

Brioche	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 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, Rye		✓			✓	✓			
Smoked Salmon and Egg Mayo Baguette					✓		Wheat, Rye		✓			✓			✓	
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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
Cheddar & Tomato Hot Croissant - Bridor	✓			✓	✓		Wheat									
Zaatar & Halloumi Hot Croissant - Bridor	✓		✓	✓	✓		Wheat						✓			
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Breakfast Bun	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
Smoked Salmon & Soft Cheese Breakfast Bun			✓	✓			Wheat, Oat, Barley		✓						✓	
Egg & Avocado Breakfast Bun	✓		✓		✓		Wheat, Oat, Barley		✓			✓				
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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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Donuts		Suitable for															22-Aug-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		
Cinnamon Donut	✓	✓					Wheat											
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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
Chocolate Chunk Cookie (Baker & Baker)	✓			✓			Wheat		✓							
Oat & Raisin Cookie(Baker & Baker)	✓	✓					Wheat, Oat									
Dark Chocolate Cookie(Baker & Baker)	✓	✓					Wheat		✓							
Double Berry Muffin	✓			✓	✓		Wheat									
French Butter Croissant - Bridor	✓			✓	✓		Wheat									
Almond Croissant	✓			✓	✓		Wheat									Almond
Chocolate Croissant	✓			✓	✓		Wheat		✓							
Pain Au Raisin	✓			✓	✓		Wheat									
Savory Croissant- Mozzarella & Tomato	✓			✓	✓		Wheat									
Zaatar Croissants	✓		✓	✓	✓		Wheat									
Pastel De Nata	✓			✓	✓		Wheat									
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Bowls/ Pots		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
Five Berry Breakfast Bowl	✓			✓			Oat									Cashew, Pecan
Berry Yoghurt Parfait	✓			✓			Oat									Cashew, Pecan
Banana & Honey Bowl	✓			✓			Oat									Cashew, Pecan
Coffee & Chocolate Chia Pot	✓			✓												Almond
Matcha & Kiwi Overnight Oats	✓			✓			Oat									Almond
Mango Overnight Oats	✓			✓			Oat									Cashew, Pecan
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Fruits	Suitable for		22-Aug-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													
			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		✓						✓	
Souper Tomato Soup	✓	✓														
Baked Potato & Bacon Soup				✓			Wheat				✓					
Cheddar Cauliflower Soup	✓			✓							✓					
Asian Vegetable Soup	✓	✓									✓					
Chickpeas & Barley Mixed Vegetable Soup	✓	✓					Barley				✓					
Soup Bread	✓	✓					Wheat, Rye, Oat		✓							
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22-Aug-25

Toasties		Suitable for														
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Mollusc	Soya	Peanut	Celery and celeriac	Mustard	Sulphite	Crustacean	Fish	Nuts
Mozzarella & Pesto Toastie	✓			✓			Wheat, Barley, Rye Oat									Pine nuts
Classic Cheese Toastie	✓			✓	✓		Wheat, Barley, Rye Oat		✓			✓				
Tuna & Kimchi Toastie				✓	✓		Wheat, Barley, Rye Oat								✓	
Bacon & Kimchi Toastie				✓	✓		Wheat, Barley, 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
Chicken & Quinoa Salad Bowl			✓	✓					✓			✓				
Hummus & Chickpea Salad Bowl	✓	✓	✓				Wheat					✓	✓			
Crayfish & Avocado Salad												✓		✓		
Egg & Avo Protein Pot	✓				✓											
Chicken & Smashed Avo Protein Pot				✓	✓				✓							
Bulgur Cauliflower Feta Pot	✓		✓	✓			Wheat						✓			
Kimchi & Egg Pot			✓		✓										✓	
Kimchi Chicken Salad			✓		✓				✓			✓			✓	
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22-Aug-25

Granary		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 Acocado 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

