

Pret's Hot		Suitable for		V2 -01.02.2024													
Product	Vegetarians	Vegans	Contains these allergens														
			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		✓			✓					
Chili Corn Carne Rice Bowl											✓						
Butter Chicken Rice Bowl				✓												CASHEW ALMONDS	
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		✓			✓					



Baguettes		Suitable for		V2 -01.02.2024												
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			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		✔			✔				
Ham & Greve Baguette				✔	✔		WHEAT		✔			✔				
Posh Prosciutto Hot Baguette			✔	✔			WHEAT, RYE, OAT, BARLEY									
Posh Cheddar & Pickle Baguette	✔		✔	✔	✔		WHEAT, RYE, OAT, BARLEY		✔			✔	✔			
Roasted Portobello & Cheeese Baguette	✔			✔	✔		WHEAT		✔			✔				
Spicy Chicken Baguette			✔	✔			WHEAT, RYE, OAT, BARLEY					✔				
Smoked Salmon, Soft Cheese & Dill Baguette			✔	✔			WHEAT, RYE, OAT, BARLEY								✔	
Smoked Salmon & Egg Mayo					✔		WHEAT		✔			✔			✔	
Prosciutto Baguette			✔	✔	✔		WHEAT, RYE, OAT, BARLEY		✔			✔				

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Breakfast		Suitable for		V2 -01.02.2024														
Product	nutritions	vegan	Contains these allergens															
			Soya	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustaceans	Fish	Nuts		
Bacon & Egg Brioche				✓	✓		WHEAT		✓									
Bacon Brioche				✓	✓		WHEAT		✓									
Ham & Egg Brioche				✓	✓		WHEAT		✓			✓						
Banana & Honey Muesli	✓			✓														
Cranberry Yoghurt Bowl	✓			✓														
Breaker Muesli	✓			✓												PISTACHIO		
Croissant Almond	✓			✓	✓		WHEAT									ALMOND		
Croissant Chocolate	✓			✓	✓		WHEAT		✓									
Coconut Chia Seed Bowl	✓	✓														ALMOND		
Almond Butter Yoghurt Pot	✓			✓												ALMOND		
Sausage & Egg Brioche				✓	✓		WHEAT		✓				✓					
Five Berry Bowl	✓			✓														
Five Berry Pust Pot	✓			✓														
Mozzarella & Tomato Croissant	✓			✓	✓		WHEAT											
Ham and Gruyere Hot Croissant				✓	✓		WHEAT											
Salmon and Egg Hot Croissant				✓	✓		WHEAT								✓			
Cheddar and Tomatoes Hot Croissant	✓			✓	✓		WHEAT											
Plain au Raisin	✓			✓	✓		WHEAT											
Plain Croissant	✓			✓	✓		WHEAT											
Post's Veggie Brioche	✓			✓	✓		WHEAT		✓									
Very Berry Croissant	✓	✓					WHEAT											
Mango & Banana Sunshine Bowl	✓	✓																
Red Dragon Fruit Sunshine Breakfast Bowl	✓	✓																
Blue Goodness	✓			✓														
Pink Goodness	✓			✓												ALMOND		
Yellow Goodness	✓			✓									✓			ALMOND		

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Cold Drinks		Suitable for		V2 -01.02.2024												
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		V2 -01.02.2024												
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			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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Salads		Suitable for		V2 -01.02.2024												
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Chef's Chicken Salad				✓	✓		WHEAT, BARLEY		✓			✓			✓	PISTACHIO
Egg & Spinach Protein Pot	✓				✓											
Greek Salad	✓			✓			WHEAT, RYE					✓				PINENUTS
Smoked Salmon & Spinach Protein Pot					✓										✓	
Pret's Panzanella Shaker	✓			✓	✓		WHEAT		✓			✓				
Pret's Cobb Shaker				✓	✓				✓			✓				
Wild Crayfish & Avocado							WHEAT					✓		✓		

