

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.

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Brioche		Suitable for		09-May-25												
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 Sausage and Egg Brioche				✓	✓		Wheat									
Egg & Bacon Brioche				✓	✓		Wheat									
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Breakfast 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
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		✓			✓			✓	
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Breakfast Bun		Suitable for		09-May-25												
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	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		✓			✓				
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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		09-May-25													
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
Cinnamon Donut	✓	✓					Wheat									
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Product	Vegetarians	Vegans	Contains these allergens													
			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	✓			✓	✓		Wheat									
Almond Croissant	✓			✓	✓		Wheat									Almond
Chocolate Croissant	✓			✓	✓		Wheat		✓							
Pain Au Raisin	✓			✓	✓		Wheat									
Savory Croissant-Mozzarella & Tomato	✓			✓	✓		Wheat									
Zaatar Croissants	✓		✓	✓	✓		Wheat									

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Fruits	Suitable for		09-May-25													
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Banana	✓	✓														
Mango and Lime	✓	✓														
Superfruit Salad	✓	✓														
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Soup	Suitable for															
Product	Vegetarians	Vegans	Contains these allergens													
			Sesam e	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriatic	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		✓							

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Salads		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
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	✓			✓												
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Baguettes		Suitable for		09-May-25												
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, 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		✓			✓				
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Hot Wraps		Suitable for															09-May-25	
Product	Vegetarians	Vegans	Contains these allergens															
			Sesam e	Milk	Egg	Lupin	Cereals containing gluten	Mollusc s	Soya	Peanut	Celery and celeri ac	Mustard	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		✓			✓						
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Toasted Tortilla		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
Chipotle Chicken Toasted Tortilla				✓			Wheat, Rye		✓			✓				
Avocado, Cheddar & Chipotle Toasted Tortilla	✓			✓			Wheat, Rye		✓			✓				
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Aqua Morelli Still Small	✓	✓														
Aqua Panna Still Small	✓	✓														
Aqua Panna Still Large	✓	✓														
Arwa 500ml	✓	✓														
Coke	✓	✓														
Coke Zero	✓	✓														
Sprite	✓	✓														
Coconut Water	✓	✓														

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Snacks & Desserts		Suitable for		09-May-25												
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 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		✓							
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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	✓	✓										✓					

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Alcohol Range (Airport stores only)		Suitable for		09-May-25													
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			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										
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	✓	✓											✓				
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Platters		Suitable for															09-May-25	
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 Time Classic Platter				✓	✓		Wheat, Barley		✓			✓			✓			
Chef's Italian Chicken Salad Platter				✓	✓				✓			✓	✓		✓	Pistachios		
Chicken Supreme Platter				✓	✓		Wheat, Barley		✓			✓				Almonds		
Chocolate Chunk Cookie Bag	✓			✓			Wheat											
Fish Selection Platter				✓	✓		Wheat, Barley		✓			✓		✓	✓			
Coffee Box	✓	✓																
Tea Box	✓	✓																
Veggie Lover Mixed Platter	✓		✓	✓	✓		Wheat,Rye, Barley, Oats		✓			✓	✓					
Vegetarian Platter	✓			✓	✓		Wheat, Barley		✓			✓						
Mix Wrap Selection Platter Updated Recipe			✓	✓	✓		Wheat, Rye		✓			✓			✓	Pinenuts		
Veggie Wrap Selection Platter	✓		✓	✓	✓		Wheat, Rye		✓			✓				Pinenuts		
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	✓			✓	✓		Wheat		✓							Almonds		

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		✓			✓	✓		✓	
Bar Platter	✓			✓	✓		Wheat, Oat		✓							Almonds, Pistachios
Best of Pret Platter				✓	✓		Wheat, Barley		✓			✓		✓	✓	
Breakfast Baguette Selection Platter					✓		Wheat		✓			✓	✓		✓	
Breakfast Baguette Selection Platter - Bakemart					✓		Wheat, Rye		✓			✓	✓		✓	
Breakfast Brioche Platter				✓	✓		Wheat		✓			✓			✓	
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		✓							

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