

INTRODUCTION

Here you'll find a list of all of the products sold in our shops, with allergens listed along the top of the page for easy reference. If a product contains one of these ingredients, then you will find a tick in the corresponding box.

Where a product contains 'Cereals Containing Gluten' and 'Nuts: you will find specific ingredients listed (e.g., wheat, rye, oats).

Please remember to check our guide and the ingredient label 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're proud to freshly prepare our food in our shop kitchens every day but as we use many ingredients and shared equipment, cross contact is managed but not to an allergen-free level. Therefore we can't guarantee any of our food is suitable for those with allergies due to the risk of cross contact. Our vegan products are made to a vegan recipe but are not suitable for those with dairy and egg allergies.

In line with the Vegan Society recommendations we at Pret are using the term 'vegan-friendly' to label products that may not be made in dedicated vegan sites.

The Food Standards Agency regards the following ingredients and their derivatives as allergens:

Peanuts Tree Nuts

Sesame Cereals containing Gluten

Crustaceans Celery & Celeriac

Egg Fish
Lupin Milk
Mustard Mollusc
Soya Sulphites

In addition we also declare Pine Nuts as an allergen

If you are interested in an ingredient outside the 14 listed above please look at the ingredient list on the website or the label on the individual product.

If you have any trouble finding what you're looking for, just ask the Manager - they'll be more than happy to help.

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** or contact our Customer Service Team on **0207 827 8801.**

This Allergen Guide only covers food and drink sold in our UK shops



Baguettes, Rolls & Sandwiches

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk or egg allergies.

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	<u> </u>	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \			1	1	Tre	e Nuts	1					C	Cereals cont	aining glute	en	1					-	Milk	1					1	
Product	egetarians	yan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Baguettes	,	_	_																						_						
Avo, Olives & Toms	Υ	Υ										>						~													~
Beet Wellington Baguette	Υ	Υ										>						~										>			~
Brie, Pistachio & Cranberry	Υ									~		~						~			~		~								
Brie, Tomato & Basil	Υ																	~					~								
Chicken Caesar & Bacon												~						~			~	>	~								
Chicken Salad Baguette																		~			~		~							1	
Italian Prosciutto												>						~			~		~								
Pret's Christmas Baguette																		~			~									~	
Posh Cheddar & Pickle (incl. Slim)	Υ											>						>			>		>					>			
Free Range Egg Mayo & Smoked Salmon																		>			>	~						>		1	
Tuna Mayo & Cucumber (incl. Slim)																		>			>	<									
Wiltshire-Cured Ham & Greve																		>			>		>					>		ı	
Rolls																															
Aubergine Parmagiana	Υ											>	>			<		~					<								
Chicken & Pesto												>	>			<		~			<		<								<
Jambon Buerre																		~					<								
Mediterranean Style Tuna Losange																		~			<	<									
New Yorker												>	>			<		~			<							<		i	
Pesto & Mozzarella Losange	Υ																	~			~		<								~
Prosciutto & Pesto												>	>			<		~			~		~							ı I	~
Scandi Style Salmon												>	>			<		~			~	<						>		~	
Sandwiches																															
Chicken, Avocado & Basil													>					>			\		<								
Classic Super Club													>					Y			~										
Festive Falafel & Squash	Υ	Υ											>					~													<
Free-Range Egg Mayo	Υ												>					Y			~							>			
Ham & Cheese													>					~					~								
Kid's Cheese	Υ												>					~					>							i I	
Kid's Ham													>					Y					\								
Mature Cheddar & Pickle	Υ												>					~			~		\								
Pret's Christmas Lunch													>					>			~									~	
Smashed Avo Open Sandwich	Υ	Υ													Y																
Scottish Smoked Salmon													~					~				~	~								
Smoked Salmon & Soft Cheese Open Sandwich															Y							>	>								
Smoky Carrot and Falafel	Υ	Υ											>					~										>			
Super Greens & Reds	Υ	Υ											~					~													
Tuna Mayo & Cucumber													>					~			~	<									

Wraps & Flatbreads

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk or egg allergies.

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		V _e					Tre	e Nuts						C	Cereals cont	aining glute	en							Milk							
Product	egetarians/	gan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Wraps & Flatbreads																															
Avo & Herb Salad Wrap	Υ															>		~			<		>								>
Falafel , Avocado & Chipotle Salad Wrap	Υ	Υ														>		~												>	
Hoisin Duck Salad Wrap																>		~			<								~		
Humous & Chipotle Wrap	Υ	Υ										>				>		>													
Sriracha Chicken Salad Wrap																>		>			<								>		
Vegan Hoisin Mushroom Wrap	Υ	Υ														>		~											>		

Breakfast

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	_	<u> </u>					Tre	ee Nuts						(Cereals cont	taining glute	n							Milk							
Product	/egetarians	gan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Almond Croissant	Υ			~														~			>		>								
Bacon & Egg Roll																>		>			>		>								
Breakfast Free-Range Egg Mayo & Avocado	Υ																	<			~										
Breakfast Free-Range Egg Mayo & Bacon																		>			>										
Breakfast Salmon & Egg Mayo																		>			>	>						>			
Cheese Twist	Υ																	>			>		>								
Cheese & Roasted Tomato Croissant	Υ																	>			>		>								
Chocolate Croissant	Υ																	>			>		>						>		
Cinnamon Danish	Υ																	>			>		>								
Coconut & Quinoa Porridge	Υ	Υ													>																
French Butter Croissant	Υ																	>			>		>								
Ham, Cheese, Tomato & Bacon Croissant																		>			>		>								
Ham & Egg Breakfast Roll																>		>			>		>					>			
Ham & Greve Croissant																		•			>		>								
Mozzarella & Tomato Croissant	Υ																	>			>		>								
Pain aux Raisin	Υ																	>			>		>								
Pastel de Nata	Υ																	•			>		>								
Porridge Topping - Berry Compote	Υ	Υ																													
Porridge Topper - Chocolate, Banana & Coconut	Υ	Υ																											>		
Porridge Topping - Honey	Υ																														
Porridge Topper - Seed & Fruit	Υ	Υ																													
Pret's Bacon Roll																>		>					>								
Pret's Proper Porridge	Υ														<								>								
Pret's Sausage Roll																		>			>		>								
Pret's Veggie Roll	Υ															~		~			y		>								
Sausage & Egg Roll																*		`			>		>								
Very Berry Croissant	Υ	Υ																>													

