

Baguettes

Suitable for

V10-21.08.2023

Product	Vegetarians	Vegans	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Brie, Tomato & Basil Baguette	✓			✗				WHEAT									
Chicken Caesar Baguette			✗	✗	✗			WHEAT, RYE, OAT, BARLEY		✗		✗			✗		
Chipotle Mozzarella Hot Baguette	✓		✗	✗				WHEAT, RYE, OAT, BARLEY				✗					
Egg Mayo & Roasted Tomato	✓				✗			WHEAT		✗		✗					
Ham & Greve Baguette				✗	✗			WHEAT		✗		✗					
Hot Chilli Chicken Baguette					✗			WHEAT		✗		✗					
Posh Prosciutto Baguette			✗	✗				WHEAT, RYE, OAT, BARLEY									
Posh Cheddar & Pickle Baguette	✓		✗	✗	✗			WHEAT, RYE, OAT, BARLEY		✗		✗	✗				
Roasted Portobello & Cheese Baguette	✓			✗	✗			WHEAT		✗		✗					
Spicy Chicken Baguette			✗	✗				WHEAT, RYE, OAT, BARLEY				✗					
Smoked Salmon, Soft Cheese & Dill Baguette			✗	✗				WHEAT, RYE, OAT, BARLEY							✗		
Smoked Salmon & Egg Mayo					✗			WHEAT		✗		✗			✗		
Avo, Olive & Tomato Baguette	✓	✓	✗					WHEAT, RYE, OAT, BARLEY									PINENUTS

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Breakfast		Suitable for															V10-21.08.2023
Product	Vegetarians	Vegans	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Bacon & Egg Brioche				✓	✓		WHEAT		✓								
Bacon Brioche				✓	✓		WHEAT		✓								
Ham & Egg Brioche				✓	✓		WHEAT		✓			✓					
Smoked Salmon Brioche				✓	✓		WHEAT		✓			✓			✓		
Banana & Honey Muesli	✓			✓													
Cranberry Yoghurt Bowl	✓			✓													
Bircher Muesli	✓			✓												PISTACHIO	
Croissant Almond	✓			✓	✓		WHEAT									ALMOND	
Croissant Chocolate	✓			✓	✓		WHEAT		✓							HAZELNUT	
Coconut Chia Seed Bowl	✓	✓														ALMOND	
Almond Butter Yoghurt Pot	✓			✓												ALMOND	
Sausage & Egg Brioche				✓	✓		WHEAT		✓				✓				
Five Berry Bowl	✓			✓													
Five Berry Pret Pot	✓			✓													
Mozzarella & Tomato Croissant	✓			✓	✓		WHEAT										
Ham and Greve Hot Croissant				✓	✓		WHEAT										
Salmon and Egg Hot Croissant				✓	✓		WHEAT								✓		
Cheddar and Tomatoes Hot Croissant	✓			✓	✓		WHEAT										
Pain au Raisin	✓			✓	✓		WHEAT										
Plain Croissant	✓			✓	✓		WHEAT										
Pret's Veggie Brioche	✓			✓	✓		WHEAT		✓								
Very Berry Croissant	✓	✓					WHEAT										
Blue Goodness	✓			✓													
Pink Goodness	✓			✓												ALMOND	
Yellow Goodness	✓			✓									✓			ALMOND	

