

Pret's Allergen Guide

Ireland & Northern Ireland Pret Shops

We prepare our fresh food and Barista-made drinks in our shops every day. We use many ingredients and shared equipment, and whilst we do our best to manage allergens we cannot guarantee that any of our food or Barista-made drinks are allergen-free or suitable for those with allergies 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.

Introduction

Here you'll find a list of all Pret products sold in our shops (for branded products please review the individual product), 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.

While the products in this guide may not contain a specific allergen, we can't guarantee that any of our food is completely free from any allergen.

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, recipes can differ shop to shop.

Where a product contains **"Cereals containing Gluten"** or **"Nuts"**, you will find a specific ingredient listed, for example **"Wheat"** or **"Cashews"**.

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In line with recommendations from The Vegan Society, we are using the term **"Vegan-friendly"** to label products that are made to a vegan recipe, but may not be made in dedicated vegan sites. In these sites we have as many steps as possible to reduce the risk of cross-contact.

For delivery orders:

We cannot guarantee your meal will not come into contact with other allergens during delivery. Couriers may transport other Pret orders or orders from other businesses along with your Pret order.

The Food Safety Authority of Ireland 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

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 are looking for **please ask the Manager**, they will 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.ie or contact our Customer Service Team on **0207 827 8801**.

This allergen guide only covers food and drink sold in our Ireland & Northern Ireland Pret Shops.

Contents Key: ✓ (Product Contains) Y (Suitable For)			Breakfast																													
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.																																
Product	Vegetarian	Vegan Friendly	Peanut	Tree Nuts							Sesame	Cereals containing gluten							Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites		
				Almond	Brazil Nut	Cashews	Hazelnut	Macadamia	Pecan	Pistachio		Walnut	Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep							
Acai, Banana & Almond Butter Bowl	Y	Y		✓									✓																			
Almond Croissant	Y			✓											✓							✓										
Avo & Egg Mayo Baguette	Y														✓							✓										
Bacon & Egg Mayo Baguette															✓							✓										
Banana, Honey & Granola Pot	Y														✓										✓							
Banana & Honey Yoghurt Pot	Y																								✓							
Blueberry & Coconut Balance Bowl	Y														✓										✓							
Breakfast Egg & Avo	Y																					✓										
Breakfast Egg & Bacon																						✓										
Breakfast Egg & Tomato	Y																					✓										
Breakfast Salmon & Egg																						✓		✓								
Butter Croissant	Y																					✓										
Chocolate Croissant	Y																					✓										✓
Cinnamon Danish	Y																					✓										
Cranberry & Seed Baked Muesli	Y														✓											✓						
Breakfast Egg & Tomato Baguette	Y																					✓										
Five Berry Bowl	Y																															
Five Berry Yoghurt Pot	Y																															
Ham, Cheese, Tomato & Bacon Croissant																						✓										
Mindful Muesli & Banana Bowl	Y														✓																	
Mozzarella & Tomato Croissant	Y																					✓										
Pain aux Raisins	Y																					✓										
Pastel de Nata	Y																					✓										
Roasted Tomatoes & Egg Mayo Baguette	Y																					✓										
Sausage & Bacon Ciabatta																																
The Big Apple Bowl	Y														✓																	
Triple Bacon Ciabatta																																
Triple Sausage Ciabatta																																
Ultimate Breakfast Ciabatta																																
Very Berry Croissant	Y	Y																														
Porridge & Toppings																																
Pier's Proper Porridge	Y														✓																	
The Big Apple Porridge	Y														✓																	
Cranberry Seed Topper	Y	Y																														

