Quiche	Suit	able for													09	-May-25
	Vege	Ve						Co	ntains	s these a	llergei	18				
Product	egetarians/	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Mollusc s	Soya	Peanut	Celery and celeria c	Mustard	Sulphites	Crustacean	Fish	Nuts
Quiche Lorraine				√	√		Wheat		√							
Quiche Spinach Goat Cheese	√			✓	>		Wheat		√							

Pies	Suit	able for													09	-May-25
	Vege:	Ve						Co	ntains	these a	llergei	18				
Product	etarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Mollusc s	Soya	Peanut	Celery and celeria c	Mustard	Sulphites	Crustacean	Fish	Nuts
Steak Pepper Pie				✓	√		Wheat		√							
Chicken and Mushroom Pie				✓	>		Wheat		√							

Brioches	Suit	able for													09-M	ay-25
	Veget	Veç							Cont	ains these a	llergens					
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Chicken Sausage and Egg Brioche				✓	✓		Wheat									
Egg & Bacon Brioche				✓	✓		Wheat									

Breakfast Baguettes	Suita	able for													09-M	ay-25	
	Vege	Veç		Contains these allergens Cereals Celery Celery Cesame Milk Egg Lupin containing Molluscs Soya Peanut and Mustard Sulphites Crustacean Fish Nuts													
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin		Molluscs	Soya	Peanut		Mustard	Sulphites	Crustacean	Fish	Nuts	
Egg Mayo and Roasted Tomato Baguette	✓				√		Wheat		✓			✓	✓				
Egg Mayo and Roasted Tomato Baguette - Bakemart	✓				✓		Wheat, Rye		✓			✓	✓				
Smoked Salmon and Egg Mayo Baguette					√		Wheat		√			✓			✓		
Smoked Salmon and Egg Mayo Baguette - Bakemart					✓		Wheat, Rye		✓			√			✓		

Hot Croissants		itable for													09-M	ay-25
	Vec							C	ontain	s these a	llergens					
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupi n	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Chesse & Tomatoes Hot Croissant	√			√	√		Wheat									
Zaatar & Halloumi Hot Croissant	√		✓	>	√		Wheat						✓			

Breakfast Bun	l	table for													09-M	ay-25
								C	ontain	s these al	llergens					
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupi n	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Smoked Salmon & Soft Cheese Breakfast Bun			√	√			Wheat, Oat, Barley		√						✓	
Egg & Avocado Breakfast Bun	>		\		✓		Wheat, Oat, Barley		✓			✓				

Breakfast		able or												1	09-Ma	ay-25
	Veg	<						Cont	ains	these a	allerge	ns				
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupi n	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac		Sulphites	Crustacean	Fish	Nuts
Pret's Soya Porridge	√	✓					Oat		√							

French Pastries	Suita fo														09	9-May-25
	Vege	Veg							Cont	ains these	allergens					
Product	Vegetarians	gans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Vanilla Donut	✓	>					Wheat									Almond
Cinnamon Donut	<	>					Wheat									

French Pastries		itable for													09	-May-25
	Veg	<							Contair	s these a	llergens					
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Chocolate Chunk Cookie	>			✓			Wheat									
Fruit,Oat & Spelt Cookie	✓			✓			Wheat, Oat									
Dark Chocolate & Almond Butter Cookie	✓	√					Wheat									Almond
Double Berry Muffin	√			√	√		Wheat									
French Butter Croissant	✓			1	✓		Wheat									
Almond Croissant	✓			√	✓		Wheat									Almond
Chocolate Croissant	>			✓	√		Wheat		✓							
Pain Au Raisin	✓			✓	√		Wheat									
Savory Croissant- Mozzarella & Tomato	>			√	✓		Wheat									
Zaatar Croisants	✓		✓	✓	√		Wheat									

Bowls/ Pots		table or													(09-May-25
	Ve			Contains these allergens Cereals												
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									Cashew, Pecan
Berry Yoghurt Parfait	√			√			Oat									Cashew, Pecan
Coffee & Date Chia Pot	√			✓												Pistachio
Mango & Matcha Chia Pot	✓			✓												
Banana & Honey Bowl	√			✓			Oat									Cashew, Pecan
Coffee & Chocolate Chia Pot	√			√												Almond

Fruits		able													09-Ma	ay-25
	Vege	Ve		Contains these allergens Cereals Celery Cereals												
Product	√egetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Banana	✓	✓														
Mango and Lime	√	✓														
Superfruit Salad	✓	✓														

Soup	Suita	ble for														
Product	Vegetarians	Vegans							Contains	these allerg	gens					
Troduct	arians	ans	Sesam e	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	√	√														
Veggie Tom Yum	√	√							√							
Curried Lentil, Sweet Potatoe & Quiona Soup	√			>							✓					
Chicken Shitake Miso Mushrooms									√							
Vegan Red Kale Soup	√			✓							√					
Baked Potato & Bacon Soup				√			Wheat				√					
Cheddar Cauliflower Soup	√			>							✓					
Soup Bread	✓	✓					Wheat, Rye, Oat		√							

