin, Onion, Garlic, Fennel, Fenugreek, Black Pepper, Cassia, Nutmeg, Red Chilli, Clove, Bay Leaf), Coriander, Salt, Demerara Sugar, 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.

## Miso Soup

Water, **Soya** Bean, Salt, Rice, Alcohol, Wakame Seaweed, Seaweed Extract, Sugar, Yeast Extract, **Fish** Extract, Soy sauce (Water, **Wheat**, **Soya** Bean, Salt), **Fish** Extract, **Barley** Flour.

## 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) Flavourings, 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).

### Banana Cake

Banana (21%) (Banana, Antioxidant: Ascorbic Acid), Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Brown Sugar, Rapeseed Oil, Icing Sugar, Free-Range **Egg**, Full Fat Soft Cheese (**Milk**), Salted Butter (Butter (**Milk**), Salt), White Chocolate (Sugar, Cocoa Butter, Whole **Milk** Powder, Emulsifier: **Soya** Lecithin; Vanilla Extract), Dried Banana (2%) (Banana, Rice Flour), Raising Agent: Diphosphates, Sodium Bicarbonate, Potassium Hydrogen Carbonate; Cornflour, Salt.

### Carrot Cake

Carrot (16%), Brown Sugar, Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Icing Sugar, Free-Range **Egg**, Pineapple (Pineapple, Pineapple Juice), Desiccated Coconut, **Walnuts**, Full Fat Soft Cheese (**Milk**), Black Treacle, Salted Butter (Butter (**Milk**), Salt), White Chocolate (Sugar, Cocoa Butter, Whole **Milk** Powder, Emulsifier: **Soya** Lecithin; Vanilla Extract), Ground Cinnamon, Raising Agent: Sodium Bicarbonate; Salt, Cornflour.

### Caramel Waffle

Glucose-Fructose Syrup, **Wheat** Flour, Sugar, Palm Fat, Concentrated Butter (**Milk**), Sugar Syrup, **Soya** Flour, Rapeseed Oil, **Wheat** Fibre, Salt, Emulsifiers: **Soya** Lecithin, Mono- and Diglycerides of Fatty Acids; Raising Agent: Sodium Bicarbonate; Cinnamon, Acid: Citric Acid; Ground Bourbon Vanilla.

### 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).

## 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.

## 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.

## Popcorn Bar

White Chocolate (48%) (Sugar, Cocoa Butter, Whole **Milk** Powder, Emulsifier: **Soya** Lecithin, Vanilla Extract), Puffed Rice (23%) (Rice, Sugar, Salt), Caramel (13%) (Sugar, Glucose Syrup, Palm Oil, Sweetened Condensed Milk (**Milk**, Sugar), Rapeseed Oil, Water, Salt, Flavouring, Emulsifier **Soya** Lecithin, Colours: Curcumin, Annatto), Popcorn (8%) (Corn Kernels, Rapeseed Oil), Milk Chocolate (5%) (Sugar, Cocoa Butter, Whole **Milk** Powder, Cocoa Mass, Emulsifier: **Soya** Lecithin, Vanilla Extract), Cocoa Butter.

## Gluten-Free Pret's Nut Bar

**Almonds** (39%), Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Fat-Reduced Cocoa Powder, Emulsifier: **Soya** Lecithin, Vanilla Extract), Rice Syrup, Carob Fruit Syrup, Coconut Chips, Pumpkin Seeds, Sweetened Dried Cranberries (Cranberries, Apple Juice Concentrate, Sunflower Oil), Coconut Oil, Coconut Milk (Coconut Milk, Water), Chicory Root Fibre, Rapeseed Oil, Salt.

## Chocolatey Coconut Bite

Creamed Coconut (27%), Desiccated Coconut (27%), Dark Chocolate (21%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (**Soya** Lecithin), Natural Vanilla Flavouring (Contains Min Cocoa Solids 54%)), Carob Syrup, Coconut Oil (11%), Natural Flavouring, Salt.

## Almond Butter Bites

Dark Chocolate (65%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (**Soya** Lecithin), Natural Vanilla Flavouring), Almond Butter (35%) (**Almonds**, Sea Salt), Sea Salt, Emulsifier (**Soya** Lecithin).

## 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%.

## Lemon Cheesecake

Cream Cheese Mix (Full Fat Soft Cheese (**Milk**) (42%), Whipping Cream (**Milk**), Sugar, Double Cream (**Milk**), Lemon Concentrate, Water), Lemon Curd (27%) (Glucose, Water, Sugar, Butter **Milk**), Lemon Concentrate, Maize Starch, Dried **Egg**, Gelling Agent: Pectins, Acidity Regulator: Citric Acid, Emulsifier: Lecithin, Lemon Oil, Colour: Lutein), Ginger Biscuit Crumb (17%) (**Wheat** Flour, Sugar, Butter (**Milk**), Palm Oil, Rapeseed Oil, Invert Sugar Syrup, Treacle, Ginger Powder, Raising Agent:

Sodium Bicarbonate, 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).

