

Hot Box Curries		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	Nuts
Butter Chicken Rice Bowl				✓												Cashew Almond
Indian Paneer Rice Bowl	✓			✓												
Thai Green Vegetable Curry Rice Bowl	✓	✓	✓													
Chilli Con Carne Rice Bowl							Wheat				✓					

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Brioches		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
			Feta & Spinach Brioche	✓			✓	✓		Wheat						
Chicken Sausage and Egg Brioche				✓	✓		Wheat									
Egg & Bacon Brioche				✓	✓		Wheat									
Egg Tomatoes Brioche	✓			✓	✓		Wheat		✓			✓				
Egg Salmon Brioche				✓	✓		Wheat		✓			✓			✓	

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1-Jun-24

Breakfast Baguettes		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
			Egg Mayo and Roasted Tomato Baguette	✓				✓		Wheat		✓			✓	
Smoked Salmon and Egg Mayo Baguette					✓		Wheat		✓			✓			✓	

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Hot Croissants		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	Nuts
HK - Scrambled Eggs and Portobello Mushroom	✓			✓	✓		Wheat									
HK - Scrambled Eggs and Chicken				✓	✓		Wheat									
HK-Tomatoes and Cheese(Savory Croissant)	✓			✓	✓		Wheat									
HK-Smoked Salmon and Egg				✓	✓		Wheat									✓

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Rye Rolls		Suitable for														
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containin g gluten	Mollusc s	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
New Yorker Rye Roll			✓		✓		Wheat, Barley, Rye		✓			✓				
Veggie Deli Rye Roll	✓		✓	✓	✓		Wheat, Barley, Rye		✓			✓				
Egg & Avo Rye Roll	✓		✓		✓		Wheat, Barley, Rye		✓			✓				
Rueben Rye Roll			✓		✓		Wheat, Barley, Rye		✓			✓	✓			

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Breakfast		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	Nuts
Pret's Soya Porridge	✓	✓					Oat		✓							

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French 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	Nuts
Vanilla Donut	✓	✓					Wheat									Almond
Super Chocolate Donut	✓	✓					Wheat									Almond
Cinnamon Donut	✓	✓					Wheat									

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French Pastries		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
Chocolate Chubk Cookie	✓			✓			Wheat									
Fruit,Oat & Spelt Cookie	✓			✓			Wheat, Oat									
Dark Chocolate & Almond Butter Cookie	✓	✓					Wheat									Almond
Double Berry Muffin	✓			✓	✓		Wheat									
Chicken & Mushroom Turnover				✓			Wheat		✓			✓				
Bacon & Cheese Turnover				✓			Wheat					✓				
Cheese Twist	✓			✓	✓		Wheat									
Very Berry Croissant	✓	✓					Wheat									
French Butter Croissant	✓			✓	✓		Wheat									
Almond Croissant	✓			✓	✓		Wheat									Almond
Chocolate Croissant	✓			✓	✓		Wheat		✓							
Pain Au Raisin	✓			✓	✓		Wheat									
Savory Croissant- Mozzarella & Tomato	✓			✓	✓		Wheat									
Zaatar Croisants	✓		✓	✓	✓		Wheat									

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Bowls/ Pots		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
			Five Berry Breakfast Bowl	✓			✓			Oat						
Berry Yoghurt Parfait	✓			✓			Oat									Cashew, Pecan
Banana & Honey Bowl	✓			✓			Oat									Cashew, Pecan
Acai Bircher Bowl	✓			✓			Oat						✓			Pecans, Almonds, Cashews
Blue Goodness Bowl	✓			✓			Oat						✓			Cashew, Pecan
Pink Goodness Bowl	✓			✓			Oat									Cashew, Pecan, Almond

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Fruits		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
			Banana	✓	✓											
Pomegranate Pot	✓	✓														
Pear & Grapes	✓	✓														
Mango and Lime	✓	✓														
Superfruit Salad	✓	✓														