Cold Drinks

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		<					Tre	e Nuts							Cereals cont	aining gluten]					Milk					1 '		
Product	egetarians	gan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Apple Juice	Υ	Υ																													
Breakfast Smoothie	Υ														>								>								
Coke (all types)	Υ	Υ																													
Cranberry, Raspberry & Pomegranate Pret Still	Υ	Υ																													
Daily Greens	Υ	Υ																													
Easy Greens	Υ	Υ																													
Ginger Shot	Υ	Υ																													
Green Tea & Peach Pret Still	Υ	Υ																											<u> </u>		
Hot Shot	Υ																														
Lemon & Ginger Pret Still	Υ	Υ																													
Mango Smoothie	Υ																												<u> </u>		
Mango, Passion Fruit & Lime Pret Still	Υ	Υ																													
Orange Juice (both sizes)	Υ																														
Pret Apple Fizz	Υ	Υ																													
Pret Cumcumber & Mint Seltzer	Υ	Υ																													
Pret Ginger Beer	Υ	Υ																													
Pret Ginger Kombucha	Υ	Υ																													
Pret Grape & Elderflower	Υ	Υ																													
Pret Lime & Raspberry Seltzer	Υ	Υ																													
Pret Rhubarb Lemonade	Υ	Υ																													
Ready to Drink Black Coffee	Υ	Υ																													
Ready to Drink Latte	Υ																						~								
Ready to Drink Mocha	Υ																						>								
Red Bull	Υ	Υ																													
Roots & Fruits Juice	Υ	Υ																													
Sparkling Spring Water	Υ	Υ																													
Still Water 500ml	Υ	Υ														•												,			
Still Water 750ml	Υ	Υ																													
Vitamin Volcano	Υ																														
													-							-									_		

Fruit & Pots

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																		1							Ĭ	9	~				
		<					Tre	e Nuts						С	ereals cont	aining glute	n							Milk							
Product	Vegetarians	egan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Fruit																															
Apple	Υ	Υ																													
Banana	Υ	Υ																													
Classic Fruit Salad	Υ	Υ																													
Mango & Lime	Υ	Υ																													
Melon & Blueberry	Υ	Υ																													
Seasonal Fruits (Apple, Grape, Plum & Blackberry)	Υ	Υ																													
Pots																															
Acai & Almond Butter Bowl	Υ	Υ		~											•																
Bircher Muesli	Υ									•					>								•								
Cashew and Cocoa Pot	Υ	Υ				~				•					~																
Five Berry Bowl	Υ														~								~								
Fresh Fruit, Yoghurt & Granola Bowl	Υ														>								•								
Honey & Granola Pot	Υ														>								<								
Mango & Banana Sunshine Bowl	Υ	Υ													~																
Mango Sunshine Pot	Υ	Υ																													

Contents Key:

✓ (Product Contains)
Y (Suitable For)

Pret's Hot

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	, Keg	Vega			1		Tre	ee Nuts	1		1				Cereals cont	aining glute	en	1	_	Celery				Milk	1						
Product	getarians	n Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nut
Coconut Curry Hot Rice	Υ	Υ																													
Chicken Katsu Hot Rice												~	~					~											~		
Falafel & Halloumi Hot Wrap	Υ															~		~					>	>	>						
Feta & Red Pepper Omelette	Υ																				<			~	~						
Garlic & Herb Swirl	Υ																	~			~		~								
Hog Roast Macaroni Cheese																		~					~								
Kale and Red Tapenade Macaroni Cheese	Υ																	~					~								
Macaroni Cheese Prosciutto																		~					~								
Meatless Meatball Hot Wrap	Υ	Υ														>		~													
Pesto, Pepper & Greve Hot Baguette	Υ											~						~					>								>
Prosciutto & Mozzarella Hot Baguette												~						~					~								
Spicy Chicken Enchilada Bake																>		~		<			~						~		
Spicy Chicken Hot Wrap																~		~					~								
Swedish Meatball Hot Wrap																>		~					~								
Focaccia & Toasties																			,												
Boxing Day Toastie													~		~	¥		~					~							Y	
Brie & Bacon Toasted Focaccia																		~					~								
Classic Cheese Toastie													~		>	>		~			~		~					>			
Ham, Cheese & Mustard Toastie													~		~	>		~			<		~					>			
Mozzarella, Pesto & Roasted Tomato Focaccia																		~					~								>
Reuben Toastie													~		~	>		~					~					~			
Tuna Melt Toastie													~		~	~		~			~	~	~								
Soup																															
Black Bean Taco	Υ	Υ																											~		
Chicken and Mushroom Orzotto																		~					~								
Chicken Laksa Soup																												>	~		
Chicken, Broccoli & Brown Rice																															
Red Thai Veg Soup	Υ	Υ																											>		
Souper Tomato	Υ	Υ																													
Spicy Chorizo & Butterbean																															
Sunshine Dhal	Υ	Υ																													
Barley & Rye Soup Roll	Υ	Υ										~	~			>		>													
Butter Portion	Υ																						~								
Pizza								ı																							
Mozzarella & Prosciutto Pizza																		~					~								
Tomato, Mozzarella & Pesto	Υ																	~					~								V

Pret At Home

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk or egg allergies.

		<					Т	ree Nuts						C	Cereals con	taining glute	en							Milk							
Product	Vegetarians	egan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Coffee - Classic Blend Ground	Υ	Υ																													
Coffee - Espresso Beans	Υ	Υ																													
Coffee - Single Origin Ground	Υ	Υ																													
Pret at Home Bircher Museli	Υ	Υ													>															~	
Pret at Home Dark Chocolate & Almond Granola	Υ	Υ		>											~														>		
Pret at Home Classic Granola	Υ	Υ													>																
Pret at Home Chipotle Ketchup	Υ	Υ																													
Pret at Home Korean Style Ketchup	Υ	Υ											>					~											>		
Pret at Home Oat & Coconut Crunch Granola	Υ	Υ													~																
Pret's Organic Aluminium Capsules Classic Blend	Υ	Υ																													
Pret's Organic Aluminium Capsules Espresso Blend	Υ	Υ																													

Salad & Platters

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													1						_												
		<					Tre	ee Nuts							Cereals cont	taining glute	en							Milk							1
Product	Vegetarians	egan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Chef's Italian Chicken Salad										~											~	>	>								
Crayfish Salad Bowl																			~												1
Egg & Spinach Protein Pot	Υ																				>										
Humous and Falafel Mezze	Υ	Υ										>																			1
Pesto Pasta Salad	Υ																	>					>							~	<
Salmon & Mango Salad Bowl																						>							<	~	
Smoked Salmon Protein Box																					>	>							<		
Smoked Salmon & Egg Protein Pot																					>	>									
Tuna Nicoise Salad																					>	>									
Dressing																															
Ceviche Dressing	Υ	Υ																													1
French Dressing	Υ	Υ																													
Green Dressing	Υ	Υ																											~		1
Tamari & Ginger	Υ	Υ																											>		