## SALAD WRAPS & FLAT BREADS

### Avocado & Herb Salad Wrap

Avocado (29%), 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 Yogurt (**Milk**), Roasted **Pine Nuts**, Vegetarian Mature Cheese (**Milk**), Rapeseed Oil, Water, Basil, Free-Range **Egg** Yolk, Sea Salt, Black Pepper, Spirit Vinegar, Sugar, Salt, Cornflour.

### 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, Bell 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 (25%) (Cooked Chickpeas (Chickpeas, Water), Rapeseed Oil, **Sesame** Seed Paste, Concentrated Lemon Juice, Water, Garlic Purée, Salt), Bell Pepper, Carrot, Spinach, Chipotle Ketchup (7%) (Red Pepper, Muscovado Sugar, Red Wine Vinegar, Onion, Sunflower Oil, Jalapeño Chilli, Water, Tomato Paste, Maize Starch, Garlic, Salt, Vinegar, Sugar, Black Pepper, Cayenne Pepper, Flavouring), Red Cabbage, Mooli, Coriander, Sugar, Spirit Vinegar, Salt.

### Falafel, Avo & Chipotle Flat Bread

Flat Bread (Wholemeal **Wheat** Flour, Water, Yeast (Yeast, Vitamin D Yeast), Extra Virgin Olive Oil, Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Salt, **Wheat** Starch), Avocado (26%), 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), Bell Pepper, Chipotle Ketchup (8%) (Red Pepper, Muscovado Sugar, Red Wine Vinegar, Onion, Sunflower Oil, Jalapeño Chilli, Water, Tomato Paste, Maize Starch, Garlic, Salt, Vinegar, Sugar, Black Pepper, Cayenne Pepper, Flavouring), Pickled Onions (Red Onion, Cider Vinegar (**Sulphites**), Rice Vinegar (**Sulphites**), Sugar (**Sulphites**), Water), Sweetcorn,

Coriander, Black Turtle Beans, Red Pepper, Lime Juice, Olive Oil, Salt, Black Pepper.

### Chicken, Pesto & Rocket Flat Bread

Flat Bread (Wholemeal **Wheat** Flour, Water, Yeast (Yeast, Vitamin D Yeast), Extra Virgin Olive Oil, Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Salt, **Wheat** Starch), Tomato, Chicken Breast (22%), Pesto (8%) (Sunflower Oil, Basil, Spinach, **Pine Nuts**, Medium Fat Hard Cheese (**Milk**), Garlic Purée, Salt, Acidity Regulator: Citric Acid), Rocket (6%), Rapeseed Oil, Roasted **Pine Nuts**, Water, Lemon Juice, Basil, Free-Range **Egg** Yolk, Salt, Spirit Vinegar, Cornflour, Sugar, Concentrated Lemon Juice.

## 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), Roasted Tomatoes (Tomato, Sunflower Oil, Sugar, Salt), Chipotle Ketchup (9%) (Red Pepper, Muscovado Sugar, Red Wine Vinegar, Onion, Sunflower Oil, Jalapeño Chilli, Water, Tomato Paste, Maize Starch, Garlic, Salt, Vinegar, Sugar, Black Pepper, Cayenne Pepper, Flavouring), Bell Pepper, Vegetarian Hard Cheese (**Milk**), **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

### AIRPORT – 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 (41%) (**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).

### AIRPORT – 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 (37%) (**Egg**, Rapeseed Oil, Water, **Egg** Yolk, Spirit Vinegar, Sugar, Black Pepper, Salt, Cornflour), Smoked Salmon (13%) (Salmon (**Fish**), Sea Salt), **Mustard** Cress.

### AIRPORT – Free-Range Egg Mayo & Avocado Baguette

White Baguette (**Wheat** Flour, Water, Yeast, Salt, **Wheat** Gluten, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Free-Range Egg Mayonnaise (32%) (**Egg**, Rapeseed Oil, Water, **Egg** Yolk, Spirit Vinegar, Sugar, Black Pepper, Salt, Cornflour), Avocado (26%), Lemon Juice, Sea Salt, Black Pepper.

# Pret At Home and Platters

## Humous & Crudités Platter

Humous (33%) (Cooked Chickpeas (Chickpeas, Water), Rapeseed Oil, **Sesame** Seed Paste, Concentrated Lemon Juice, Water, Garlic Purée, Salt), Cucumber, Red Pepper, Tomato.

