

Baguettes		Suitable for		V4 -10.09.2025													
Product	Vegetarians	Vegans	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Tree Nuts	
Chicken Caesar Baguette			✔	✔	✔		WHEAT, RYE, OAT, BARLEY		✔			✔			✔		
Ham & Greve Baguette				✔	✔		WHEAT		✔			✔					
Posh Cheddar & Pickle Baguette	✔		✔	✔	✔		WHEAT, RYE, OAT, BARLEY		✔			✔	✔				
Prosciutto & Rocket Panini				✔	✔		WHEAT		✔			✔					

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Bowl & Pot		Suitable for														
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Tree Nuts
Banana & Honey Muesli	✔			✔												
Bircher Muesli	✔			✔												PISTACHIO
Cranberry Yoghurt Bowl	✔			✔												
Coconut Chia Seed Bowl	✔	✔														ALMOND
Five Berry Bowl	✔			✔												
Mango Yoghurt Bowl	✔			✔												
Mango Coconut Chia Seed Bowl	✔	✔														ALMOND

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Pret's Hot		Suitable for		V4 -10.09.2025												
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			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Tree Nuts
All Day Breakfast Hot Wrap				✓	✓		WHEAT, RYE		✓			✓				
Chicken Chipotle Hot Wrap				✓			WHEAT, RYE		✓			✓				
Italian Style Chicken & Basil Hot Wrap				✓			WHEAT, RYE									
Spicy Mediterranean Hot Wrap	✓			✓			WHEAT, RYE		✓			✓				
Ham and Greve Hot Croissant				✓	✓		WHEAT									
Cheddar and Tomatoes Hot Croissant	✓			✓	✓		WHEAT									
Chipotle Mozzarella Hot Baguette	✓		✓	✓			WHEAT, RYE, OAT, BARLEY		✓			✓				

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BRIOCHE TOAST		Suitable for															V4 -10.09.2025	
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			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Tree Nuts		
Bacon, Egg and Cheese Brioche Toast				✓	✓		WHEAT		✓			✓						
Grilled Teriyaki Chicken Brioche Toast				✓	✓		WHEAT, BARLEY		✓			✓						
Egg Florentine Brioche Toast				✓	✓		WHEAT		✓			✓						

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Toasties		Suitable for		V4 -10.09.2025													
Product	Vegetarians	Vegans	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Tree Nuts	
Brie, Avocado & Tomato Toastie	✔			✔			WHEAT, OAT, RYE, BARLEY										
Brie, Caramelised Onion Toastie	✔			✔			WHEAT, OAT, RYE, BARLEY										
Classic Cheese Toastie	✔			✔	✔		WHEAT, OAT, RYE, BARLEY		✔			✔					
Ham, Cheese & Mustard Toastie				✔	✔		WHEAT, OAT, RYE, BARLEY		✔			✔					

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Pastries		Suitable for													
Product	Vegetarians	Vegans	Contains these allergens												
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish
Croissant Almond	✔			✔	✔		WHEAT								
Croissant Chocolate	✔			✔	✔		WHEAT		✔						
Mozzarella & Tomato Croissant	✔			✔	✔		WHEAT								
Pain au Raisin	✔			✔	✔		WHEAT								
Plain Croissant	✔			✔	✔		WHEAT								
Very Berry Croissant	✔	✔					WHEAT								
Chocolate Chunk Cookie	✔			✔			WHEAT								
Dark Chocolate Almond Butter Cookies	✔	✔					WHEAT								
Muffin Blueberry	✔			✔	✔		WHEAT								
Muffin Chocolate	✔			✔	✔		WHEAT		✔						
Cinnamon Filled Swirl	✔			✔	✔		WHEAT								
Mediterranean Veggie Basket	✔			✔	✔		WHEAT								

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Tree Nuts
ALMOND
ALMONDS
HAZELNUT

to the risk of

Salads		Suitable for		V4 -10.09.2025												
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Tree Nuts
Egg & Spinach Protein Pot	✔				✘											
Smoked Salmon & Spinach Protein Pot					✘										✘	
Chefs Chicken Salad				✘	✘		WHEAT, BARLEY		✘			✘			✘	PISTACHIO