Contents Key: ✓ (Product Contains) Y (Suitable For)			Baguettes & 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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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamalt (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep							
Baguettes																																
Avo, Olives & Toms Baguette	Y	Y										✓						✓														
Avocado, Bacon & Tomato Baguette												✓						✓		✓	✓	✓										
Bacon & Egg Mayo Baguette												✓						✓		✓												
Beef & Horseradish Baguette												✓						✓		✓		✓							✓		✓	
BLT Baguette												✓						✓		✓		✓							✓		✓	
Chicken Caesar & Bacon Baguette												✓						✓		✓	✓	✓										
Chicken and Stuffing Baguette												✓						✓		✓		✓										✓
Chipotle Chicken & Feta Baguette												✓						✓						✓		✓						
Ham & Emmental												✓						✓		✓		✓		✓					✓			
Italian Prosciutto Baguette												✓						✓		✓		✓										
Pole & Line Caught Tuna Mayo & Cucumber Baguette												✓						✓		✓	✓											
Posh Cheddar & Pickle Baguette	Y											✓						✓		✓		✓										
Satay Chicken & Pickled Slaw Baguette												✓		✓				✓		✓		✓									✓	
Salmon, Egg Mayo & Avo Baguette												✓						✓		✓	✓											
Smoked Salmon & Cream Cheese Baguette												✓						✓			✓	✓										
Thai Style Chicken Baguette												✓						✓				✓									✓	
Tuna & Cucumber												✓						✓		✓	✓											
Sandwiches																																
Beef & Horseradish												✓						✓		✓		✓		✓					✓		✓	
Chicken, Avocado & Basil												✓						✓		✓		✓										
Chicken Salad												✓						✓		✓		✓										
Classic Super Club												✓						✓		✓												
Egg Florentine	Y											✓						✓		✓			✓									
Ham & Cheese												✓						✓				✓										
Humous & Veg	Y	Y										✓	✓					✓														
New Yorker Club Sandwich												✓						✓		✓		✓								✓		
Super Greens & Reds	Y	Y										✓						✓														
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			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.																													
Product	Vegetarian as is	Vegan friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites		
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep							
Kids' Cheese & Tomato Triangles	Y											✓					✓				✓											
Kids' Chicken & Cucumber Triangles												✓					✓			✓												
Kids' Ham Triangles												✓					✓						✓									
Mature Cheddar & Pickle	Y											✓					✓			✓		✓										
Pulled Ham and Pickle												✓					✓			✓												
Smoked Salmon												✓					✓					✓										
Veggie New Yorker	Y											✓					✓			✓		✓							✓			
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Contents Key: ✓ (Product Contains) Y (Suitable For)			Rolls & Wraps																													
			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.																													
Product	Vegetarian	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites		
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamalt (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep							
Wraps & Flatbreads																																
Avocado & Chipotle Chicken Flatbread																✓								✓								
Chicken Caesar & Roasted Pistachio Flatbread											✓					✓						✓	✓	✓								
Chipotle Chicken & Feta Wrap																✓										✓		✓				
Chicken Pesto & Rocket Wrap																✓							✓									
Hoisin Duck Salad Wrap																✓						✓									✓	
Italian Style Pesto Chicken Flatbread																✓						✓		✓								
Mediterranean Style Tuna Flatbread																✓						✓	✓									
Mexican Style Falafel & Avo Flatbread	Y	Y																														
Middle Eastern Style Chicken Flatbread												✓	✓																			
Satay Chicken & Slaw Wrap													✓			✓															✓	
Rolls																																
Salt Beef Rye Roll													✓				✓					✓									✓	
Scandi Salmon Rye Roll													✓				✓					✓	✓								✓	
Spicy Chicken Rye Roll													✓				✓					✓										
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Contents Key: ✓ (Product Contains) Y (Suitable For)			Cold 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.																											
Product	Vegetarian	Vegan Friendly	Peanut	Tree Nuts							Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio		Walnut	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)					Wheat	Cow	Goat						Sheep
Apple Juice	Y	Y																												
Coke (all types)	Y	Y																												
Cranberry, Raspberry & Pomegranate Pret Still	Y	Y																												
Easy Greens	Y	Y																												
Ginger Shot	Y	Y																												
Green Tea & Peach Pret Still	Y	Y																												
Hot Shot	Y																													
Lemon & Ginger Pret Still	Y	Y																												
Mango, Passion Fruit & Lime Pret Still	Y	Y																												
Orange Juice	Y	Y																												
Pret Apple Fizz	Y	Y																												
Pret Cucumber & Mint Seltzer	Y	Y																												
Pret Ginger Beer	Y	Y																												
Pret Grape & Elderflower	Y	Y																												
Pret Lime & Raspberry Seltzer	Y	Y																												
Pret Rhubarb Lemonade	Y	Y																												
Sparkling Spring Water	Y	Y																												
Still Water 500ml	Y	Y																												
Still Water 750ml	Y	Y																												
Tropical Zest	Y	Y																												
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Contents Key: ✓ (Product Contains) Y (Suitable For)			Fruit																										