## Ploughman's Platter

Mature Cheddar Cheese (**Milk**) (29%), Free-Range Boiled **Egg**, Tomato, Wiltshire-Cured Ham (13%) (Pork, Salt, Sugar, Antioxidant: Sodium Ascorbate; Preservatives: Sodium Nitrite, Potassium Nitrate), Salad Vegetable Mix in varying proportions (Apollo Lettuce, Spinach, Red Chard, Red Salanova® Lettuce, Baby Red Leaf Lettuce), Cucumber, Roasted Tomatoes (Tomato, Sunflower Oil, Sugar, Salt), Pret Pickle (Apple, Sugar, Water, Balsamic Vinegar (Red Wine Vinegar, Grape Must), Tomato Purée, Kibbled Onion, Raisins, Garlic Purée, Salt, Apple Extract, Ginger Powder).

## Smoked Salmon & Avo Platter

Smoked Salmon (26%) (Salmon (**Fish**), Sea Salt), Avocado (19%), Cucumber, Spinach, Medium Fat Soft Cheese (**Milk**), Lemon, Red Onion, Lemon Juice.

## Bircher Muesli

**Oats** (70%), Vanilla Pumpkin Seeds (7%) (Pumpkin Seeds, Vanilla Flavouring), Sweetened Dried Cranberries (6%) (Cranberries, Sugar, Sunflower Oil), Dried Apricot (6%) (Apricots, Rice Flour, Preservative: **Sulphur Dioxide**), Dried Apple (6%), Pumpkin Seeds (4.5%), Cinnamon, Salt.

## Classic Granola

**Oats** (50%), Golden Syrup (Partially Inverted Refiners Syrup), Pumpkin Seeds (7%), Sunflower Oil, Muscovado Sugar, Raisins (4.5%), Brown Sugar, Golden Linseed (3.5%), Concentrated Apple Juice, Buckwheat Flakes (3%), Cinnamon, Salt, Cassia.

## Oat Coconut Crunch

Jumbo **Oats** (40%), Golden Syrup (Partially Inverted Refiners Syrup), Desiccated Coconut (10%), Sunflower Oil, **Oats** (8%), Pumpkin Seeds (7%), Sunflower Seeds (7%), Toasted Coconut (5%), Brown Sugar, Salt.

## Dark Chocolate & Almond Granola

**Oats** (51%), Golden Syrup (Partially Inverted Refiners Syrup), Sunflower Oil, Whole Roasted **Almonds** (5%), Cocoa Powder (Cocoa Powder, Acidity Regulator: Potassium Carbonate), Dark Chocolate Curls (4%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: **Soya** Lecithin; Vanilla Flavouring), Flaked **Almonds** (2%), Vanilla Flavouring, Salt.

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, Roasted **Pine Nuts**, Basil, Rapeseed Oil, Tomato Concentrate, Concentrated Lemon Juice, Garlic, Sugar, Parsley, Oregano, **Sesame** Seeds.

## Brie, Pistachio & Cranberry 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 Brie Cheese (**Milk**) (22%), Cranberry Sauce (8%) (Cranberry, Sugar, Water, Port, Gelling Agent: Pectins; Orange Zest, Lemon Zest, Ginger Powder), Rapeseed Oil, Rocket, Roasted **Pistachio Nuts** (3,5%), Water, Free-Range **Egg** Yolk, Sea Salt, Spirit Vinegar, Black Pepper, Cornflour, Sugar, Salt, Concentrated Lemon Juice, **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, Free-Range **Egg** Yolk, **Mustard** Flour, Cornflour, Salt, 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, Acid: Citric Acid; Colour: Plain 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).

## Toppings/Other

### Cinnamon Powder

### Cream

Cream (**Milk**).

### Sweetener

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

## Pret's Frappes & Shakes

### 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).

### Mocha Frappe

Semi-Skimmed/Skimmed **Milk**, Water, Whole **Milk** Powder, Sugar, Espresso (Water, Arabica Coffee Beans), Fructose, Cocoa Powder (2.5%), Thickener: Xanthan Gum; Salt, Natural Vanilla Flavouring.

### Caramel Shake

Semi-Skimmed/Skimmed **Milk**, Water, Whole **Milk** Powder, Fructose, Sugar, Thickener: Xanthan Gum; Salt, Natural Vanilla Flavouring, Natural Flavouring, Acid: Citric Acid; Colour: Plain Caramel.

### Vanilla Shake

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

### Hazelnut Flavour Shake

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

*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.

### Pumpkin Spice Latte

Semi-Skimmed / Skimmed **Milk**, Espresso, Pumpkin Spice Syrup (Sugar, Water, Natural Pumpkin Flavouring, Concentrated Lemon Juice, colour (Plain Caramel), Natural Cinnamon Flavouring with Other Natural Flavourings, Natural Clove Flavouring, Natural Flavouring, preservative (Potassium Sorbate)), Cinnamon Powder.

*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).

## 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.

## 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.

## 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.

## Vegan Chocolate bac

**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.

## 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.

## 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.

## 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.

## 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.

## 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**.

### 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%), Semi-Skimmed **Milk**, Vegetarian Hard Cheese (**Milk**), Red Pepper, Sweetcorn, Bell Pepper, Black Turtle Beans, Spinach, Rapeseed Oil, Water, Muscovado Sugar, Lime Juice, Red Wine Vinegar, Salt, Onion, Sunflower Oil, Jalapeño Chilli, 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; Cayenne Pepper, Flavouring, White 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.