Snacks

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																		-								,					/
	Veg	₹ <					Tr	ee Nuts						(Cereals conta	aining glute	en			Celery				Milk							
Product	etarians	Vegan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Almond Butter Protein Ball	Υ	Υ		>																									Y		
Chilli, Bean & Seed Tortilla Chips	Υ	Υ																													
Cranberries in Coats	Υ																						>								
Dark Chocolate Salted Almonds	Υ	Υ		>																									>		
Easy Peasy Almond Squeezy	Υ	Υ		>																											
Fruit & Seed Bite	Υ	Υ																													
Fruit, Nuts & Chocolate	Υ			>																			>						¥		
Mature Cheddar & Red Onion Crisps	Υ																						~								
Milk Chocolate Bar	Υ																						Y						~		
BBQ Popped Chickpea Chips	Υ	Υ																													
Pret A Mango	Υ	Υ																													
Salted Crunchy Corn	Υ	Υ																													
Sea Salt & Cider Vinegar Crisps	Υ	Υ																													
Sea Salt Crisps	Υ	Υ																													
Sea Salt Popcorn	Υ	Υ																													
Smoked Chipotle Crisps	Υ	Υ																											,		
Sweet & Salt Popcorn	Υ	Υ																													
Vegetable Crisps	Υ	Υ										, and the second																	, and the second		

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Y (Suitable For)

Sweet Treats

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D 1 .	Vege	Frie Ve					Tre	ee Nuts						(Cereals cont	aining glute	en			Celery	_			Milk						l !	
Product	tarians	Vegan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Almond Butter Bite	Υ			~																									>		
Blonde Chocolate, Sea Salt & Pecan Cookie	Υ								~									>					>								
Caramel Waffle	Υ																	>					<						>		
Choc Bar	Υ																	>					<						>		
Chocolate Brownie Bar	Υ																	>			<		<						Y		
Chocolate Chunk Cookie	Υ																	>					>								
Chocolate Moose	Υ																						~						Y		
Chocolate Praline Cookie	Υ						~											>					<								
Chocolate & Orange Loaf Cake	Υ																	>			<		<						>		
Christmas Tiffin	Υ									~								>					<						>		
Coconut Bite	Υ	Υ																											~		
Dark Chocolate & Almond Butter Cookie	Υ	Υ		~														~													
Dark Chocolate Corn Cakes	Υ																												Y		
Dark Chocolate with Sea Salt	Υ																												>		
Double Berry Muffin	Υ																	>			~		\								
Fruit, Oat & Spelt Cookie	Υ														\		<	>					<								
Ginger Snap Biscuit	Υ																	>					<								
Hazelnut Truffles	Υ	Υ					~																								
Lemon Cheesecake	Υ																	>			<		<								
Love Bar	Υ			>						~					~								<						>		
Mince Pie	Υ																	>			<		<								
Melvin Melting Gingerbread																		>			<										
Nut Bar	Υ			>																									>		
Nutty Salted Caramel Brownie	Υ			>							>							>			<		<						>		
Popcorn bar	Υ																						<						>		
Pret's Gingerbread Melvin	Υ																	>			~										
Pret's Pecan & Caramel Cookie	Υ								~									>					*						Y		
Pret Bar	Υ														~			>					>								
Pret's Shortbread	Υ																	>					>								
Raspberry & Almond Bakewell Tart	Υ			~														>			<		>								

Barista Prepared Drinks

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								to the	1 15K U	1 (1088-	Conta	ii. Ou	i vega	II IOOU	is mac	ie to a	vegan	recipe	e dut is ii	ot suit	able ic	n thus	e with	шик	n egg	ancigi	cs.				
	Ve	Vega					Tr	ee Nuts						(Cereals con	taining glute	en			Celery				Milk							
Product	getarians	ın Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Coffee																															
Americano Black (add milk or milk alernative if White Americano)	Υ	Υ																													
Cappuccino Semi Skimmed milk	Υ																						>								
Cappuccino Skimmed milk	Υ																						V								
Cappuccino Soya (instead of milk)	Υ	Υ																											~		
Cappuccino Rice Coconut (instead of milk)	Υ	Υ																													
Cappuccino Oat (instead of milk)	Υ	Υ													•																
Espresso	Υ	Υ																													
Filter - Black Coffee (add milk or milk alernative if White Americano)	Υ	Υ																													
Flat White Semi Skimmed milk	Υ																						V								
Flat White Skimmed milk	Υ																						~								
Flat White Soya (instead of milk)	Υ	Υ																											>		
Flat White Rice Coconut (instead of milk)	Υ	Υ																													
Flat White Oat (instead of milk)	Υ	Υ													>																
Latte Semi Skimmed milk	Υ																						>								
Latte Skimmed milk	Υ																						>								
Latte Soya (instead of milk)	Υ	Υ																											>		
Latte Oat (instead of milk)	Υ	Υ													>																
Latte Rice Coconut (instead of milk)	Υ	Υ																													

Barista Prepared Drinks

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	<	Veç					Ti	ree Nuts							Cereals cont									Milk							
Product	egetarians	gan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Macchiato Semi Skimmed milk	Υ																						>								
Macchiato Skimmed milk	Υ																						>								
Macchiato Soya (instead of milk)	Υ	Υ																											<		
Macchiato Oat (instead of milk)	Υ	Υ													>																
Macchiato Rice Coconut (instead of milk)	Υ	Υ																													
Mocha Semi Skimmed milk	Υ																						>								
Mocha Skimmed milk	Υ																						<								
Mocha Soya (instead of milk)	Υ	Υ																											<		
Mocha Rice Coconut (instead of milk)	Υ	Υ																													
Mocha Oat (instead of milk)	Υ	Υ													>																
Chai Latte	Υ																						>								
Chai Latte Rice Coconut (instead of Milk)	Υ	Υ																													
Matcha Latte Rice Coconut (instead of Milk)	Υ	Υ																													
Pumpkin Spice Latte Semi Skimmed	Υ																						>								
Pumpkin Spice Latte Skimmed	Υ																						>								
Pumpkin Spice Latte Rice Coconut (instead of milk)	Υ	Υ																													
Pumpkin Spice Latte Oat (instead of milk)	Υ	Υ													>																
Pumpkin Spice Latte Soya (instead of milk)	Υ	Υ																											~		
Turmeric Latte Semi Skimmed	Υ																						>								
Turmeric Latte Skimmed	Υ																						>								
Turmeric Latte Rice Coconut (instead of milk)	Υ	Υ																													
Turmeric Latte Oat (instead of milk)	Υ	Υ													>																
Turmeric Latte Soya (instead of milk)	Υ	Υ																											~		