			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.																										
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts							Sesame	Cereals containing gluten					Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio		Walnut	Barley	Kamalt (Wheat)	Oats	Rye					Spelt (Wheat)	Wheat	Cow						Goat
Medley Pot	Y																												
Mango and Lime Pot	Y																												
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Contents Key: ✔ (Product Contains) Y (Suitable For)			Pret's Hot																														
			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.																														
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites			
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep								
Chipotle Chicken, Mozzarella & Feta Hot Baguette											✔						✔							✔	✔	✔							
Chipolte Mozzarella Hot Baguette	Y										✔						✔							✔	✔	✔							
Falafel & Halloumi Hot Wrap	Y													✔			✔							✔	✔	✔							
Feta & Red Pepper Frittata	Y																			✔			✔	✔	✔								
Italian Style Chicken Hot Wrap														✔			✔				✔			✔									
Pret's Meatball Hot Wrap														✔			✔						✔										
Mozzarella, Pepper & Tomato Hot Baguette	Y										✔						✔						✔										
Spicy Chicken Hot Wrap														✔			✔						✔										
Prosciutto & Mozzarella Hot Baguette											✔						✔						✔										
Toasties																																	
Classic Cheese Bloomer Toastie												✔			✔	✔		✔			✔		✔						✔				
Ham, Cheddar & Mustard Bloomer Toastie												✔			✔	✔		✔			✔		✔						✔				
Mediterranean Style Chicken Bloomer Toastie															✔	✔		✔					✔								✔		
Mozzarella & Pesto Bloomer Toastie												✔			✔	✔		✔					✔										
Tuna & Emmental Bloomer Toastie												✔			✔	✔		✔			✔	✔	✔										
Soup																																	
Barley & Rye Roll Soup Bread	Y	Y										✔				✔		✔															
Butternut Masala Soup	Y	Y																															
Lentil & Bacon Side Soup																				✔			✔						✔				
Mushroom Risotto Soup	Y	Y																													✔		
Rich Garam Masala Lentil Soup	Y	Y																															
Small Tomato Soup Cup	Y	Y																															
Souper Tomato	Y	Y																															
Soup Baguette	Y	Y															✔																
Thai Chicken Curry Soup																				✔		✔											
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Contents Key: ✓ (Product Contains) Y (Suitable For)			Platters																											
			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.																											
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep					
Baguette Selection Platter											✓					✓					✓	✓	✓					✓		
Best of Pret Platter													✓				✓				✓	✓	✓					✓		
Breakfast Bowl Selection Platter	Y			✓											✓								✓							
Brownie Bar Bag	Y																✓				✓		✓							✓
Five Berry & Bircher Bowl Platter	Y														✓								✓							
Love Bar Bag	Y			✓																			✓							✓
Pret Bar Platter	Y														✓								✓							
Sweet Pastry Selection Platter	Y			✓																	✓		✓		✓					✓
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Contents Key: ✓ (Product Contains) Y (Suitable For)			Salad																											
			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.																											
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts							Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio		Walnut	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)					Wheat	Cow	Goat						Sheep
Classic Green Side Salad	Y																						✓							
Chef's Italian Chicken Salad											✓									✓		✓	✓							
Chicken & Edamame Protein Pot																													✓	
Chicken, Pesto & Mozzarella Protein Plate																							✓							
Egg & Spinach Protein Pot	Y																				✓									
Humous & Falafel Salad	Y	Y									✓	✓				✓		✓												
Kids' Humous & Cucumber Bowl	Y	Y									✓																			
Middle Eastern Style Chicken Protein Plate											✓	✓													✓	✓				
Chicken Satay & Slaw Salad																					✓								✓	
Prosciutto, Chicken & Avo Salad																					✓									
Romesco Style Butter Bean & Feta Salad	Y																								✓	✓			✓	
Smoked Salmon & Egg Protein Plate																					✓	✓							✓	
Smoked Salmon & Egg Protein Pot																					✓	✓								
Smoked Salmon, Egg & Avocado Salad																					✓	✓								
Tuna Nicoise Salad																					✓	✓								
Dressing																														
French Dressing	Y	Y																												
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Contents Key: ✓ (Product Contains) Y (Suitable For)			Snacks																												
			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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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
Chilli, Bean & Seed Tortilla Chips	Y	Y																													
Cranberries in Coats	Y																						✓								
Dark Chocolate Salted Almonds	Y	Y		✓																										✓	
Mature Cheddar & Red Onion Crisps	Y																						✓								
Fruit, Nuts & Chocolate	Y			✓																			✓							✓	
Pret A Mango	Y	Y																													
Sea Salt Popcorn	Y	Y																													
Sea Salt & Cider Vinegar Crisps	Y	Y																													
Sea Salt Crisps	Y	Y																													
Smoked Chipotle Crisps	Y	Y																													
Sweet & Salt Popcorn	Y	Y																													
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.																															