### Vegan Breakfast Baguette

White Baguette (**Wheat** Flour, Water, Yeast, Salt, **Wheat** Gluten, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Avocado (29%), Chestnut Mushrooms (11%), Roasted Tomatoes (9%) (Tomato, Sunflower Oil, Sugar, Salt), Lemon Juice, Rapeseed Oil, Brown Sugar, Basil, Tamari Soya Sauce (Water, **Soya** Bean, Salt, Alcohol), Sea Salt, Black Pepper, Water, Sunflower Oil, Extra Virgin Olive Oil, Miso Paste (Water, **Soya** Bean, Rice, Salt), Cornflour, Salt.

## Breakfast Bowls

### Apricot & Pistachio Overnight Oats

Oat Drink (Water, **Oats**, Sunflower Oil, Inulin, Sea Salt), Apple Juice, **Oats** (14%), Apricot (**Sulphites**) (13%), Apple, Roasted **Pistachio Nuts**, Pumpkin Seeds, Chia (*Salvia hispanica*) Seeds, Sweetened Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Sultanas (Sultanas, Cottonseed Oil), Sunflower Seeds, Sugar.

### 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.

### Honey & Granola Pot

Natural Yogurt (**Milk**), Honey (15%), **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

### Acai & Almond Butter Smoothie Bowl

Banana, Acai Purée (11%), Apple, Blueberries, **Oats**, Almond Butter (7%) (**Almonds**, Sea Salt), Banana Purée, Cherry Purée, Blackcurrants, Pomegranate Seeds, Raspberries, Blackberries, Strawberries, Blackcurrant Juice, 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 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 Milk (Coconut Extract, Water), Banana Purée, Banana, **Oats**, Almond Butter (**Almonds**, Sea Salt), Dates, **Cashew Nuts** (4,5%), Blueberries (4,5%), Chestnuts, Lime Juice, Muscovado Sugar, Golden Syrup (Partially Inverted Refiners Syrup), **Pecan Nuts**, Coconut, Pumpkin Seeds, Cocoa Powder (1,5%), Raisins, Sunflower Oil, Golden Linseed, Concentrated Apple Juice, Buckwheat Flakes, Brown Sugar, Salt, Cassia, Black Treacle, Antioxidant: Ascorbic Acid.

## 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).

### Roots & Fruits

Beetroot (37%), Coconut Water (16%), Cherry (14%), Apple (13%), Raspberry (12%), Water, Lime (3%), Green Tea Extract (0.5%), 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.

# Pret Cans

## Apple Fizz

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

## Cucumber & Cool Mint Seltzer

Carbonated Water, Flavourings, Acid: Citric 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).

## Zesty Lime & Raspberry Seltzer

Carbonated Water, Flavourings, Acid: Citric Acid.

## Black Cold Brew Coffee

Water, Cold Brew Coffee Concentrate (8%) (Water, Arabica Coffee\*), Acidity Regulator: Sodium Bicarbonate.

\*Organically grown ingredients. Total organic agricultural ingredient content: 100%.

## Latte Cold Brew Coffee

Semi-Skimmed **Milk** (77%), Cold Brew Coffee Concentrate (10%) (Water, Arabica Coffee\*), Water, Sugar, Acidity Regulator: Sodium Bicarbonate; Stabiliser: Carrageenan.

\*Organically grown ingredients. Total organic agricultural ingredient content: 2%.

## Mocha Cold Brew Coffee

Semi-Skimmed **Milk** (75%), Cold Brew Coffee Concentrate (10%) (Water, Arabica Coffee\*), Water, Sugar, Fat-Reduced Cocoa

Powder\* (1%), Acidity Regulator: Sodium Bicarbonate; Salt, Stabiliser: Carrageenan.

\*Organically grown ingredients. Total organic agricultural ingredient content: 3%.

## **Pret Stills**

### **Cranberry, Raspberry & Pomegranate**

\*Water, Apple Juice from Concentrate (31%), Raspberry Juice (5%), Cranberry Juice from Concentrate (4.6%), Pomegranate Juice from Concentrate (3.7%), Lemon Juice.

Or

\*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).

\*We are improving our recipe, please check the back of can for details.

### **Green Tea & Peach**

\*Water, Apple Juice from Concentrate (31%), Peach Juice from Concentrate (18%), Lemon Juice, Green Tea Extract (0.1%), Flavourings.

Or

\*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).

\*We are improving our recipe, please check the back of can for details.

### **Lemon & Ginger**

\*Water, Apple Juice from Concentrate (31%), Lemon Juice (3%), Lemon Comminute from Concentrate (2.4%), Ginger Flavouring (0.1%).