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Sandwiches		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 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		✓			✓				
Sliced Egg & Cress Granary	✓				✓		WHEAT, BARLEY		✓			✓				
Pret's Famous BLT					✓		WHEAT, BARLEY		✓			✓				
Avo, Olives & Roasted Tomato	✓	✓					WHEAT, BARLEY									PINENUTS
Portobello, Lettuce & Tomato Granary	✓			✓	✓		WHEAT, BARLEY		✓			✓				

V2 -01.02.2024

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[illegible]

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Sweet Treats		Suitable for		V2 -01.02.2024												
Product	Vegetarians	Vegans	Contains these allergens													
			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									
Muffin Chocolate	✔			✔	✔		WHEAT		✔							HAZELNUT
Popcom bar	✔			✔					✔							

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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	Nuts
Avocado & Herb Salad Wrap	✔			✔	✔		WHEAT, RYE		✔			✔				PINENUTS
Crayfish & Chipotle Salad Wrap							WHEAT, RYE					✔		✔		
Chicken & Rocket Salad Wrap				✔	✔		WHEAT, RYE		✔			✔				

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[illegible]



[illegible]

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[illegible]



Iced Chocolate Soya	✓	✓							✓							
Iced Chocolate Oat	✓	✓														
Iced Chocolate Almond	✓	✓														ALMOND
Iced Filter Coffee Black	✓	✓														
Iced Filter Coffee White Milk	✓			✓												
Iced Filter Coffee White Rice Coconut	✓	✓														
Iced Filter Coffee White Soya	✓	✓							✓							
Iced Filter Coffee White Oat	✓	✓														
Iced Filter Coffee White Almond	✓	✓														ALMOND
Iced Hazelnut Latte Milk	✓			✓												HAZELNUT
Iced Hazelnut Latte Rice Coconut	✓	✓														HAZELNUT
Iced Hazelnut Latte Soya	✓	✓							✓							HAZELNUT
Iced Hazelnut Latte Oat	✓	✓														HAZELNUT
Iced Hazelnut Latte Almond	✓	✓														HAZELNUT ALMOND
Iced Latte Milk	✓			✓												
Iced Latte Rice Coconut	✓	✓														
Iced Latte Soya	✓	✓							✓							
Iced Latte Oat	✓	✓														
Iced Latte Almond	✓	✓														ALMOND
Iced Mocha Milk	✓			✓												
Iced Mocha Rice Coconut	✓	✓														
Iced Mocha Soya	✓	✓							✓							
Iced Mocha Oat	✓	✓														
Iced Mocha Almond	✓	✓														ALMOND
Ice Grapefruit Sunshine Green Tea	✓	✓														
Smoothie - Berries and Cherries	✓	✓														
Smoothie - Tropical Peach	✓	✓														
Smoothie - Sweet Green	✓	✓														

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Barista Prepared Drinks			Suitable for															V1 -01.01.2024	
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	✔	✔							✔										



[illegible]

Barista Prepared Drinks	Suitable for	V1 -01.01.202
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Product	Vegetarian	Vegan	Contains these allergens
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	Sub	st	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Milk Cup																
Babycino	✓			✓												
Milk Whole	✓			✓												
Milk Semi-Skimmed	✓			✓												
Rice Coconut	✓	✓														
Soya	✓	✓							✓							
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	✓	✓														
English Breakfast Tea Almond	✓	✓														ALMOND
Earl Grey Tea Milk	✓			✓												
Earl Grey Tea Rice-Coconut	✓	✓														
Earl Grey Tea Soya	✓	✓						✓								
Earl Grey Tea Oat	✓	✓														
Earl Grey Tea Almond	✓	✓														ALMOND
Green Tea	✓	✓														
Peppermint Tea	✓	✓														
Grapefruit Sunshine Black Tea	✓	✓														
Grapefruit Sunshine Green Tea	✓	✓														

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