Contents Key: ✓ (Product Contains) Y (Suitable For)			Sweet Treats																													
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				Almond	Brazil Nuts	Cashevs	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep							
Banoffee Pot	Y													✓								✓										
Berry Muffin	Y																				✓		✓									
Caramelised Biscuity Bar	Y																						✓							✓		
Choc Bar	Y																						✓							✓		
Chocolate Brownie Bar	Y																					✓		✓						✓		
Chocolate Chunk Cookie	Y																							✓								
Dark Chocolate	Y																													✓		
Dark Chocolate Corn Cakes	Y																													✓		
Dubai Style Chocolate Pot	Y																							✓						✓		
Fruit, Oat & Spelt Cookie	Y													✓			✓	✓						✓								
Love Bar	Y			✓										✓										✓						✓		
Milk Chocolate	Y																							✓						✓		
Nutty Pistachio & Almond Loaf Cake	Y			✓																		✓		✓						✓		
Popcorn bar	Y																							✓						✓		
Pret Bar	Y													✓										✓							✓	
Pret's Chocolate Brownie Swirl	Y																					✓		✓								
White Chocolate & Raspberry Cookie	Y																							✓						✓		
Zingy Lemon & Almond Loaf Cake	Y			✓																		✓		✓						✓		
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	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
Coffee																															
Americano Black	Y	Y																													
Americano Low Fat milk	Y																							✓							
Americano Coconut (instead of milk)	Y	Y																													
Americano Out (instead of milk)	Y	Y													✓																
Americano Soya (instead of milk)	Y	Y																												✓	
Cappuccino Low Fat milk	Y																							✓							
Cappuccino Coconut (instead of milk)	Y	Y																													
Cappuccino Out (instead of milk)	Y	Y													✓																
Cappuccino Soya (instead of milk)	Y	Y																												✓	
Espresso	Y	Y																													
Filter - Black Coffee (add milk or milk alternative if White Filter)	Y	Y																													
Flat White Low Fat milk	Y																							✓							
Flat White Coconut (instead of milk)	Y	Y																													
Flat White Out (instead of milk)	Y	Y														✓															
Flat White Soya (instead of milk)	Y	Y																												✓	
Latte Low Fat milk	Y																							✓							
Latte Coconut (instead of milk)	Y	Y																													
Latte Out (instead of milk)	Y	Y														✓															
Latte Soya (instead of milk)	Y	Y																												✓	
Macchiato Low Fat milk	Y																							✓							
Macchiato Coconut (instead of milk)	Y	Y																													
Macchiato Out (instead of milk)	Y	Y														✓															
Macchiato Soya (instead of milk)	Y	Y																												✓	
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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																															