Or

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

\*We are improving our recipe, please check the back of can for details.

### **Mango, Passion Fruit & Lime**

Water, Apple Juice from Concentrate (31%), Mango Purée (5%), Passion Fruit Juice (2.5%), Lime Juice (1.5%).

### **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, Lime.

### Pret's Fruit Salad

Pineapple, Melon, Mango, Apple, Kiwi Fruit, Blueberries.

### Superfruit Salad

Mango, Kiwi Fruit, Pomegranate, Blueberries.

### Watermelon & Lime

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

### Melon & Blueberry

Orange Melon (87%), Blueberries (13%)

## Pret's Hot

### Meatless Meatball Protein Pot

Tomato, Cannellini Beans, Meatless Meatballs (14%) (Water, Pea Protein, Rapeseed Oil, Roasted Onion, Thyme, Shea Oil, Garlic, Parsley, Thickener: Methyl Cellulose; Dried Onion, Coconut Oil, Pea Fibre, Potato Starch, Salt, Yeast Extract, Flavouring, Caramelised Carrot Concentrate, Potato Fibre, Black Pepper, Caramelised Sugar, Carrot Concentrate, Dried Potato, Acidity Regulator: Ascorbic Acid; Fruit and Vegetable Extracts (Beetroot, Radish, Tomato), Sunflower Oil, Sugar, Leek Powder, Concentrated Lemon Juice, Bay Leaf, Sage Oil), Onion, Borlotti Beans, Mushroom, Tomato Purée, Water, Rapeseed Oil, Salt, Paprika, Sherry Vinegar, Black Pepper, Oregano.

## 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), Bell 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.

### Meatless Meatball Hot Wrap

Meatless Meatballs (42%) (Water, Pea Protein, Rapeseed Oil, Roasted Onion, Thyme, Shea Oil, Garlic, Parsley, Thickener: Methyl Cellulose; Dried Onion, Coconut Oil, Pea Fibre, Potato Starch, Salt, Yeast Extract, Flavouring, Caramelised Carrot Concentrate, Potato Fibre, Black Pepper, Caramelised Sugar, Carrot Concentrate, Dried Potato, Acidity Regulator: Ascorbic Acid; Fruit and Vegetable Extracts (Beetroot, Radish, Tomato), Sunflower Oil, Sugar, Leek Powder, Concentrated Lemon Juice, Bay Leaf, Sage Oil), 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), Bell Pepper, Red Pepper, Red Onion, Onion, Cherry Tomato, Semi-Dried Red Pepper, Rapeseed Oil, Muscovado Sugar, Tomato Concentrate, Red Wine Vinegar, Sunflower Oil, Jalapeño Chilli, Water, Palm Oil, Tomato Paste, Maize Starch, **Wheat** Flour, Salt, Garlic, Sugar, Concentrated Lemon Juice, Vinegar, Dried Garlic, Dried Herbs, Black Pepper, Cayenne Pepper, Flavouring, Basil Flavouring.

### Vegan Chilli Enchilada

Spicy Red Pepper Sauce (Tomato, Red Pepper, Red Onion, Tomato Paste, Water, Rapeseed Oil, Balsamic Vinegar of Modena (Wine Vinegar, Grape Must), Sugar, Garlic Purée, Salt, Cornflour, Dried Chilli, Black Pepper), 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 Kidney Beans (6%), Rapeseed Oil, Haricot Beans (3.5%), Red Pepper, Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Tomato, **Celery**, Carrot, Black Eyed Beans (2%), Borlotti Beans (2%), Cannellini Beans (2%), Tomato Paste, **Soya** Bean, Yeast Extract, Apple Extract, Extra Virgin Olive Oil, Salt, Garlic, Parsley, Maize Starch, Red Chilli, Dark Couverture Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **Soya** Lecithin; Vanilla Flavouring), Ground Spices (Smoked Paprika, Paprika, Black Pepper, Chilli, White Pepper, Nutmeg, Lovage, Turmeric, Garlic, Mace), Cumin Seeds, Corn Oil, Yeast, Chilli Flakes, Oregano, Maltodextrin, Potato Starch, Calcium Chloride, Sugar, 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), Bell 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 (13%) (Cheese (**Milk**), Acidity Regulator: Citric Acid), Vegetarian Mature Cheese (**Milk**) (6%), Rapeseed Oil, Spring Onion, Water, Free-Range **Egg** Yolk, **Mustard** Flour, 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), Bell 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), Bell 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, Jalapeño Chilli, Tomato Paste, Maize Starch, Garlic, Salt, Sugar, Spirit Vinegar, Modified Maize Starch, Vinegar, Lemon Juice from Concentrate, Stabiliser: Xanthan Gum; Black Pepper, Cayenne Pepper, Flavouring, White 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.