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1-Jun-24

Soup		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	
			Malaysian Chicken Soup														
Carrot and Coriander Soup	✓			✓							✓						
Chicken Laksa						Wheat			✓							✓	
Thai Red Chicken Curry Soup									✓		✓			✓	✓		
Souper Tomato Soup	✓	✓															
Chicken Multigrain Soup						Wheat, Barley					✓						
Veggie Tom Yum	✓	✓							✓								
Curried Lentil, Sweet Potatoe & Quiona Soup	✓			✓							✓						
Chicken Shitake Miso Mushrooms									✓								
Rye Roll	✓	✓	✓			Wheat, Rye, Barley											
Soup Bread	✓	✓	✓			Wheat, Rye, Barley, Oat											

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1-Jun-24

Toasties		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesam e	Milk	Egg	Lupin	Cereals containing gluten	Mollus c	Soya	Peanut	Celery and celeriac	Mustard	Sulphite	Crustacean	Fish	Nuts
			Tuna Melt Toastie				✓	✓		Wheat, Barley, Rye Oat		✓			✓	
All Day Breakfast Toastie				✓	✓		Wheat, Barley, Rye Oat		✓			✓				
Mozzarella & Pesto Toastie	✓			✓			Wheat, Barley, Rye Oat									
Chipotle Chicken Toastie				✓			Wheat, Barley, Rye Oat					✓				
Classic Cheese Toastie	✓			✓	✓		Wheat, Barley, Rye Oat		✓			✓				

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1-Jun-24

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 Italian Chicken Salad				✓	✓				✓			✓	
Smoked Salmon & Avocado Salad												✓			✓	
Mozzarella & Quinoa Bowl	✓			✓			Wheat					✓				
Salsa Verde Chicken Bowl							Wheat					✓				
Avocado, Mozzarella & Roasted Pepper Salad	✓			✓								✓				Pinenut
Crayfish & Avocado Salad												✓		✓		
Pret's Panzanella Shaker	✓			✓			Wheat					✓				
Pret's Caprese Shaker	✓			✓												
Pret's Cobb Shaker				✓	✓		Wheat					✓				
Edamame	✓	✓							✓							
Egg & Avo Protein Pot	✓				✓											
Chicken & Smashed Avo Protein Pot				✓	✓				✓							

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Product	Suitable for		Contains these allergens													
	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Chicken Accocado Sandwich				✓	✓		Wheat, Barley		✓		✓					
Summer Chicken Sandwich				✓	✓		Wheat, Barley		✓		✓					Pinenut
Tuna Mayo Sandwich					✓		Wheat, Barley		✓		✓			✓		
Wild Crayfish and Rocket Sandwich				✓	✓		Wheat, Barley		✓		✓		✓			
Rainbow Sandwich	✓	✓	✓				Wheat, Barley				✓					
BLT				✓	✓		Wheat, Barley		✓		✓					
Mature Cheddar & Pickle Sandwich	✓			✓	✓		Wheat, Barley		✓		✓					
Chicken Salsa Verde Sandwich				✓			Wheat, Barley				✓					
Falafel & Tapenade Sandwich	✓			✓			Wheat, Barley									
Cracking Egg Salad Sandwich	✓				✓		Wheat, Barley		✓		✓					
Roast Beef & Tomato Tapenade Sandwich				✓			Wheat, Barley									
Classic Super Club				✓	✓		Wheat, Barley		✓		✓					
Smoked Salmon Sandwich				✓			Wheat, Barley							✓		

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Baguettes		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	Nuts	
Chicken Ceasar and Bacon Baguette			✓	✓	✓		Wheat, Rye, Barley, Oats		✓			✓			✓		
Tuna Mayo & Cucumber Baguette					✓		Wheat		✓			✓			✓		
Posh Cheddar & Pickle Baguette	✓		✓	✓	✓		Wheat, Rye, Barley, Oats		✓			✓					
Chicken Salad Baguette				✓	✓		Wheat		✓			✓					
Italian Beef Premium Baguette				✓	✓		Wheat		✓			✓					
Pesto Caprese Toasted Baguette	✓			✓	✓		Wheat		✓			✓					
Chipotle Chicken Bacon Toasted Baguette			✓	✓			Wheat, Rye, Barley, Oats					✓					
Salmon, Soft Cheese & Dill Baguette			✓	✓			Wheat, Rye, Barley, Oats								✓		