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									risk oi	cross-	-contac	et. Oui	r vegai					recipe	but is n	ot suit	able 10	r tnos	e with		or egg	anergi	es.				
	Veg	Vega			1	1	Tr	ree Nuts	1	1				C	Cereals cont	taining glute	en	1		Celery				Milk	1					1	
Product	etarians	n Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Frappés																															
Classic Frappé Semi Skimmed milk	Υ																						V								
Classic Frappé Skimmed milk	Υ																						~								
Chocolate Frappé Semi Skimmed milk	Υ																						<								
Chocolate Frappé Skimmed milk	Υ																						<								
Mocha Frappé Semi Skimmed milk	Υ																						<								
Mocha Frappé Skimmed milk	Υ																						<								
Decaf Mocha Frappé Semi Skimmed milk	Υ																						<								
Decaf Mocha Frappé Skimmed milk	Υ																						<								
Caramel Shake Semi Skimmed milk	Υ																						~								
Caramel Shake Skimmed milk	Υ																						<								
Hazelnut Shake Semi Skimmed milk	Υ																						<								
Hazelnut Shake Skimmed milk	Υ																						<								
Vanilla Shake Semi Skimmed milk	Υ																						V								
Vanilla Shake Skimmed milk	Υ																						~							1	
Frappé Mix	Υ																						<								
Iced Drinks																															
Iced Latte Semi Skimmed Milk	Υ																						~								
Iced Latte Skimmed Milk	Υ																						~								
Iced Latte Soya (instead of milk)	Υ	Υ																											V		
Iced Latte Rice Coconut (instead of milk)	Υ	Υ																													
Iced Latte Oat (instead of milk)	Υ	Υ													>																
Iced Mocha Semi Skimmed Milk	Υ																						~								
Iced Mocha Skimmed Milk	Υ																						>								
Iced Mocha Soya (instead of milk)	Υ	Υ																											>		
Iced Mocha Rice Coconut (instead of milk)	Υ	Υ																													
Iced Mocha Oat (instead of milk)	Υ	Υ													>																
Iced White Americano Semi Skimmed Milk	Υ																						<								
Iced White Americano Skimmed Milk	Υ																						<								
Iced White Americano Oat (instead of milk)	Υ	Υ													>																
Iced White Americano Soya (instead of milk)	Υ	Υ																											>		
Iced White Americano Rice Coconut (instead of milk)	Υ	Υ																													
Wa've proud to fuesh			C															_	11.				e 1	. 11							

Barista Prepared Drinks

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					•	anerg	en 1re	e due to	tne ri	SK 01 (cross-	contac	et. Ou	r vega	ın 100	a is m	ade to	a veş	gan reci	pe but	t is no	t suita	ible 10	r tnos	se witi	ı milk	or egg	anerg	ies.		
	< e	Vega			,		Ti	ree Nuts				,		C	Cereals con	taining glute	en			Celery				Milk							
Product	getarians	an Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Hot Chocolate																															
Hot Chocolate Semi Skimmed Milk	Υ																						~								
Hot Chocolate Skimmed Milk	Υ																						<								
Hot Chocolate Soya (instead of milk)	Υ	Υ																											~		
Hot Chocolate Rice Coconut (instead of milk)	Υ	Υ																													
Hot Chocolate Oat (instead of milk)	Υ	Υ													~																
Hot Chocolate Powder	Υ	Υ																													
Hot Chocolate Hazelnut	Υ																						~								
Hot Chocolate Hazelnut Skimmed	Υ																						*								
Hot Chocolate Hazelnut Soya	Υ	Υ																											~		
Hot Chocolate Hazelnut Rice-Coconut	Υ	Υ																													
Hot Chocolate Hazelnut Oat	Υ	Υ													>																
Smoothies																															
Berries and Cherries	Υ	Υ																													
Sweet Greens	Υ	Υ																													
Tropical Peach	Υ	Υ																									Ь				
Cold Brew																															
Cold Brew (no milk)	Υ	Υ																													
Cold Brew Semi Skimmed Milk	Υ																						~								
Cold Brew Skimmed Milk	Υ																						>								
Cold Brew Soya (instead of milk)	Υ	Υ																										ſ	~		
Cold Brew Oat (instead of milk)	Υ	Υ													>																
Cold Brew Rice Coconut (instead of milk)	Υ	Υ																									<u> </u>				
Syrups & Toppings																															
All Syrups	Υ	Υ																													
Caramel Sauce	Υ	Υ																													
Whipped Cream	Υ																						>								

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								e due to										-													
- 4	Vege	∃ <					Tr	ree Nuts						(Cereals cont	taining glute	n			Celery				Milk						· '	· '
Product	etarians	Vegan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Milk shot																															
Semi Skimmed	Υ																						~							1	
Skimmed	Υ																						~								
Soya (instead of milk)	Υ	Υ																											>		
Rice Coconut (instead of milk)	Υ	Υ																													
Oat (instead of milk)	Υ	Υ													~																
Tea																															
Ceylon Breakfast (add milk or milk alernative if White)	Υ	Υ																													
Earl Grey (add milk or milk alernative if White)	Υ	Υ																													
Peppermint (add milk or milk alernative if White)	Υ	Υ																													
Tropical Green (add milk or milk alernative if White)	Υ	Υ																													
Milk / instead of milk cup																															
Semi Skimmed milk cup	Υ																						>								
Skimmed milk cup	Υ																						>								
Soya (instead of milk) cup	Υ	Υ																											>		
Rice Coconut (instead of milk) cup	Υ	Υ																													
Oat (instead of milk) cup	Υ	Υ													>																
Babyccino	Υ																						>								

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	Veg	T -						ee Nuts							ereals cont			_	,	Celery				Milk							
Product	etarians	Vegan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Seasonal Drinks																															
Christmas Praline Latte Semi Skimmed milk	Υ																						~								
Christmas Praline Latte Skimmed milk	Υ																						V								
Christmas Praline Latte Soya (instead of milk, no cream)	Υ	Υ																											~		
Christmas Praline Latte Soya (instead of milk, with cream)	Υ																						~						Y		
Christmas Praline Latte Oat (instead of milk, no cream)	Υ	Υ													~																
Christmas Praline Latte Oat (instead of milk, with cream)	Υ														~								~								
Christmas Praline Latte Rice Coconut (instead of milk, no cream)	Υ	Υ																													
Christmas Praline Latte Rice Coconut (instead of milk, with cream)	Υ																						~								
Gingerbread Latte Semi Skimmed milk	Υ																						~								
Gingerbread Latte Skimmed milk	Υ																						_								
Gingerbread Latte Soya (instead of milk, no cream)	Υ	Υ																											~		
Gingerbread Latte Soya (instead of milk, with cream)	Υ																						>						<		
Gingerbread Latte Oat (instead of milk, no cream)	Υ	Υ													<																
Gingerbread Latte Oat (instead of milk, with cream)	Υ														\								~								
Gingerbread Latte Rice Coconut (instead of milk, no cream)	Υ	Υ																													
Gingerbread Latte Rice Coconut (instead of milk, with cream)	Υ																						~								
Macaroon Hot Chocolate Semi Skimmed Milk	Υ																						~								
Macaroon Hot Chocolate Skimmed Milk	Υ																						V								
Macaroon Hot Chocolate Soya (instead of milk, no cream)	Υ	Υ																											V		
Macaroon Hot Chocolate Soya (instead of milk, with cream)	Υ																						V						~		
Macaroon Hot Chocolate Rice Coconut (instead of milk, no cream)	Υ	Υ																													
Macaroon Hot Chocolate Rice Coconut (instead of milk, with cream)	Υ																						>								
Macaroon Hot Chocolate Oat (instead of milk, no cream)	Υ	Υ													<																
Macaroon Hot Chocolate Oat (instead of milk, with cream)	Υ														<								Y								

Contents Key: ✓ (Product Contains)														F	r	et	'S	F	Ho	t											
Y (Suitable For)			We'ı	re prou	ıd to fı	reshly		e our foc ue to the										~										ıt our f	ood is	allerge	n free
	<	Vei					Tre	e Nuts						(Cereals cont	aining glute	n							Milk							
Product	egetarians	gan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Pigs in Blankets Hot Roll			C													~		~			>					,		~			



INTRODUCTION

Here you'll find a list of all of the products sold in our shops, with allergens listed along the top of the page for easy reference. If a product contains one of these ingredients, then you will find a tick in the corresponding box.