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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, Oats		✓			✓			✓	
Tuna Mayo & Cucumber Baguette					✓		Wheat, Rye		✓			✓			✓	
Posh Cheddar & Pickle Baguette	✓			✓	✓		Wheat, Rye, Oats		✓			✓	✓			
Chicken Salad Baguette				✓	✓		Wheat, Rye		✓			✓				
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Tortilla Salad 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
Chicken Caesar & Bacon Wrap - Local Tortilla				✓	✓		Wheat		✓			✓			✓	
Hummus & Chipotle Wrap - Local Tortilla	✓	✓	✓				Wheat					✓				
Chicken Pesto Rocket Wrap - Local Tortilla				✓	✓		Wheat		✓			✓				Pinenut
Avocado & Herb Salad Wrap - Local Tortilla	✓			✓	✓		Wheat		✓			✓				Pinenut
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Flat Breads		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 & Avo Flat Bread			✓			✓	Wheat, Barley		✓			✓				
Mediterranean Halloumi & Zaatar Flat Bread	✓		✓	✓		✓	Wheat, Barley		✓				✓			
Mexican Avocado Flat Bread	✓	✓	✓			✓	Wheat, Barley		✓			✓				
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Hot 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
Halloumi & Falafel Hot Wrap - Local Tortilla	✓			✓			Wheat									
Chipotle Chicken Hot Wrap - Local Tortilla				✓			Wheat					✓	✓			
Meatball Hot Wrap - Local Tortilla				✓			Wheat		✓			✓				
Chicken & Mushroom Hot Wrap - Local Tortilla				✓	✓		Wheat		✓			✓				
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Toasted Tortilla		Suitable for		23-Sept-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
Chipotle Chicken Toasted Tortilla - Local Tortilla				✓			Wheat		✓			✓				
Avocado, Cheddar & Chipotle Toasted Tortilla - Local Tortilla	✓			✓			Wheat		✓			✓				
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Drinks		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
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 Pellegrino 500ml	✓	✓														
Aqua Panna Still Small	✓	✓														
Aqua Panna Still Large	✓	✓														
Arwa 500ml	✓	✓														
Coke	✓	✓														
Coke Zero	✓	✓														
Sprite	✓	✓														
Coconut Water	✓	✓														
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01-Oct-25

Snacks & Desserts		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 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		✓							
Mini Choc Chunk Cookies (Baker & Baker)	✓			✓			Wheat		✓							
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Speciality Drinks	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 Matcha Latte	✓			✓												
Iced Matcha Latte	✓			✓												
Spanish Latte	✓			✓												
Iced Spanish Latte	✓			✓												
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BPD Drinks		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
Extra Shot	✓	✓														
Spanish Latte	✓			✓												
Filter- Black	✓	✓														
Filter- White	✓			✓												
Rose Spanish Latte	✓			✓												
Iced Rose Spanish Latte	✓			✓												
Orange Blossom Iced Tea	✓	✓														
Lavender Latte	✓			✓												
Lavender Iced Green Tea	✓	✓														
Praline Cappuccino	✓			✓												
Praline Latte	✓			✓												
Iced Lavender Latte	✓			✓												
Iced Praline Latte	✓			✓												
Praline Rose Latte	✓			✓												
Iced Praline Rose Latte	✓			✓												
Lavender Frappe	✓			✓												
Baklava Frappe	✓			✓												Pistachios
Rose Latte	✓			✓												
Americano Black	✓	✓														
Americano White	✓			✓												
Pret's Matcha Latte	✓			✓												
Latte	✓			✓												
Cappuccino	✓			✓												

BPD Drinks		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
Mocha	✓			✓												
Organic Chocolate	✓			✓												
Macchiato	✓			✓												
Espresso	✓	✓														
Flat White	✓			✓												
Rice Coconut Milk	✓	✓														
Almond Milk	✓	✓														Almond
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	✓	✓														
Iced Latte	✓			✓												
Iced Black Americano	✓	✓														
Iced White Americano	✓			✓												

BPD Drinks		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
Iced Filter	✓	✓														
Iced Mocha	✓			✓												
Iced Chocolate	✓			✓												
Iced Matcha Latte	✓			✓												
Iced Rose Latte	✓			✓												
Iced Spanish Latte	✓			✓												
Syrup Vanilla	✓	✓														
Syrup Caramel	✓	✓														
Hazelnut Free	✓	✓														
Rose	✓	✓														
Syrup Salted Caramel	✓	✓														
Classic Frappe	✓			✓												
Salted Caramel Frappe	✓			✓												
Chocolate Frappe	✓			✓												
Berries & Cherries Smoothie	✓	✓														
Tropical Mango Smoothie	✓	✓														
Sweet Greens Smoothie	✓	✓									✓					
Matcha Frappe	✓			✓												
Dragon Fruit Smoothie	✓	✓														
Blue Spirulina and Berries Smoothie	✓	✓														
Iced Pumpkin Spice Latte 12oz	✓			✓												
Iced Pumpkin Spice Latte 16oz	✓			✓												
Pumpkin Spice Latte 12oz	✓			✓												