### Pret's Almond Butter Protein Ball

**Almond** Butter (32%), Rice Syrup, **Soya** Protein Isolate (12%), Nibbed **Almonds** (8%), Concentrated Grape Juice, Rice Starch, Rice Bran, Rice Protein (4%), Crisped Rice (Rice Flour, Sugar, Rice Bran, Rice Bran Extract), Chicory Fibre, Brown Rice Flour, Stabiliser: Guar Gum; Flavourings, Rice Bran Flour, Sea Salt.

## Crisps & Popcorn

### Chilli, Bean & Seed Tortilla Chips

Corn Flour, Sunflower Oil, Red Kidney Beans (6%), Black Eyed Beans (6%), Sugar, Salt, Brown Linseed, Pumpkin Seeds, Golden Linseed, Sunflower Seeds, Garlic Powder, Acids: Citric Acid, Tartaric Acid; Onion Powder, Tomato Powder, Chilli Powder, Spice Extracts (Chilli, Capsicum), Yeast Extract, Cayenne Pepper, Colour: Paprika Extract; Flavouring, Cumin Powder, Oregano.

### Pret Mature Cheddar & Red Onion Crisps

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

### Pret Sea Salt & Vinegar Crisps

Potato, Sunflower Oil, Suffolk Cider Vinegar Powder, Sea Salt, Rice Flour, Apple Powder, Sugar, Yeast Extract Powder, Acidity Regulator: Citric Acid.

### Pret Sea Salt Crisps

Potato, Sunflower Oil, Sea Salt.

### Sea Salt Popcorn

Popped Corn (78%), Rapeseed Oil, Sea Salt.

### Smoked Chipotle Crisps

Potato, Sunflower Oil, Tomato Powder, Sugar, Smoked Paprika, Garlic Powder, Salt, Dried Red Bell Pepper, Sea Salt, Lemon Juice Powder, Smoked Salt, Onion Powder, Spirit Vinegar Powder, Yeast Extract Powder, Cumin Powder, Acidity Regulator: Citric Acid; Chilli Powder, Flavourings, Cayenne Pepper, Chipotle Chilli Pepper, Oregano, Coriander Powder, Colour: Paprika Extract.

### Sweet & Salt Popcorn

Popped Corn (53%), Rapeseed Oil, Sugar, Salt.

### Vegetable Crisps

Vegetables in varying 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, Jalapeño Chilli, Tomato Paste, Maize Starch, Cumin Seeds, Coriander Seeds, Vinegar, Black Pepper, Chilli, Sugar, Cayenne Pepper, Cumin, 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.

### Mozzarella, Pesto & Avo Salad Bowl

Avocado (22%), Vegetarian Mozzarella Cheese (19%) (Cheese (**Milk**), Acidity Regulator: Citric Acid), Salad Vegetable Mix in varying proportions (Apollo Lettuce, Spinach, Red Chard, Red Salanova® Lettuce, Baby Red Leaf Lettuce), Tomato, Red Pepper, French Dressing, Pesto (6%) (Sunflower Oil, Basil, Spinach, **Pine Nuts**, Vegetarian Medium Fat Hard Cheese (**Milk**), Garlic Purée, Salt, Acidity Regulator: Citric Acid), Lemon, Roasted **Pine Nuts**, Lemon Juice, Basil, Sunflower Oil.

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.

### Sweet Potato Falafel Mezze Salad Bowl

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, Lime, Tamari & Ginger Dressing (4%) (Water, Sugar, Lime Juice, Brown Sugar, Ginger, **Soya** Bean, Salt, Lime Zest, Spirit Vinegar, Cornflour, Stabiliser: Xanthan Gum), Pickled Onions (Red Onion, Cider Vinegar (**Sulphites**), Rice Vinegar (**Sulphites**), Sugar (**Sulphites**), Water), Lemon Juice, Brown Sugar, 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, Paprika, Cornflour, Sea Salt, Chilli Flakes, Black Pepper.

## Vegan Chef's Italian Salad

Avocado, Chickpeas, Salad Vegetable Mix in varying proportions (Apollo Lettuce, Spinach, Red Chard, Red Salanova® Lettuce, Baby Red Leaf Lettuce), Tomato, Vegan Caesar Dressing (13%), Cucumber, Lemon, Shiitake Mushrooms, Rapeseed Oil, Water, Lemon Juice, Chestnut Mushrooms, Garlic Powder, Sunflower Oil, Salt, Smoked Paprika, Black Pepper, Olive Oil.

Vegan Caesar Dressing contains: Tofu (Water, **Soya** Bean, **Soya** Extract, Firming Agents: Glucono-Delta-Lactone, Calcium Chloride), Water, Rapeseed Oil, Lemon Juice, Yeast Extract, Capers, Garlic Purée, Spirit Vinegar, Salt, **Mustard** Flour, **Soya** Bean, Sugar, Black Pepper, Lemon Zest, Sea Salt, **Mustard** Husk, Molasses, Onion Purée, Tamarind Paste, Pimento, Turmeric Powder, Clove, Ginger Purée

# SANDWICHES

## Kids' Cheese Sandwich

Malted Wholegrain Bread (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **Wheat**, **Wheat** Bran, Yeast, **Wheat** Gluten, **Barley** Malt Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), 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**, **Wheat** Bran, Yeast, **Wheat** Gluten, **Barley** Malt Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), **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**, **Wheat** Bran, Yeast, **Wheat** Gluten, **Barley** Malt Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), 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, 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.