Where a product contains 'Cereals *Containing Gluten'* and 'Nuts: you will find specific ingredients listed (e.g., wheat, rye, oats).

Please remember to check our guide and the ingredient label 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're proud to freshly prepare our food in our shop kitchens every day but as we use many ingredients and shared equipment, cross contact is managed but not to an allergen-free level. Therefore we can't guarantee any of our food is suitable for those with allergies due to the risk of cross contact. Our vegan products are made to a vegan recipe but are not suitable for those with dairy and egg allergies.

In line with the Vegan Society recommendations we at Pret are using the term 'vegan-friendly' to label products that may not be made in dedicated vegan sites.

The Food Standards Agency regards the following ingredients and their derivatives as allergens:

Peanuts Tree Nuts

Sesame Cereals containing Gluten

Crustaceans Celery & Celeriac

Egg Fish
Lupin Milk
Mustard Mollusc
Sova Sulphites

In addition we also declare Pine Nuts as an allergen

If you are interested in an ingredient outside the 14 listed above please look at the ingredient list on the website or the label on the individual product.

If you have any trouble finding what you're looking for, just ask the Manager - they'll be more than happy to help.

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** or contact our Customer Service Team on **0207 827 8801**.

This Allergen Guide only covers food and drink sold in our UK shops.



Baguettes, Rolls, Sandwiches & Wraps

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				1			u	ue to the	115K U	1 0103	s-coma	ici. O	ur veg	all 100	ou 18 II.	lauc ii	Ja veg	an rcc	ripe but is	Hot st	паон	, 101 ti	103C W	Tun III	IIK OI (ogg ar	icigics	•			
	Vec.	Vega					Ti	ree Nuts						С	Cereals cont	taining glut	en			Celery				Milk							
Product	etarians	egan Friendly	Peanut	Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
Baguettes								•								·															
Artichoke, Olives & Tapenade	Υ	Υ										¥						>													
Aubergine Banh Mi	Υ	Υ																>											~		
Avo, Olives & Toms	Υ	Υ										~						¥													~
Beet Wellington	Υ	Υ										~						>													~
Brie, Tomato & Basil	Υ																	>					~								
Cheddar, Mustard & Pickles	Υ											y						¥			_		~					y			
Vegan Chuna Mayo & Cucumber	Υ	Υ																~										<u> </u>		_	
Vegan Eggless Mayo & Cress	Y	Y																>											-		
Rolls		'																										·			
All Day Vegan Breakfast	v	Υ																													
	Y	Y										V	V			~		>					· ·					Y	~		
Aubergine Parmagiana	Y												Y			~							_								
Christmas Brunch Rye Roll	Υ	Υ										Y	~			~		>										<u> </u>	~		
Pesto & Mozzarella Losange	Υ																	>			~		~								~
Scandi Style Smoked Carrot and Eggless Tofu Mayo	Υ	Υ										V	~			V		¥											~	*	
Sandwiches					1		1	ı	1																				1		
Festive Falafel & Squash	Υ	Υ											>					>													~
Kid's Cheese Sandwich	Υ												~					~					~								
Humous & Roasted Peppers Open Sandwich	Υ											~			>									>	~					<u> </u>	~
Sliced Egg & Cress	Υ												>					>			>							~			
Smashed Avocado Open Sandwich	Υ	Υ													>																
Smoky Carrot and Falafel	Υ	Υ											>					>										~			
The VLT	Υ	Υ											>					>													
Wraps & Flatbreads																															
Avo & Chickpeas Caesar Wrap	Υ	Υ														>		Y										~	~		
Dukkah Spiced Squash & Feta Flatbread	Υ																	Y					<	>	>						
Falafel, Avocado & Chipotle Wrap	Υ	Υ														~		>												~	
Hoisin Mushroom Wrap	Υ	Υ														~		>											~		
Humous & Chipotle Wrap	Υ	Υ										~				~		>													
Mexican Avocado Flatbread	Υ	Υ																>													
Sunshine 'N'Spice Wrap	Υ	Υ														>		>													
Vegan Chilli Wrap	Υ	Υ														~		>		>									>	~	

Breakfast

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							Tr	ee Nuts						(ereals cont	aining glute	en							Milk							
Product	Vegetarians	egan Friendly	Peanut		Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
Acai & Almond Butter Bowl	Υ	Υ		>											>																
Bircher Muesli	Υ									~					>								~								
Breakfast Baguette - Eggless Mayo & Avocado	Υ	Υ																~											~		
Breakfast Baguette - Eggless Mayo & Roasted Tomato	Υ	Υ																•											¥		
Cashew and Cocoa Pot	Υ	Υ				~				~					>																
Coconut Porridge	Υ	Υ													¥																
Five Berry Bowl	Υ														¥								>								
Five Berry Pot	Υ																						~								
Mozzarella & Tomato Croissant	Υ																	~			>		y								
Poached Egg & Beans Power Pot	Υ																				~										
Porridge Topping - Berry Compote	Υ	Υ																													
Porridge Topping - Honey	Υ																														
Porridge Topper - Seed & Fruit	Υ	Y																													
Porridge Topper - Chocolate, Banana & Coconut	Υ	Υ																											Υ		
Coconut & Quinoa Porrisge	Υ	Υ													Υ																
Pret's Proper Porridge	Υ														>								~								
Pret's Veggie Roll	Υ															>		~			>		~								
Smoothie Bowl - Apricot and Pistachio Overnight Oats	Υ	Υ								~					>															•	
Smoothie Bowl - Cocoa, Nuts & Berries	Υ	Υ		~		•			>						>																
Smoothie Bowl - Mango & Banana Sunshine	Υ	Υ													>																
Spicy Egg Roll	Υ															<		>			>		<								
Vegan Almond Croissant	Υ	Υ		~														~													
Vegan Breakfast Baguette	Υ	Υ																>											~		
Vegan Chocolate Croissant	Υ	Υ																>											>		
Vegan Plain Croissant	Υ	Υ																~													
Very Berry Croissant	Υ	Υ																>													