BPD Drinks		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
Pumpkin Spice Latte 16oz	✓			✓												
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Alcohol Range (Airport stores only)		Suitable for														
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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.	✓	✓														
Sea Change Pinot Grigio Can 18.7cl Can	✓	✓											✓			
Sea Change Rosé Can 18.7cl Can	✓	✓											✓			
Sea Change Italian Semi Sparkling 25cl Can	✓	✓											✓			
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Platters		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
All Time Classic Platter				✓	✓		Wheat, Barley		✓			✓			✓	
Chef salad Platter				✓	✓				✓			✓	✓		✓	Pistachios
Chicken Supreme Platter				✓	✓		Wheat, Barley		✓			✓				Almonds
Choc Chunk Cookie Bag (Baker & Baker)	✓			✓			Wheat		✓							
Fish Selection Platter				✓	✓		Wheat, Barley		✓			✓		✓	✓	
Filter Coffee Box	✓	✓														
Tea Box	✓	✓														
Veggie Lover Mixed Platter	✓		✓	✓	✓		Wheat,Rye, Barley, Oats		✓			✓	✓			
Vegetarian Platter	✓			✓	✓		Wheat, Barley		✓			✓				
Mixed Wrap Selection Platter Updated Recipe - Local Tortilla			✓	✓	✓		Wheat		✓			✓			✓	Pinenuts
Chicken Wraps Selection Platter - Local Tortilla				✓	✓		Wheat		✓			✓			✓	Pinenuts
Tuna & Quinoa Salad Platter												✓			✓	Almonds
Chicken & Quinoa Salad Platter			✓	✓					✓			✓				
Hummus & Chickpea Salad Platter	✓	✓	✓				Wheat					✓	✓			
Kids Cheese Triangles Platter	✓			✓			Wheat, Barley									
Kids Chicken Triangles Platter				✓	✓		Wheat, Barley		✓			✓				
Kids Mix Triangles Platter				✓	✓		Wheat, Barley		✓			✓			✓	
Kids Egg Triangles Platter	✓				✓		Wheat, Barley									
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(Baker & Baker)	✓			✓			Wheat,Oat		✓							
Avocado Mozzarella Salad Platter	✓			✓								✓	✓			Pinenuts
Baguette Platter				✓	✓		Wheat,Rye, Oats		✓			✓	✓		✓	
Bar Platter	✓			✓	✓		Wheat, Oat		✓							Almonds, Pistachios
Best of Pret Platter				✓	✓		Wheat, Barley		✓			✓		✓	✓	
Breakfast Baguette Selection Platter					✓		Wheat, Rye		✓			✓	✓		✓	

Platters		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
Breakfast Brioche Platter				✓	✓		Wheat		✓			✓			✓	
Yoghurt Selection	✓			✓			Oats									Pecan, Cashew
Salad Wrap Selection Platter - Local Tortilla				✓	✓		Wheat		✓			✓			✓	Pinenuts
Pret Crisp Selection	✓			✓			Wheat									
Breakfast Bun Platter			✓	✓	✓		Oats, Wheat, Barley		✓			✓			✓	
Brownie Bag	✓			✓	✓		Wheat		✓							
Mini Mix Lattice Platter	✓			✓	✓		Wheat									
Mini Mango Lattice	✓			✓	✓		Wheat									
Mini Cherry Lattice	✓			✓	✓		Wheat									
Mini Apple Lattice	✓			✓	✓		Wheat									
Mini Strawberry Lattice	✓			✓	✓		Wheat									
Sweet Mini Pastry Box	✓			✓	✓		Wheat									Hazelnut
Orange Juice 1.5 L	✓	✓														
Watermelon Juice 15 L	✓	✓														
Kimchi Chicken Salad Platter			✓		✓				✓			✓			✓	
Mini Croissant Selection (12)	✓			✓	✓		Wheat									Hazelnut
Mini Croissant Selection (24)	✓			✓	✓		Wheat									Hazelnut
Mini Lattice Selection (24)	✓			✓	✓		Wheat									
Mini Yogurt Pot Selection	✓			✓			Oats									Pecan, Cashew
Berry Muffin Box	✓			✓	✓		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.																