Toasties	Suital	ole for													09	-May-25
Product	Veget	Veg						Сс	ontains the	ese allerge	ns					
rioduct	Vegetarians	Vegans	Sesam e	Milk	Egg	Lupin	Cereals containing gluten	Mollusc	Soya	Peanut	Celery and celeriac		Sulphite	Crustac ean	Fish	Nuts
Tuna Melt Toastie				✓	✓		Wheat, Barley, Rye Oat		✓			✓			√	
Mozzarella & Pesto Toastie	✓			<			Wheat, Barley, Rye Oat									Pinenuts
Chipotle Chicken Toastie				✓			Wheat, Barley, Rye Oat					✓				
Classic Cheese Toastie	✓			✓	√		Wheat, Barley, Rye Oat		✓			✓				

Salads	Suital	ble for													19-	May-25
Product	Vegetarians	Vegans						(Contains t	hese allerg	gens					
Troudet	arians	ans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Chef's Italian Chicken Salad				\	√				√			√	✓		√	Pistachio
Smoked Salmon & Avocado Salad												✓			√	
Chicken & Quinoa Salad Bowl			\	\					√			\				
Hummus & Chickpea Salad Bowl	√	√	✓				Wheat					√	✓			
Tuna & Quinoa Salad												√			√	Almonds
Crayfish & Avocado Salad												√		✓		
Egg & Avo Protein Pot	√				√											
Chicken & Smashed Avo Protein Pot				✓	√				√							
Cous Cous & Watermelon Salad	✓			✓			Wheat					✓				Walnut
Cous Cous, Watermelon & Chicken Salad				√			Wheat					✓				Almond
Beetroot Hummus Pot	✓	✓	✓													
Feta & Watermelon Pot	√			✓												

Granary	Suita	ble for													0	9-May-25
Product	Vegetarians	Vegans							Contain	s these alle	ergens					
rioduct	arians	ans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Chicken Avocado Sandwich				✓	>		Wheat, Barley		>			√				
Tuna Mayo Sandwich					>		Wheat, Barley		>			√			\	
Wild Crayfish and Rocket Sandwich				✓	\		Wheat, Barley		√			√		✓		
BLT				\	>		Wheat, Barley		>			√				
Veggie New Yorker Sandwich	✓		/	\	>		Wheat, Barley		>			√				
Mature Cheddar & Pickle Sandwich	√			\	>		Wheat, Barley		>			√				
Cracking Egg Salad Sandwich	✓				>		Wheat, Barley		>			√				
Classic Super Club				\	>		Wheat, Barley		>			√				
Smoked Salmon Sandwich				√			Wheat, Barley								\	
Coronation Chicken Sandwich					>		Wheat, Barley		>			√				Almond

Baguettes	Suita	ble for												(09-Ma	ay-25
Product	Veget	Vegans							Contains	these aller	gens					
Floudet	Vegetarians	ans	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, Oats		>			>			>	
Tuna Mayo & Cucumber Baguette					<		Wheat		\			\			<	
Tuna Mayo & Cucumber Baguette - Bakemart					✓		Wheat, Rye		\			\			>	
Posh Cheddar & Pickle Baguette	✓			✓	>		Wheat, Rye, Oats		>			>	√			
Chicken Salad Baguette				✓	✓		Wheat		\			\				
Chicken Salad Baguette - Bakemart				√	√		Wheat, Rye		\			√				

Kibbled Rye Salad Wraps	Suita	ble for													19-	May-25
Product	Vegetarian	Vegan						Con	ntains the	se allergen	S					
Hoddet	arians	ans	Sesam e	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphite s	Crustac ean	Fish	Nuts
Chicken Caesar & Bacon Wrap				\	√		Wheat, Rye		\			√			\	
Hummus & Chipotle Wrap	√	√	✓				Wheat, Rye					√				
Chicken Pesto Rocket Wrap				>	√		Wheat, Rye		>			√				Pinenut
Avocado & Herb Salad Wrap	✓			>	√		Wheat, Rye		>			√				Pinenut

Flat Breads	Suital	ole for													09-	May-25
Product	Vegetarians	Vegan						Con	ntains the	se allergen	S					
Hoddet	arians	ans	Sesam e	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphite s	Crustac ean	Fish	Nuts
Chipotle Chicken & Avo Flat Bread			✓			✓	Wheat, Barley		√			√				
Mediterranean Halloumi & Zaatar Flat Bread	√		√	√		√	Wheat, Barley		√				√			
Mexican Avocado Flat Bread	√	√	✓			✓	Wheat, Barley		\			√				