Cold Drinks

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								ac to the					0						1	_						<i></i>	-				
	 <	Veg					Tr	ee Nuts						C	ereals cont	aining glute	en			0-1				Milk							
Product	egetarians	an Friendly	Peanut	Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
Apple Juice	Υ	Υ																													
Blend Me Drink Me - Cocoa, Almond Butter & Banana	Υ	Υ		>											>																
Breakfast Smoothie	Υ														>								~								
Coke (all types)	Υ	Υ																													
Cranberry & Raspberry Pure Pret Still	Υ	Υ																													
Daily Greens	Υ	Υ																													
Easy Greens	Υ	Υ																													
Ginger Shot	Υ	Υ																													
Green Tea & Peach Pret Still	Υ	Υ																													
Pure Pret Green Tea Yoga Bunny	Υ	Υ																													
Hot Shot	Υ																														
Lemon & Ginger Pret Still	Υ	Υ																													
Mango Smoothie	Υ																														
Mango, Passion Fruit & Lime Pret Still	Υ	Υ																													
Orange Juice (both sizes)	Υ																														
Pret Apple Fizz	Υ	Υ																													
Pret Cumcumber & Mint Seltzer	Υ	Υ																													
Pret Ginger Beer	Υ	Υ																													
Pret Ginger Kombucha	Υ	Υ																													
Pret Grape & Elderflower	Υ	Υ																													
Pret Lime & Raspberry Seltzer	Υ	Υ																													
Pret Rhubarb Lemonade	Υ	Υ																													
Ready to Drink Black Coffee	Υ	Υ																													
Ready to Drink Latte	Υ																						<								
Ready to Drink Mocha	Υ																						~								
Roots & Fruits Juice	Υ	Υ																													
Sparkling Spring Water	Υ	Υ																													
Still Water 500ml	Υ	Υ																													
Still Water 750ml	Υ	Υ																													
Vitamin Volcano	Υ																														

Fruit

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																								Ì	50					
		<					Tr	ee Nuts					С	ereals cont	aining glute	en							Milk							
Product	Vegetarians	egan Friendly	Peanut	Almond	Brazil Nut	t Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
Apple	Υ	Υ																												
Banana	Υ	Υ																												
Classic Fruit Salad	Υ	Υ																												
Mango & Lime	Υ	Υ																												
Melon & Blueberry	Υ	Υ																												
Seasonal Fruits (Apple, Grape, Plum & Blackberry)	Υ	Υ																		Ť									, and the second	
Mango Sunshine Pot	Υ	Υ																												

Pret's Hot

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	<	<€					Tre	e Nuts						С	Cereals con	taining glute	en							Milk		_				i	
Product	/egetarians	gan Friendly	Peanut	Almond	Brazil Nul	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
Coconut Curry Hot Box	Υ	Υ																													
Creamy Mushroom Macaroni Cheese	Υ																	>					~						<	ĺ	1
Falafel & Halloumi Hot Wrap	Υ															~		~					¥	~	~						
Feta & Red Pepper Omelette	Υ																				<			<	y						
Garlic & Herb Swirl	Υ																	>			~		¥								
Meatless Meatball & Feta Hot Rice Bowl	Υ																							<	>						1
Meatless Meatball Hot Wrap	Υ	Υ														~		y													
Meatless Meatball Protein Pot	Υ	Υ																													
Vegan Mac n Greens	Υ	Υ																y											>		
Vegan Ragu & Red Pepper Hot Wrap	Υ	Υ														~		>		~											
Spicy Vegan No'duja Macaroni	Υ	Υ																>											>		
Vegan Chilli Enchilada	Υ	Υ														_		>		>									۲		1
Falafel , Halloumi & Pickles Roll	Υ															_		~					¥	¥	~			y			
Soup																										•					
Red Thai Veg	Υ	Υ																											¥		
Souper Tomato	Υ	Υ																													
Black Bean Taco	Υ	Υ																											>		
Barley & Rye Soup Roll	Υ	Υ										>	>			~		>													
Butter Portion	Υ																						Y								
Sunshine Dhal	Υ	Υ																													ı
Toasties & Focaccia																															
Classic Cheese Toastie	Υ												>		>	>		>			<		¥					>			
Halloumi, Red Pepper & Basil Toastie	Υ												>		>	>		>					~	<	>						
Mozzarella, Pesto & Roasted Tomatoes Foacaccia	Υ																	>					¥								>
Creamy Mushroom Focaccia	Υ																	>					~						<		

Pret At Home

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																										,0					
		<u> </u>					Tree	e Nuts						(Cereals cont	taining glute	en							Milk							
Product	√egetarians	egan Friendly	Peanut		Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
Coffee - Classic Blend Ground	Υ	Υ																												<u> </u>	
Coffee - Espresso Beans	Υ	Υ																													
Coffee - Single Origin Ground	Υ	Υ																													
Pret at Home Bircher Museli	Υ	Υ													<															*	
Pret at Home Dark Chocolate & Almond Granola	Υ	Υ		~											>														<		
Pret at Home Classic Granola	Υ	Υ													>																
Pret at Home Oat & Coconut Crunch Granola	Υ	Υ													~																
Pret's Organic Aluminium Capsules Classic Blend	Υ	Υ																													
Pret's Organic Aluminium Capsules Espresso Blend	Υ	Υ																													

Salad

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		<					Ti	ree Nuts						С	Cereals cont	aining glute	en							Milk						1	
Product	/egetarians	egan Friendly	Peanut	Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
Egg & Spinach Pot	Υ																				>										
Mexican Inspired Salad Bowl	Υ																							>	>					>	
Miso Aubergine Salad Bowl	Υ											>						>			>								>		
Marinated Tofu Poke Bowl	Υ	Υ										>																	>		
Pesto Pasta and Mozzarella Salad	Υ																	>					>							>	>
Sticky Mushroom Salad Bowl	Υ	Υ																>											¥	<u> </u>	
Sweet Potato Falafel Mezze Salad	Υ	Υ										•	•																		
Tamari & Ginger Mushroom Poke Bowl	Υ	Υ																											~	•	
Dressings																															
Caesar Dressing	Υ	Υ																										>	>	<u> </u>	
French Dressing	Υ	Υ																													
Tamari & Ginger Dressing	Υ	Υ																											~	<u> </u>	

Snacks

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	Veç	Vega					Tr	ee Nuts						С	ereals cont	aining glute	n			Celery				Milk							}
Product	getarians	an Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Snacks																															
Almond Butter Protein Ball	Υ	Υ		~																									~		
Easy Peasy Almond Squeezy	Υ	Υ		>																											
Chilli, Bean & Seed Tortilla Chips	Υ	Υ																													
Almond Butter Bites	Υ			¥																									•		
Cranberries in Coats	Υ																						~								
Salted Crunchy Corn	Υ	Υ																													
Dark Chocolate Salted Almonds	Υ	Υ		V																									~		
Mature Cheddar & Red Onion Crisps	Υ																						>								1
Fruit, Nuts & Chocolate	Υ			>																			>						>		
Pret A Mango	Υ	Υ																													
Sea Salt & Cider Vinegar Crisps	Υ	Υ																													
Sea Salt Crisps	Υ	Υ																													
Sea Salt Popocrn	Υ	Υ																													
Smoky Chipotle Crisps	Υ	Υ																													
Sweet & Salt Popcorn	Υ	Υ																													
BBQ Popped Chickpea Chips	Υ	Υ																												i	<u> </u>
Fruit & Seed Bite	Υ	Υ																													
Vegetable Crisps	Υ	Υ																													i