### 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) Flavourings, 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).

### Banana Cake

Banana (21%) (Banana, Antioxidant: Ascorbic Acid), Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Brown Sugar, Rapeseed Oil, Icing Sugar, Free-Range **Egg**, Full Fat Soft Cheese (**Milk**), Salted Butter (Butter (**Milk**), Salt), White Chocolate (Sugar, Cocoa Butter, Whole **Milk** Powder, Emulsifier: **Soya** Lecithin; Vanilla Extract), Dried Banana (2%) (Banana, Rice Flour), Raising Agent: Diphosphates, Sodium Bicarbonate, Potassium Hydrogen Carbonate; Cornflour, Salt.

### Carrot Cake

Carrot (16%), Brown Sugar, Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Icing Sugar, Free-Range **Egg**, Pineapple (Pineapple, Pineapple Juice), Desiccated Coconut, **Walnuts**, Full Fat Soft Cheese (**Milk**), Black Treacle, Salted Butter (Butter (**Milk**), Salt), White Chocolate (Sugar, Cocoa Butter, Whole **Milk** Powder, Emulsifier: **Soya** Lecithin; Vanilla Extract), Ground Cinnamon, Raising Agent: Sodium Bicarbonate; Salt, Cornflour.

### Caramel Waffle

Glucose-Fructose Syrup, **Wheat** Flour, Sugar, Palm Fat, Concentrated Butter (**Milk**), Sugar Syrup, **Soya** Flour, Rapeseed Oil, **Wheat** Fibre, Salt, Emulsifiers: **Soya** Lecithin, Mono- and Diglycerides of Fatty Acids; Raising Agent: Sodium Bicarbonate; Cinnamon, Acid: Citric Acid; Ground Bourbon Vanilla.

### 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.

## Popcorn Bar

White Chocolate (48%) (Sugar, Cocoa Butter, Whole **Milk** Powder, Emulsifier: **Soya** Lecithin, Vanilla Extract), Puffed Rice (23%) (Rice, Sugar, Salt), Caramel (13%) (Sugar, Glucose Syrup, Palm Oil, Sweetened Condensed Milk (**Milk**, Sugar), Rapeseed Oil, Water, Salt, Flavouring, Emulsifier **Soya** Lecithin, Colours: Curcumin, Annatto), Popcorn (8%) (Corn Kernels, Rapeseed Oil), Milk Chocolate (5%) (Sugar, Cocoa Butter, Whole **Milk** Powder, Cocoa Mass, Emulsifier: **Soya** Lecithin, Vanilla Extract), Cocoa Butter.

## Gluten-Free Pret's Nut Bar

**Almonds** (39%), Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Fat-Reduced Cocoa Powder, Emulsifier: **Soya** Lecithin, Vanilla Extract), Rice Syrup, Carob Fruit Syrup, Coconut Chips, Pumpkin Seeds, Sweetened Dried Cranberries (Cranberries, Apple Juice Concentrate, Sunflower Oil), Coconut Oil, Coconut Milk (Coconut Milk, Water), Chicory Root Fibre, Rapeseed Oil, Salt.

## Chocolatey Coconut Bite

Creamed Coconut (27%), Desiccated Coconut (27%), Dark Chocolate (21%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (**Soya** Lecithin), Natural Vanilla Flavouring (Contains Min Cocoa Solids 54%)), Carob Syrup, Coconut Oil (11%), Natural Flavouring, Salt.

## Almond Butter Bites

Dark Chocolate (65%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (**Soya** Lecithin), Natural Vanilla Flavouring), Almond Butter (35%) (**Almonds**, Sea Salt), Sea Salt, Emulsifier (**Soya** Lecithin).

## Lemon Cheesecake

Cream Cheese Mix (Full Fat Soft Cheese (**Milk**) (42%), Whipping Cream (**Milk**), Sugar, Double Cream (**Milk**), Lemon Concentrate, Water), Lemon Curd (27%) (Glucose, Water, Sugar, Butter **Milk**), Lemon Concentrate, Maize Starch, Dried **Egg**, Gelling Agent: Pectins, Acidity Regulator: Citric Acid, Emulsifier: Lecithin, Lemon Oil, Colour: Lutein), Ginger Biscuit Crumb (17%) (**Wheat** Flour, Sugar, Butter (**Milk**), Palm Oil, Rapeseed Oil, Invert Sugar Syrup, Treacle, Ginger Powder, Raising Agent: Sodium Bicarbonate, 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).

