

26-Feb-25

Quiche		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
Quiche Lorraine				✓	✓		Wheat		✓							
Quiche Spinach Goat Cheese	✓			✓	✓		Wheat		✓							

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Pies		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
Steak Pepper Pie				✓	✓		Wheat		✓							
Chicken and Mushroom Pie				✓	✓		Wheat		✓							

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Brioches	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		✓			✓				
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
Chesse & Tomatoes Hot Croissant	✓			✓	✓		Wheat									
Zaatar & Halloumi Hot Croissant	✓		✓	✓	✓		Wheat						✓			

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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
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	✓			✓			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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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
Coffee & Date Chia Pot	✓			✓												Pistachio
Mango & Matcha Chia Pot	✓			✓												
Banana & Honey Bowl	✓			✓			Oat									Cashew, Pecan

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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	✓	✓														
Mango and Lime	✓	✓														
Superfruit Salad	✓	✓														

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Soup	Suitable for		Contains these allergens													
Product	Vegetarians	Vegans														
			Sesam e	Milk	Egg	Lupin	Cereals containing gluten	Mollusc s	Soya	Peanut	Celery and celeria c	Mustar d	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, Barley, Oat									

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Toasties	Suitable for		Contains these allergens														
Product	Vegetarians	Vegans															
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Mollusc	Soya	Peanut	Celery and celeriac	Mustard	Sulphite	Crustacean	Fish	Nuts	
Tuna Melt 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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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												✓			✓	
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				✓	✓				✓							

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Granary		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	
			Chicken Acocado Sandwich				✓	✓		Wheat, Barley		✓			✓		
Summer Chicken Sandwich				✓	✓		Wheat, Barley		✓			✓					Pinenut
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		Contains these allergens													
Product	Vegetarians	Vegans	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		✓			✓				✓	
Posh Cheddar & Pickle Baguette	✓			✓	✓		Wheat, Rye, Oats		✓			✓					
Chicken Salad Baguette				✓	✓		Wheat		✓			✓					

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Kibbled Rye Salad Wraps		Suitable for														
Product	Vegetarians	Vegans	Contains these allergens													
			Sesam e	Milk	Egg	Lupin	Cereals containing gluten	Mollusc s	Soya	Peanut	Celery and celeria c	Mustar d	Sulphite s	Crusta cean	Fish	Nuts
Chicken Caesar & Bacon Wrap				✓	✓		Wheat, Rye		✓			✓			✓	
Hummus & Chickpea Wrap	✓		✓				Wheat, Rye					✓				
Chicken Pesto Rocket Wrap				✓	✓		Wheat, Rye		✓			✓				
Avocado & Herb Salad Wrap	✓			✓	✓		Wheat, Rye		✓			✓				Pinenut

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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
			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		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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Toasted Tortilla		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
Chipotle Chicken Toasted Tortilla				✓			Wheat, Rye		✓			✓				
Avocado, Cheddar & Chipotle Toasted Tortilla	✓			✓			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	✓	✓														
Aqua Panna Still Small	✓	✓														
Aqua Panna 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	Mustar d	Sulphit es	Crusta cean	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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10-Feb-25

MTS Drinks	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
Pret's Matcha Latte	✓			✓												
Pret's Mumbai Chai Latte	✓			✓												
Iced Chai Latte	✓			✓												
Iced Matcha Latte	✓			✓												
Spanish Latte	✓			✓												
Iced Spanish Latte	✓			✓												

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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
Extra Shot	✓	✓														
Filter- Black	✓	✓														
Filter- White	✓			✓												
Rose Spanish Latte	✓			✓												
Iced Rose Spanish Latte	✓			✓												
Orange Blossom Iced Tea	✓	✓														
Baklava Frappe	✓			✓												Pistachios
Americano Black	✓	✓														
Americano White																
Latte	✓			✓												
Cappuccino	✓			✓												
Mocha	✓			✓												
Organic Chocolate	✓			✓												
Macchiato	✓			✓												
Flat White	✓			✓												
Rice Coconut Milk	✓	✓														
Oat Milk	✓	✓					Oat									
Soya Milk	✓	✓							✓							
Cup of Milk 8oz	✓			✓												
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	✓			✓												
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		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
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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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	
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		✓			✓			✓		
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, 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.