Cold Drinks

Suitable for

V10-21.08.2023

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

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

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			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
All Day Breakfast Hot Wrap				✓	✓			WHEAT, RYE		✓			✓			
Avocado, Cheddar & Chipotle Toasted Tortilla	✓			✓				WHEAT, RYE					✓			
Brie, Avocado & Tomato Toastie	✓			✓				WHEAT, OAT, RYE, BARLEY								
Chicken Caesar & Avocado Toasted Tortilla				✓	✓			WHEAT, RYE, BARLEY		✓			✓		✓	
Chicken, Avocado & Basil Toastie				✓	✓			WHEAT, OAT, RYE, BARLEY		✓			✓			
Chicken Chipotle Hot Wrap				✓				WHEAT, RYE					✓			
Chipotle Chicken Toasted Tortilla				✓				WHEAT, RYE					✓			
Eggs Florentine Toasted Tortilla	✓			✓	✓			WHEAT, RYE		✓			✓			
Mozzarella & Pesto Toastie	✓			✓				WHEAT, BARLEY								
Spicy Mediterranean Hot Wrap	✓			✓				WHEAT, RYE					✓	✓		
Egg, Cheddar & Tomato Toastie	✓			✓	✓			WHEAT, OAT, RYE, BARLEY		✓			✓			
Chipotle Chicken Toastie				✓				WHEAT, OAT, RYE, BARLEY					✓	✓		
Ham, Cheese & Mustard Toastie				✓	✓			WHEAT, OAT, RYE, BARLEY		✓			✓			
Classic Cheese Toastie	✓			✓	✓			WHEAT, OAT, RYE, BARLEY		✓			✓			

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Salads		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
			Chef's Chicken Salad				✓	✓		BARLEY		✓			✓	
Egg & Spinach Protein Pot	✓				✓											
Greek Salad	✓			✓			WHEAT, RYE					✓				PINENUTS
Smoked Salmon & Spinach Protein Pot					✓										✓	
Wild Crayfish & Avocado												✓		✓		

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Sandwiches

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			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Chicken Avocado Granary				✓	✓		WHEAT, BARLEY		✓			✓				
Classic Super Club Granary					✓		WHEAT, BARLEY		✓			✓				
Wild Crayfish & Rocket Granary					✓		WHEAT, BARLEY		✓			✓	✓			
Cracking Egg Salad Granary	✓				✓		WHEAT, BARLEY		✓			✓				
Ham & Cheese Granary				✓			WHEAT, BARLEY									
Mature Cheddar Granary	✓			✓	✓		WHEAT, BARLEY		✓			✓	✓			
Smoked Salmon				✓			WHEAT, BARLEY								✓	
Brie & Cranberry	✓			✓			WHEAT, BARLEY									
Christmas Lunch Chicken Sandwich				✓	✓		WHEAT, BARLEY		✓			✓				
Egg Mayo & Tomato Granary	✓				✓		WHEAT, BARLEY		✓			✓				
Portobello, Lettuce & Tomato Granary	✓			✓	✓		WHEAT, BARLEY		✓			✓				

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Pret Snacks

Suitable for

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			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Pret A Mango	✓	✓														
Tyrrells Lightly Sea Salted Crisps	✓															
Tyrrells Mature Cheddar & Chives Crisps	✓			✗												
Tyrrells Sea Salt & Cider Vinegar Crisps	✓	✓					BARLEY									
Tyrrells Sea Salt & Cracked Black Pepper Crisps	✓															

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Sweet Treats

Suitable for

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			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Brownie Bar	✓			✘	✘		WHEAT		✘							
Choc Bar	✓			✘			WHEAT		✘							
Chocolate Chunk Cookie	✓			✘			WHEAT									
Dark Chocolate Almond Butter Cookies	✓	✓					WHEAT									ALMONDS
Cheese Twist	✓			✘	✘		WHEAT									
Egg Tart	✓			✘	✘		WHEAT									
Fruit, Oat & Spelt Cookie	✓			✘			WHEAT, OAT, SPELT									
Love Bar	✓			✘			OATS		✘							PISTACHIO, ALMONDS
Muffin Double Berry	✓			✘	✘		WHEAT									
Popcorn bar	✓			✘					✘							
Christmas Tiffin	✓			✘			WHEAT		✘							PISTACHIO
Mince Pies	✓			✘	✘		WHEAT									

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Wraps		Suitable for		Contains these allergens													
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			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Avocado & Herb Salad Wrap	✓			✗	✗		WHEAT, RYE		✗			✗					PINENUTS
Crayfish & Chipotle Salad Wrap							WHEAT, RYE					✗		✗			
Chicken & Rocket Salad Wrap				✗	✗		WHEAT, RYE		✗			✗					