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Sandwiches		Suitable for		V4 -10.09.2025												
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Tree Nuts
Chicken Avocado Granary				✓	✓		WHEAT, BARLEY		✓			✓				
Classic Super Club Granary					✓		WHEAT, BARLEY		✓			✓				
Cracking Egg Salad Granary	✓				✓		WHEAT, BARLEY		✓			✓				
Ham & Cheese Granary				✓			WHEAT, BARLEY									
Mature Cheddar Granary	✓			✓	✓		WHEAT, BARLEY		✓			✓	✓			
Smoked Salmon & Soft Cheese Granary				✓			WHEAT, BARLEY								✓	

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

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Duo Delight Box	Suitable for															
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Tree Nuts
Meaty Selection				✓	✓		WHEAT, BARLEY		✓			✓			✓	
Veggie Selection	✓			✓	✓		WHEAT, RYE		✓			✓				PINENUTS

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Crisps		Suitable for		V4 -10.09.2025												
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Tree Nuts
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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Snacks		Suitable for		V4 -10.09.2025												
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Tree Nuts
Brownie Bar	✓			✓	✓		WHEAT		✓							
Choc Bar	✓			✓			WHEAT		✓							
Dark Chocolate Almonds Snack	✓	✓							✓							ALMONDS
Love Bar	✓			✓			OATS		✓							PISTACHIO, ALMONDS
Popcorn bar	✓			✓					✓							
Pret A Mango	✓	✓														

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Fruit		Suitable for		V4 -10.09.2025												
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			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Tree Nuts
Apple	✔	✔														
Banana	✔	✔														
Dragon Fruit Salad	✔	✔														
Melon Trio	✔	✔														
Papaya & Lime	✔	✔														
Grape Medley Mix	✔	✔														
Melon & Blueberry	✔	✔														
Mango & Lime	✔	✔														

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Cold Drinks		Suitable for		V4 -10.09.2025												
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			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Tree Nuts
Water - Aqua Panna 500ml Still	✔	✔														
Juice - Coconut Water	✔	✔														
Coke (All types)	✔	✔														
Juice - Fresh Lemon & Mint	✔	✔														
Heineken Beer	✔	✔					BARLEY									
Juice - Orange	✔	✔														
Juice - Pink Grapefruit	✔	✔														
Radiance	✔	✔									☞					
Water - San Pellegrino 500ml Sparkling	✔	✔														
Tiger Beer	✔	✔					BARLEY									
Ultra Boost	✔	✔														
Water - Desa 500ml Still	✔	✔														
Chang Beer	✔	✔					BARLEY									

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[illegible]

Flat White Rice Coconut	✓	✓														
Flat White Soya	✓	✓							✓							
Flat White Oat	✓	✓														
Flat White Almond	✓	✓														ALMOND
Latte Milk	✓			✓												
Latte Rice Coconut	✓	✓														
Latte Soya	✓	✓							✓							
Latte Oat	✓	✓														
Latte Almond	✓	✓														ALMOND
Macchiato Milk	✓			✓												
Macchiato Rice Coconut	✓	✓														
Macchiato Soya	✓	✓							✓							
Macchiato Oat	✓	✓														
Macchiato Almond	✓	✓														ALMOND
Mocha Milk	✓			✓												
Mocha Rice Coconut	✓	✓														
Mocha Soya	✓	✓							✓							
Mocha Oat	✓	✓														
Mocha Almond	✓	✓														ALMOND

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Iced Mocha Milk	✓			✓												
Iced Mocha Rice Coconut	✓	✓														
Iced Mocha Soya	✓	✓							✓							
Iced Mocha Oat	✓	✓														
Iced Mocha Almond	✓	✓														ALMOND

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[illegible]

Hot Chocolate																
Hot Chocolate Milk	✓			✓												
Hot Chocolate with Rice-Coconut	✓	✓														
Hot Chocolate Soya	✓	✓							✓							
Hot Chocolate Oat	✓	✓														
Hot Chocolate Almond	✓	✓														ALMOND
Caramel Hot Chocolate Milk	✓			✓												
Caramel Hot Chocolate with Rice-Coconut	✓	✓														
Caramel Hot Chocolate Soya	✓	✓							✓							
Caramel Hot Chocolate Oat	✓	✓														
Caramel Hot Chocolate Almond	✓	✓														ALMOND

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