## SALAD WRAPS & FLAT BREADS

### Avo & Chickpeas Caesar Wrap

Avocado (26%), 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), Chickpeas (13%), Cucumber, Vegan Caesar Dressing (7%) (Tofu (Water, **Soya** Bean, **Soya** Extract, Firming Agents: Glucono-Delta-Lactone, Calcium Chloride), Water, Rapeseed Oil, Lemon Juice, Yeast Extract, Capers, Garlic Purée, Spirit Vinegar, Salt, **Mustard** Flour, **Soya** Bean, Sugar, Black Pepper, Lemon Zest, Sea Salt, **Mustard** Husk, Molasses, Onion Purée, Tamarind Paste, Pimento, Turmeric Powder, Clove, Ginger Purée), Spinach, Roasted Tomatoes (Tomato, Sunflower Oil, Sugar, Salt), Rapeseed Oil, Water, Basil, Garlic Powder, Salt, Spirit Vinegar, Sugar, Smoked Paprika, Black Pepper, Modified Maize Starch, Lemon Juice from Concentrate, Stabiliser: Xanthan Gum; White Pepper, Flavouring.

### Chef Special Sunshine 'n' Spice Wrap

Chickpeas, 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, Spinach, Bell Pepper, Sugar, Mango, Olive Oil, Lime Juice, Ginger Purée, Water, Rapeseed Oil, Salt, Mint, Garlic, Turmeric, Coriander Powder, Cumin Seeds, Black Pepper, Cayenne Chilli Powder, Garlic Powder, Acidity Regulator: Acetic Acid; Bay Leaf, Cumin Powder, Ginger Powder, Cinnamon Powder, Modified Maize Starch, Fenugreek Seeds, Black Onion Seeds, Chilli Powder, Bay, Oregano, Preservatives: Citric Acid, Potassium Sorbate; Flavouring, Colour: Carotenes; Nutmeg, Allspice, Stabilisers: Xanthan Gum, Guar Gum.

### 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 (25%) (Cooked Chickpeas (Chickpeas, Water), Rapeseed Oil, **Sesame** Seed Paste, Concentrated Lemon Juice, Water, Garlic Purée, Salt), Bell Pepper, Carrot, Spinach, Chipotle Ketchup (7%) (Red Pepper, Muscovado Sugar, Red Wine Vinegar, Onion, Sunflower Oil, Jalapeño Chilli, Water, Tomato Paste, Maize Starch, Garlic, Salt, Vinegar, Sugar, Black Pepper, Cayenne Pepper, Flavouring), Red Cabbage, Mooli, Coriander, Sugar, Spirit Vinegar, Salt.

### Mexican Inspired Avocado Flat Bread

Flat Bread (Wholemeal **Wheat** Flour, Water, Yeast (Yeast, Vitamin D Yeast), Extra Virgin Olive Oil, Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Salt, **Wheat** Starch), Avocado (22%), Tomato, Black Beans (13%), Red Pepper, Sweetcorn, Red Onion, Black Turtle Beans, Coriander, Water, Lime Juice, Lemon Juice, Olive Oil, Garlic, Salt, Cumin Seeds, Coriander Seeds, Chilli, Black Pepper, Cayenne Pepper, Cumin.

### 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, Bell 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

### Bircher Muesli

**Oats** (70%), Vanilla Pumpkin Seeds (7%) (Pumpkin Seeds, Vanilla Flavouring), Sweetened Dried Cranberries (6%) (Cranberries, Sugar, Sunflower Oil), Dried Apricot (6%) (Apricots, Rice Flour, Preservative: **Sulphur Dioxide**), Dried Apple (6%), Pumpkin Seeds (4.5%), Cinnamon, Salt.

### Classic Granola

**Oats** (50%), Golden Syrup (Partially Inverted Refiners Syrup), Pumpkin Seeds (7%), Sunflower Oil, Muscovado Sugar, Raisins (4.5%), Brown Sugar, Golden Linseed (3.5%), Concentrated Apple Juice, Buckwheat Flakes (3%), Cinnamon, Salt, Cassia.

### Oat Coconut Crunch

Jumbo **Oats** (40%), Golden Syrup (Partially Inverted Refiners Syrup), Desiccated Coconut (10%), Sunflower Oil, **Oats** (8%), Pumpkin Seeds (7%), Sunflower Seeds (7%), Toasted Coconut (5%), Brown Sugar, Salt.

### Dark Chocolate & Almond Granola

**Oats** (51%), Golden Syrup (Partially Inverted Refiners Syrup), Sunflower Oil, Whole Roasted **Almonds** (5%), Cocoa Powder (Cocoa Powder, Acidity Regulator: Potassium Carbonate), Dark Chocolate Curls (4%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: **Soya** Lecithin; Vanilla Flavouring), Flaked **Almonds** (2%), Vanilla Flavouring, Salt.