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Latte Milk	✓			✓													
Latte Rice Coconut	✓	✓															
Latte Soya	✓	✓							✓								
Latte Oat	✓	✓					OAT										
Latte Almond	✓	✓															ALMOND
Macchiato Milk	✓			✓													
Macchiato Rice Coconut	✓	✓															
Macchiato Soya	✓	✓							✓								
Macchiato Oat	✓	✓					OAT										
Macchiato Almond	✓	✓															ALMOND
Mocha Milk	✓			✓													
Mocha Rice Coconut	✓	✓															
Mocha Soya	✓	✓							✓								
Mocha Oat	✓	✓					OAT										
Mocha Almond	✓	✓															ALMOND

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Barista Prepared Drinks

Suitable for

V6-10.03.2023

Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Flavoured Latte/ Tea																
Chai Latte Milk	✓			✓												
Chai Latte Rice Coconut	✓	✓														
Chai Latte Soya	✓	✓								✓						
Chai Latte Oat	✓	✓						OAT								
Chai Latte Almond	✓	✓														ALMOND
Caramel Latte Milk	✓			✓												
Caramel Latte Rice Coconut	✓	✓														
Caramel Latte Soya	✓	✓								✓						
Caramel Latte Oat	✓	✓						OAT								
Caramel Latte Almond	✓	✓														ALMOND
Hazelnut Latte Milk	✓			✓												HAZELNUT
Hazelnut Latte Rice Coconut	✓	✓														HAZELNUT
Hazelnut Latte Soya	✓	✓								✓						HAZELNUT
Hazelnut Latte Oat	✓	✓						OAT								HAZELNUT
Hazelnut Latte Almond	✓	✓														HAZELNUT ALMOND
Matcha Latte Milk	✓			✓												
Matcha Latte Rice Coconut	✓	✓														
Matcha Latte Soya	✓	✓								✓						
Matcha Latte Oat	✓	✓						OAT								
Matcha Latte Almond	✓	✓														ALMOND
Vanilla Latte Milk	✓			✓												
Vanilla Latte Rice Coconut	✓	✓														
Vanilla Latte Soya	✓	✓								✓						
Vanilla Latte Oat	✓	✓						OAT								
Vanilla Latte Almond	✓	✓														ALMOND
Holiday Joy Latte Milk	✓			✓												
Holiday Joy Latte Rice Coconut	✓	✓														
Holiday Joy Latte Soya	✓	✓								✓						
Holiday Joy Latte Oat	✓	✓						OAT								
Holiday Joy Latte Almond	✓	✓														ALMOND
Hot Chocolate																
Hot Chocolate Milk	✓			✓												
Hot Chocolate with Rice-Coconut	✓	✓														
Hot Chocolate Soya	✓	✓								✓						
Hot Chocolate Oat	✓	✓						OAT								
Hot Chocolate Almond	✓	✓														ALMOND

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			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Milk Cup																
Babyccino	✓			✓												
Milk Whole	✓			✓												
Milk Semi-Skimmed	✓			✓												
Rice Coconut	✓	✓														
Soya	✓	✓							✓							
Oat	✓	✓					OAT									
Almond	✓	✓														ALMOND
Syrups																
Syrup Shot - Caramel	✓	✓														
Syrup Shot - Hazelnut	✓	✓														HAZELNUT
Syrup Shot - Vanilla	✓	✓														
Tea																
English Breakfast Tea Milk	✓			✓												
English Breakfast Tea Rice-Coconut	✓	✓														
English Breakfast Tea Soya	✓	✓							✓							
English Breakfast Tea Oat	✓	✓					OAT									
English Breakfast Tea Almond	✓	✓														ALMOND
Earl Grey Tea Milk	✓			✓												
Earl Grey Tea Rice-Coconut	✓	✓														
Earl Grey Tea Soya	✓	✓							✓							
Earl Grey Tea Oat	✓	✓					OAT									
Earl Grey Tea Almond	✓	✓														ALMOND
Green Tea	✓	✓														
Peppermint Tea	✓	✓														

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