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep							
Pistachio Latte Low Fat Milk	Y																							✓								
Pistachio Latte Coconut (instead of milk)	Y	Y																														
Pistachio Latte Out (instead of milk)	Y	Y												✓																		
Pistachio Latte Soya (instead of milk)	Y	Y																												✓		
Strawberry Matcha Latte Low Fat Milk (instead of coconut)	Y																							✓								
Strawberry Matcha Latte Coconut Milk	Y	Y																														
Strawberry Matcha Latte Out (instead of coconut)	Y	Y												✓																		
Strawberry Matcha Latte Soya (instead of coconut)	Y	Y																												✓		
Vanilla Matcha Latte Low Fat Milk (instead of coconut)	Y																							✓								
Vanilla Matcha Latte Coconut	Y	Y																														
Vanilla Matcha Latte Out (instead of coconut)	Y	Y												✓																		
Vanilla Matcha Latte Soya (instead of coconut)	Y	Y																												✓		
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[illegible]

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			Product	Vegetarian	Vegan / Pescan	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya
Almond	Brazil Nuts	Cashews					Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Barley	Kamult (Wheat)	Oats		Rye	Spelt (Wheat)	Wheat	Cow	Goat	Sheep											
Iced Mocha Out (instead of milk)	Y	Y													✓																	
Iced Mocha Soya (instead of milk)	Y	Y																												✓		
Iced Pistachio Latte Low Fat Milk	Y																								✓							
Iced Pistachio Latte Coconut (instead of milk)	Y	Y																														
Iced Pistachio Latte Out (instead of milk)	Y	Y													✓																	
Iced Pistachio Latte Soya (instead of milk)	Y	Y																												✓		
Iced Strawberry Matcha Latte Low Fat Milk (instead of coconut)	Y																								✓							
Iced Strawberry Matcha Latte Coconut	Y	Y																														
Iced Strawberry Matcha Latte Out (instead of coconut)	Y	Y													✓																	
Iced Strawberry Matcha Latte Soya (instead of coconut)	Y	Y																												✓		
Iced White Americano Low Fat Milk	Y																								✓							
Iced White Americano Coconut (instead of milk)	Y	Y																														
Iced White Americano Out (instead of milk)	Y	Y													✓																	
Iced White Americano Soya (instead of milk)	Y	Y																												✓		
Spirulina Macaron Iced Latte - Low Fat Milk	Y																								✓							
Spirulina Macaron Iced Latte - Coconut (instead of milk)	Y	Y																														
Spirulina Macaron Iced Latte - Out (instead of milk)	Y	Y													✓																	
Spirulina Macaron Iced Latte - Soya (instead of milk)	Y	Y																												✓		
Ube Brûlée Iced Latte - Low Fat Milk	Y																								✓							
Ube Brûlée Iced Latte - Coconut (instead of milk)	Y	Y																														
Ube Brûlée Iced Latte - Out (instead of milk)	Y	Y													✓																	
Ube Brûlée Iced Latte - Soya (instead of milk)	Y	Y																												✓		
Pret Coolers																																
Mango Sunrise	Y	Y																														
Raspberry Lemonade	Y	Y																														
Hot Chocolate																																
Hot Chocolate Low Fat Milk	Y																								✓							
Hot Chocolate Soya (instead of milk)	Y	Y																												✓		
Hot Chocolate Coconut (instead of milk)	Y	Y																														
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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat							Cow	Goat	Sheep							
Hot Chocolate Out (instead of milk)	Y	Y													✔																			
Hot Chocolate Powder	Y	Y																																
Hot Chocolate Hazelnut Low Fat Milk	Y																								✔									
Hot Chocolate Hazelnut Soya (instead of milk)	Y	Y																															✔	
Hot Chocolate Hazelnut Coconut (instead of milk)	Y	Y																																
Hot Chocolate Hazelnut Out (instead of milk)	Y	Y													✔																			
Dubai Style Hot Chocolate Low Fat Milk	Y																								✔									
Dubai Style Hot Chocolate Soya (instead of milk)	Y	Y																															✔	
Dubai Style Hot Chocolate Coconut (instead of milk)	Y	Y																																
Dubai Style Hot Chocolate Out (instead of milk)	Y	Y													✔																			
Syrups & Toppings																																		
All Syrups	Y	Y																																
Whipped Cream	Y																								✔									
Milk shot																																		
Low Fat	Y																								✔									
Soya (instead of milk)	Y	Y																															✔	
Coconut (instead of milk)	Y	Y																																
Oat (instead of milk)	Y	Y													✔																			
Tea																																		
Ceylon Breakfast (add milk or milk alternative if White)	Y	Y																																
Earl Grey (add milk or milk alternative if White)	Y	Y																																
Peppermint (add milk or milk alternative if White)	Y	Y																																
Tropical Green (add milk or milk alternative if White)	Y	Y																																
Milk / instead of milk cup																																		
Low Fat milk cup	Y																								✔									
Soya (instead of milk) cup	Y	Y																															✔	
Coconut (instead of milk) cup	Y	Y																																
Oat (instead of milk) cup	Y	Y													✔																			
Babyccino	Y																								✔									
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