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1-Jun-24

Kibbled Rye Salad Wraps		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesam	Milk	Egg	Lupin	Cereals containing gluten	Mollusc	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
			Chicken Caesar & Bacon Wrap				✓	✓		Wheat, Rye		✓			✓	
Chicken Pesto Rocket Wrap				✓	✓		Wheat, Rye		✓			✓				
Avocado & Herb Salad Wrap	✓			✓	✓		Wheat, Rye		✓			✓				Pinenut

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1-Jun-24

Flat Breads		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
Avo & Chipotle Flatbread				✓			Wheat					✓				
Tuna Flatbread					✓		Wheat		✓			✓			✓	

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1-Jun-24

Hot Wraps		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
Halloumi & Falafel Hot Wrap	✓			✓				Wheat, Rye								
Chipotle Chicken Hot Wrap				✓				Wheat, Rye					✓			
Meatball Hot Wrap				✓				Wheat, Rye		✓			✓			

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Drinks	Suitable for		Contains these allergens													
	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Cold Press Orange Juice	✓	✓														
Cold Pressed Pomegranate Juice	✓	✓														
Pineapple Powow	✓	✓														
Root Reboot	✓	✓														
CUCUMBER AND MINT SELTZER	✓	✓														
PP APPLE FIZZ 2019	✓	✓														
PP RHUBARB LEMONADE	✓	✓														
Pink Lemonaid	✓	✓														
Blue Lemonaid	✓	✓														
Black Lemonaid	✓	✓														
Sunny Dayz	✓	✓														
Essential Green	✓	✓								✓						
Ginger Shot	✓	✓								✓						
Tumeric Shot	✓	✓														
San Pelegrino 500ml	✓	✓														
Aqua Morelli Still Large	✓	✓														
Aqua Morelli Still Small	✓	✓														
Eira Still Small	✓	✓														
Eira Still Large	✓	✓														
Arwa 500ml	✓	✓														
Coke	✓	✓														
Coke Zero	✓	✓														
Sprite	✓	✓														
Coconut Water	✓	✓														

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Snacks & Desserts	Suitable for		Contains these allergens														
Product	Vegetarians	Vegans															
			Sesam e	Milk	Egg	Lupin	Cereals containing gluten	Mollus cs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Sea Salt Crisps	✓	✓															
Mature Cheddar Crisps	✓			✓													
Sweet Chilli Crisps	✓	✓								✓							
Pret Crisps - Sea Salt & Black Pepper	✓	✓															
Pret Crisps - Sea Salt & Cider Vinegar	✓	✓					Wheat										
Pret Crisps - Cheese & Chives	✓			✓													
Pret Nuts , Fruits & Chocolate	✓			✓						✓							Almonds
Caramel Waffle	✓			✓			Wheat			✓							
Cranberries in Coats	✓			✓													
Pret Dark Chocolate Almonds	✓	✓								✓							Almonds
Pret a Mango	✓	✓															
Choc Bar	✓			✓			Wheat			✓							
Popcorn Bar	✓			✓						✓							
Love Bar	✓			✓			Oat			✓							Almond Pistachio
Honey Cake	✓			✓	✓		Wheat										
Vegan Lotus Biscoff Cake	✓	✓					Wheat			✓							
Chocolate Brownie	✓			✓	✓		Wheat			✓							