Sweet Treats

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	%	Veg					Tr	ee Nuts							ereals cont	aining glute	en							Milk		<i>88</i>	6				
Product	getarians	an Friendly	Peanut	Almond	Brazil Nu	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
Sweet Treats																															
Almond Butter Bites	Υ			>																									~		
Banana Cake	Υ																	>			~		>						~		
Caramel Waffle	Υ																	>					>						~		
Carrot Cake	Υ										>							>			~		>						~		
Choc Bar	Y																	~					~						~		
Chocolate Orange Loaf Cake	Υ																	~			V		~						~		
Chocolate Brownie Bar	Υ																	>			•		>						~	1	
Chocolate Moose	Υ																						<						<		
Chocolatey Coconut Bite	Υ	Υ																											<		
Christmas Tiffin	Υ									~								>					>						~		
Dark Chocolate & Almond Butter Cookie	Υ	Υ		>														>													
Dark Chocolate Corn Cakes	Υ																												<		
Dark Chocolate with Sea Salt	Υ																												\	i	
Hazelnut Truffles	Υ	Υ					~																								
Lemon Cheesecake	Υ																	<			<		<							i	
Love Bar	Υ			~						~					~								~						<		
Mince Pie	Υ																	<			<		<							i	
Milk Chocolate Bar	Υ																						~						~		
Popcorn Bar	Υ																						~						\		
Pret Bar	Υ														<			<					<								
Pret's Nut Bar	Υ			>																									\		
Pret's Gingerbread Biscuits	Υ																	~			\										
Pret's Vegan Raspberry & Coconut Muffin	Υ	Υ		>														>											~		
Pret's Ultimate Vegan Brownie	Υ	Υ		>														~											~		
Raspberry & Almond Bakewell Tart	Υ			>														>			<		>								
Vegan Banana & Walnut Muffin	Υ	Υ									>							>											<		
Vegan Hazelnut & Caramel Brownie	Υ	Υ		>			~											<											<		
Vegan Choca Mocha Muffin	Υ	Υ											~					~											~		

Barista Prepared Drinks

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								due to th	le risk	or cro	SS-COII	naci. C	Jur ve					gan re	ecipe bui	i is not	Sunai	ore for	those		шик о	r egg a	mergie	8.			
	< 6	Veg					Tr	ee Nuts						C	ereals cont	aining glut	en							Milk							
Product	egetarians	jan Friendly	Peanut	Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
Coffee					-																										
Americano Black (add milk or milk alernative if White Americano)	Υ	Υ																													
Cappuccino Semi Skimmed milk	Υ																						~								
Cappuccino Skimmed milk	Υ																						~								
Cappuccino Soya (instead of milk)	Υ	Υ																											~		
Cappuccino Rice Coconut (instead of milk)	Υ	Υ																													
Cappuccino Oat (instead of milk)	Υ	Υ													~																
Espresso	Υ	Υ																													ı
Filter - Black Coffee (add milk or milk alemative if White Americano)	Υ	Υ																													
Flat White Semi Skimmed milk	Υ																						>								
Flat White Skimmed milk	Υ																						>								
Flat White Soya (instead of milk)	Υ	Υ																											~		
Flat White Rice Coconut (instead of milk)	Υ	Υ																													
Flat White Oat (instead of milk)	Υ	Υ													>																
Latte Semi Skimmed milk	Υ																						>								
Latte Skimmed milk	Υ																						>								
Latte Soya (instead of milk)	Υ	Υ																											>		
Latte Oat (instead of milk)	Υ	Υ													>																
Latte Rice Coconut (instead of milk)	Υ	Υ																													

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				1				due to th										0	1							00					
	Veg	ॻ <					Tr	ee Nuts						Ce	ereals cont	aining glute	en			Celery				Milk							
Product	etarians	Vegan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Macchiato Semi Skimmed milk	Υ																						<								
Macchiato Skimmed milk	Υ																						<								
Macchiato Soya (instead of milk)	Υ	Υ																											Y		
Macchiato Oat (instead of milk)	Υ	Υ													>																
Macchiato Rice Coconut (instead of milk)	Υ	Υ																													
Mocha Semi Skimmed milk	Υ																						~								
Mocha Skimmed milk	Υ																						>								
Mocha Soya (instead of milk)	Υ	Υ																											V		
Mocha Rice Coconut (instead of milk)	Υ	Υ																													
Mocha Oat (instead of milk)	Υ	Υ													>																
Chai Latte	Υ																						~								
Chai Latte Rice Coconut (instead of Milk)	Υ	Υ																													
Matcha Latte Rice Coconut (instead of Milk)	Υ	Υ																													
Turmeric Latte Semi Skimmed	Υ																						>								
Turmeric Latte Skimmed	Υ																						>								
Turmeric Latte Rice Coconut (instead of Milk)	Υ	Υ																													
Turmeric Latte Oat (instead of milk)	Υ	Υ													~																
Turmeric Latte Soya (instead of milk)	Υ	Υ																											~		
Pumpkin Spice Latte Semi Skimmed	Υ																						>								
Pumpkin Spice Latte Skimmed	Υ																						>								
Pumpkin Spice Latte Rice Coconut (instead of milk)	Υ	Υ																													
Pumpkin Spice Latte Oat (instead of milk)	Υ	Υ													>																
Pumpkin Spice Latte Soya (instead of milk)	Υ	Υ																											~		

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				1100	due to ti	TO THERE	01 010	00 001	rtaet. (<i>3</i> ta1	gan ro	04 15 1	maac t	.0 4 10	gan re	erpe our	15 110	Bartao	10 101 (11050	Witchi .	IIIIII C	י פפיי י	anergre	J.		
Frappés & Shakes																											
Classic Frappé Semi Skimmed milk	Υ																			V							
Classic Frappé Skimmed milk	Υ																			~							
Chocolate Frappé Semi Skimmed milk	Υ																			~							
Chocolate Frappé Skimmed milk	Υ																			Y							
Mocha Frappé Semi Skimmed milk	Υ																			V							
Mocha Frappé Skimmed milk	Υ																			~							
Decaf Mocha Frappé Semi Skimmed milk	Υ																			~							
Decaf Mocha Frappé Skimmed milk	Υ																			>							
Caramel Shake Semi Skimmed milk	Υ																			<							
Caramel Shake Skimmed milk	Υ																			~							
Hazelnut Shake Semi Skimmed milk	Υ																			~							
Hazelnut Shake Skimmed milk	Υ																			~							
Vanilla Shake Semi Skimmed milk	Υ																·			V					·		
Vanilla Shake Skimmed milk	Υ																•			>					•		
Frappé Mix	Υ																Ī			>							