Hot Wraps	Suita	ble for													09-Ma	ay-25
Product	Vegetaria	Vegans						Conta	ains these	allergens						
Houdet	arians	ans	Sesam e	Milk	Egg	Lupin	Cereals containing gluten	Mollusc s	Soya	Peanut	Celery and celeriac	iviustard	Sulphite s	Crustac ean	Fish	Nuts
Halloumi & Falafel Hot Wrap	√			\			Wheat, Rye									
Chipotle Chicken Hot Wrap				√			Wheat, Rye					√	√			
Meatball Hot Wrap				\			Wheat, Rye		\			√				
Chicken & Mushroom Hot Wrap				✓	√		Wheat, Rye		\			√				

Toasted Tortilla	Suital	ole for												(09-Ma	ay-25
Product	Vegetarians	Veg						Conta	ains these	allergens						
Hoddet	arians	Vegans	Sesam e	Milk	Egg	Lupin	Cereals containing gluten	Mollusc s	Soya	Peanut	Celery and celeriac	iviustard	Sulphite s	Crustac ean	Fish	Nuts
Chipotle Chicken Toasted Tortilla				<			Wheat, Rye		^			√				
Avocado, Cheddar & Chipotle Toasted Tortilla	✓			✓			Wheat, Rye		\			√				

09-May-25 Drinks Suitable for Vegetarians Contains these allergens Vegans Product Celery Cereals Sulphite Crustac Sesam containing Soya Milk Egg Lupin Molluscs Peanut and Mustard Fish Nuts е ean gluten celeriac 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	<	>							
Aqua Panna Still Small	<	√							
Aqua Panna Still Large	^	√							
Arwa 500ml	/	✓							
Coke	/	✓							
Coke Zero	/	✓							
Sprite	/	✓							
Coconut Water	✓	√		_					

Snacks & Desserts	Suital	ole for													09-	May-25
Dec de ce	Veget	Veg						Со	ntains the	se allerger	18					
Product	Vegetarians	Vegans	Sesam e	Milk	Egg	Lupin	Cereals containing gluten	Mollusc s	Soya	Peanut	Celery and celeriac	Mustard	Sulphite s	Crustac ean	Fish	Nuts
Pret Crisps - Sea Salt & Black Pepper	/	✓														
Pret Crisps - Sea Salt & Cider Vinegar	√	✓					Wheat									
Pret Crisps - Cheese & Chives	√			✓												
Choc Bar	√			✓			Wheat		✓							
Popcorn Bar	√			✓					✓							
Love Bar	√			✓			Oat		\							Almond Pistachio
Chocolate Mousse				<	\				✓							
Lemon Cheesecake				\	\		Wheat									
Chocolate Brownie	√			✓	√		Wheat		√							

MTS Drinks	Suital	ole for													09-	-May-25
Product	Vegetarians	Vegans						Со	ntains the	ese allerger	ıs					
Floudet	arians	ans	Sesam e	Milk	Egg	Lupin	Cereals containing gluten	Mollusc s	Soya	Peanut	Celery and celeriac	Mustard	Sulphite s	Crustac ean	Fish	Nuts
Pret's Matcha Latte	√			✓												
Pret's Mumbai Chai Latte	√			✓												
Iced Chai Latte	√			√												
Iced Matcha Latte	√			✓												
Spanish Latte	√			√												
Iced Spanish Latte	\			√					·							

MTS Drinks	Suital	ole for													(09-May-25
Product	Vegetarians	Vegans						(Contains t	these allerg	gens					
Houdet	arians	ans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Mollusc s	Soya	Peanut	Celery and celeriac	Mustard	Sulphite s	Crustac ean	Fish	Nuts
Extra Shot	\	>														
Filter- Black	^	\														
Filter- White	>			✓												
Rose Spanish Latte	>			✓												
Iced Rose Spanish Latte	>			✓												
Orange Blossom Iced Tea	<	>														
Lavender Latte	✓			✓												
Lavender Iced Green Tea	✓	✓														
Praline Cappucino	✓			✓												
Praline Latte	<			✓												
Iced Lavender Latte	✓			✓												
Iced Praline Latte	✓			✓												
Praline Rose Latte	✓			✓												
Iced Praline Rose Latte	✓			✓												
Lavender Frappe	✓			√												
Baklava Frappe	✓			✓												Pistachios
Americano Black	√	✓			_			_							-	