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MTS Drinks		Suitable for		1-Jun-24													
Product	Vegan	Vegetarian	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Extra Shot	✓	✓															
Filter- Black	✓	✓															
Filter- White	✓			✓													
Americano Black	✓	✓															
Americano White																	
Pret's Matcha Latte	✓			✓													
Pret's Mumbai Chai Latte	✓			✓													
Latte	✓			✓													
Grapefruit Green Tea	✓	✓															
Grapefruit Iced Green Tea	✓	✓															
Grapefruit Tea	✓	✓															
Grapefruit Iced Tea	✓	✓															
Cappuccino	✓			✓													
Mocha	✓			✓													
Organic Chocolate	✓			✓													
Macchiato	✓			✓													
Flat White	✓			✓													
Rice Coconut Milk	✓	✓															
Oat Milk	✓	✓				Out											
Soya Milk	✓	✓						✓									
Cup of Milk 80z	✓			✓													
Hot Tea- Breakfast	✓			✓													
Hot Tea- Earl Grey	✓			✓													
Hot Tea- Green	✓	✓															
Hot Tea- Peppermint	✓	✓															
Raspberry Mint Iced Tea	✓	✓															
Cherry Blossom Iced Tea	✓	✓															
Peach & Hibiscus Iced Tea	✓	✓															
Iced Latte	✓			✓													
Iced Black Americano	✓	✓															
Iced White Americano	✓			✓													
Iced Filter	✓	✓															
Iced Mocha	✓			✓													
Iced Chocolate	✓			✓													
Iced Chai Latte	✓			✓													
Iced Matcha Latte	✓			✓													
Syrup Vanilla	✓	✓															
Syrup Caramel	✓	✓															
Classic Frappe	✓			✓													
Salted Caramel Frappe	✓			✓													
Chocolate Frappe	✓			✓													
Berries & Cherries Smoothie	✓	✓															
Sweet Greens Smoothie	✓	✓								✓							
Tropical Peach Smoothie	✓	✓															

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MTS Drinks		Suitable for		Contains these allergens													
Product	Vegetarian	Vegan	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustaceans	Fish	Nuts	
			Spanish Latte	✓		✓											
Caramel Oat Latte	✓	✓					Oat										
Loaded Spanish Latte	✓	✓		✓													

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Alcohol Range (Airport stores only)	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
Tiger Beer	✓	✓					Barley									
Amstel Light	✓	✓					Barley									
Heineken Beer	✓	✓					Barley									
Sea Change Pinot Grigio	✓	✓											✓			
Sea Change Sparkling Wine	✓	✓											✓			
Sea Change Rose	✓	✓											✓			
Vu du Can Malbec	✓	✓											✓			

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Platters		Suitable for		Contains these allergens													
Product	Vegetarian	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustaceans	Fish	Nuts	
			All Time Classic Platter			✓	✓		Wheat, Barley		✓			✓			
Chef's Italian Chicken Salad Platter			✓	✓				✓			✓				✓	Pistachios	
Chicken Supreme Platter			✓	✓		Wheat, Barley		✓			✓					Pinenuts	
Chocolate Chunk Cookie Bag	✓		✓			Wheat											
Fish Selection Platter			✓	✓		Wheat, Barley		✓			✓			✓	✓		
Rye Roll Platter			✓	✓	✓	Wheat, Rye, Barley		✓			✓						
Coffee Box	✓	✓															
Tee Box	✓	✓															
Veggie Lover Mixed Platter	✓	✓	✓	✓	✓	Wheat, Rye, Barley, Oats		✓			✓						
Vegetarian Platter	✓	✓	✓	✓		Wheat, Barley		✓			✓						
Vegan Donuts Platter	✓	✓				Wheat										Almonds	
Sweet Pastry Selection Box	✓		✓	✓		Wheat		✓								Almonds	
Salmon & Avocado Salad Platter												✓			✓		
Meat Baguette Platter			✓	✓	✓	Wheat, Rye, Barley, Oats		✓			✓				✓		
Love Bar Bag	✓		✓			Oat		✓								Almonds, Pistachios	
Cookie Platter Small/Large	✓		✓			Wheat, Oat										Almonds	
Avocado Mozzarella Salad Platter	✓		✓									✓				Pinenuts	
Baguette Selection Platter			✓	✓	✓	Wheat, Rye, Barley, Oats		✓			✓				✓		
Bar Platter	✓		✓	✓		Wheat, Oat		✓								Almonds, Pistachios	
Best of Pret Platter			✓	✓		Wheat, Barley		✓			✓				✓	Pinenuts	
Breakfast Baguette Selection Platter			✓	✓		Wheat		✓			✓				✓		
Breakfast Brioche Platter			✓	✓		Wheat		✓			✓				✓		
Brownie Bag	✓		✓	✓		Wheat		✓									

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