Barista Prepared Drinks

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							Iree	aue to th	ie risk	or cro	SS-COL	naci. (Jur ve	gan ro	oa is	made	to a ve	gan re	ecipe bu	t is not	. Suma	ore for	unose	with.	mik o	r egg a	mergie	s.			
	Veç	Vega					Tr	ee Nuts						C	ereals con	taining glut	en			Celery				Milk							
Product	getarians	n Friendly	Peanut	Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
Iced Drinks																															
Iced Latte Semi Skimmed Milk	Υ																						¥								
Iced Latte Skimmed Milk	Υ																						>								
Iced Latte Soya (instead of milk)	Υ	Υ																											<		
Iced Latte Rice Coconut (instead of milk)	Υ	Υ																													
Iced Latte Oat (instead of milk)	Υ	Υ													>																
Iced Mocha Semi Skimmed Milk	Υ																						>								
Iced Mocha Skimmed Milk	Υ																						>								
Iced Mocha Soya (instead of milk)	Υ	Υ																											<		
Iced Mocha Rice Coconut (instead of milk)	Υ	Υ																													
Iced Mocha Oat (instead of milk)	Υ	Υ													>																
Iced White Americano Semi Skimmed Milk	Υ																						>								
Iced White Americano Skimmed Milk	Υ																						>								
Iced White Americano Oat (instead of milk)	Υ	Υ													>																
Iced White Americano Soya (instead of milk)	Υ	Υ																											V		
Iced White Americano Rice Coconut (instead of milk)	Υ	Υ																													
Turmeric Iced Latte Rice Coconut	Υ	Υ																												i	
Cold Brew																															
Cold Brew (no milk)	Υ	Υ																													
Cold Brew Semi Skimmed Milk	Υ																						Y								
Cold Brew Skimmed Milk	Υ																						¥								
Cold Brew Soya (instead of milk)	Υ	Υ																											>		
Cold Brew Oat (instead of milk)	Υ	Υ													>																
Cold Brew Rice Coconut (instead of milk)	Υ	Υ																													

Barista Prepared Drinks

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								due to th						<i></i>				0								00 -					
- 1	Vege	Fri Fri					Tr	ee Nuts						C	ereals cont	aining glute	en			Celery				Milk							
Product	etarians	Vegan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Hot Chocolate																															
Hot Chocolate Semi Skimmed Milk	Υ																						<								
Hot Chocolate Skimmed Milk	Υ																						>								
Hot Chocolate Soya (instead of milk)	Υ	Υ																											~		
Hot Chocolate Rice Coconut (instead of milk)	Υ	Υ																													
Hot Chocolate Oat (instead of milk)	Υ	Υ													>																
Hot Chocolate Powder	Υ	Υ																													
Hot Chocolate Hazelnut	Υ																						>								
Hot Chocolate Hazelnut Skimmed	Υ																						>								
Hot Chocolate Hazelnut Soya	Υ	Υ																											~		
Hot Chocolate Hazelnut Rice-Coconut	Υ	Υ																													
Hot Chocolate Hazelnut Oat	Υ	Υ													>																
Smoothies																															
Berries and Cherries	Υ	Υ																													
Sweet Greens	Υ	Υ																													
Tropical Peach	Υ	Υ																													

Barista Prepared Drinks

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								due to ti						<i></i>				<i>6</i>	I							00					
D 1 .	Vege	Fr. ≤					Tr	ee Nuts						Ce	ereals cont	aining glut	en			Celery				Milk						l	
Product	tarians	Vegan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Syrups & Toppings																															
All Syrups	Υ	Υ																													
Caramel Sauce	Υ	Υ																													
Whipped Cream	Υ																						>								
Milk shot																															
Semi Skimmed	Υ																						>								
Skimmed	Υ																						>								
Soya (instead of milk)	Υ	Υ																											~		
Rice Coconut (instead of milk)	Υ	Υ																													
Oat (instead of milk)	Υ	Υ													y																
Tea																															
Ceylon Breakfast (add milk or milk alernative if White)	Υ	Υ																													
Earl Grey (add milk or milk alernative if White)	Υ	Υ																													
Peppermint (add milk or milk alemative if White)	Υ	Υ																													
Tropical Green (add milk or milk alernative if White)	Υ	Υ																													
Milk / instead of milk cup																															
Semi Skimmed milk cup	Υ																						>								
Skimmed milk cup	Υ																						>								
Soya (instead of milk) cup	Υ	Υ																											>		
Rice Coconut (instead of milk) cup	Υ	Υ																													
Oat (instead of milk) cup	Υ	Υ													¥																
Babyccino	Υ																						>								

Barista Prepared Drinks

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk or egg allergies.

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Product	Veget	Veç Frie	Peanut				Tr	ee Nuts				Sesame		Ce	ereals cont	aining glute	en		Crustacean	Celery	Egg	Fish		Milk		Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
rioduct	arians	/egan riendly	realiut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Jesaine	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustaceari	celeriac	Egg	LISH	Cow	Goat	Sheep	Lupin	Williasus	iviustaru	Suya	Sulphiles	Fille Nuts
Seasonal Drinks																															
Christmas Praline Latte Semi Skimmed milk	Υ																						>								
Christmas Praline Latte Skimmed milk	Υ																						>								
Christmas Praline Latte Soya (instead of milk, no cream)	Υ	Υ																											>		
Christmas Praline Latte Soya (instead of milk, with cream)	Υ																						~						~		
Christmas Praline Latte Oat (instead of milk, no cream)	Υ	Υ													¥																
Christmas Praline Latte Oat (instead of milk, with cream)	Υ														~								~								
Christmas Praline Latte Rice Coconut (instead of milk, no cream)	Υ	Υ																													
Christmas Praline Latte Rice Coconut (instead of milk, with cream)	Υ																						Y								
Gingerbread Latte Semi Skimmed milk	Υ																						Y								
Gingerbread Latte Skimmed milk	Υ																						Y								
Gingerbread Latte Soya (instead of milk, no cream)	Υ	Y																											V		
Gingerbread Latte Soya (instead of milk, with cream)	Υ																						~						~		
Gingerbread Latte Oat (instead of milk, no cream)	Υ	Υ													¥																
Gingerbread Latte Oat (instead of milk with cream)	Υ														¥								~								
Gingerbread Latte Rice Coconut (instead of milk, no cream)	Υ	Υ																													
Gingerbread Latte Rice Coconut (instead of milk, with cream)	Υ																						~								
Macaroon Hot Chocolate Semi Skimmed Milk	Υ																						~								
Macaroon Hot Chocolate Skimmed Milk	Υ																						~								
Macaroon Hot Chocolate Soya (instead of milk, no cream)	Υ	Υ																											~		
Macaroon Hot Chocolate Soya (instead of milk, with cream)	Υ																						>						~	L	
Macaroon Hot Chocolate Rice Coconut (instead of milk, no cream)	Υ	Y																													
Macaroon Hot Chocolate Rice Coconut (instead of milk, with cream)	Υ																						~								
Macaroon Hot Chocolate Oat (instead of milk, no cream)	Υ	Υ													¥																
Macaroon Hot Chocolate Oat (instead of milk, with cream)	Υ														>								>								