Americano White										
Latte	✓		✓							
Cappucino	✓		√							
Mocha	✓		√							
Organic Chocolate	✓		√							
Macchiato	✓		√							
Flat White	✓		√							
Rice Coconut Milk	✓	√								
Oat Milk	✓	✓			Oat					
Soya Milk	✓	√				√				
Cup of Milk 80z	✓		√							
Hot Tea- Breakfast	✓		√							
Hot Tea- Earl Grey	✓		√							
Hot Tea- Green	✓	√								
Hot Tea- Peppermint	✓	√								
Hot Tea- Jasmine	✓	√								
Hot Tea- Ginger & Lemon	✓	√								
Hot Tea- Chamomille	✓	√								
Raspberry Mint Iced Tea	✓	√								
Cherry Blossom Iced Tea	✓	√								
Peach & Hibiscus Iced Tea	✓	√								
i 			 	 -		 	 			

Iced Latte	√			√								
Iced Black Americano	√	√										
Iced White Americano	√			√								
Iced Filter	√	✓										
Iced Mocha	✓			√								
Iced Chocolate	✓			√								
Syrup Vanilla	✓	/										
Syrup Caramel	√	/										
Classic Frappe	✓			✓								
Salted Caramel Frappe	✓			√								
Chocolate Frappe	✓			√								
Berries & Cherries Smoothie	✓	\										
Sweet Greens Smoothie	√	✓	C			d 11 ' 1		, .	✓			

Alcohol Range (Airport stores only)	Suital	ble for		Contains these allergens Cereals Celery												
Product	Veget	Veg	Contains these allergens													
	Vegetarians	Vegans	Sesam e	Milk	Egg	Lupin	Cereals containing gluten	Mollusc s	Soya	Peanut	Celery and celeriac	Mustard	Sulphite s	Crustac ean	Fish	Nuts
Tiger Beer	/	/					Barley									
Amstel Light	√	√					Barley									
Heineken Beer	√	√					Barley									
Badwater Lime Margarita 4.5% abv.	√	/														
Badwater Paloma 4.5% abv.	√	✓														
Badwater Pineapple Crush 4.5% abv.	\	✓														
Nice Malbec	>	/											✓			
Nice Sauvignon Blanc	√	/											√			
Nice Pale Rose	√	√											√			
Nice Sparkling	√	√			1 C 4		. 1 . 1			, · ,·			√			

09-May-25 **Platters** Suitable for Vegetarians Contains these allergens Product Celery Cereals Milk Molluscs Sesame Egg Lupin Soya Peanut and Mustard Sulphites Crustacean Fish Nuts containing gluten celeriad All Time Classic Platter Wheat, Barley **Pistachios** Chef's Italian Chicken Salad Platter Chicken Supreme Platter Wheat, Barley Almonds Chocolate Chunk Cookie Bag Wheat ✓ ✓ Fish Selection Platter Wheat, Barley Coffee Box Tea Box Wheat, Rye, Veggie Lover Mixed Platter Barley, Oats **√** Vegetarian Platter Wheat, Barley Mix Wrap Selection Platter Updated Recipe Wheat, Rye Pinenuts **Pinenuts** Veggie Wrap Selection Platter Wheat, Rye Chicken Wraps Selection Platter Wheat, Rye Pinenuts Tuna & Quinoa Salad Platter Almonds Chicken & Quinoa Salad Platter Hummus & Chickpea Salad Platter Wheat Kids Cheese Triangles Platter Wheat, Barley Kids Tuna Triangles Platter Wheat, Barley Kids Chicken Triangles Platter Wheat, Barley Mixed Kids Triangles Platter Wheat, Barley Kids Egg Triangles Platter Wheat, Barley Vegan Donuts Platter Wheat Almonds Sweet Pastry Selection Box Almonds Wheat

Salmon & Avocado Salad Platter								\			√	
Meat Baguette Platter			√	√	Wheat,Rye, Oats		,	√			√	
Love Bar Bag	√		√		Oat	•	,					Almonds, Pistachios
Cookie Platter Small/Large	√		\		Wheat,Oat							Almonds
Avocado Mozzarella Salad Platter	√		\					√				Pinenuts
Baguette Selection Platter			√	√	Wheat,Rye, Oats	V	′	√	√		√	
Bar Platter	√		√	√	Wheat, Oat	_	′					Almonds, Pistachios
Best of Pret Platter			✓	√	Wheat, Barley		1	√		√	√	
Breakfast Baguette Selection Platter				√	Wheat	_	<u> </u>	√	√		√	
Breakfast Baguette Selection Platter - Bakemart				✓	Wheat, Rye	V	1	√	√		√	
Breakfast Brioche Platter			\	√	Wheat	V	′	√			√	
Yoghurt Selection	√		√									
Salad Wrap Selection Platter			√	√	Wheat, Rye	_	,	√			√	Pinenuts
Pret Crisp Selection Platter	√		\		Wheat							
Watermelon Cous Cous Salad Platter	√		√		Wheat			√				Walnut
Watermelon Chicken Salad Platter			√		Wheat			√				Almond
Breakfast Bun Platter		✓	√	√	Oats, Wheat, Barley	~	/	√			√	
Brownie Bag	√		✓	√	Wheat	~	′					