



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		01-Jul-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
Chesse & Tomatoes Hot Croissant	✓			✓	✓		Wheat									
Zaatar & Halloumi Hot Croissant	✓		✓	✓	✓		Wheat						✓			
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Breakfast Bun		Suitable for		01-Jul-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		01-Jul-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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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 Croisants	✓		✓	✓	✓		Wheat									

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Bowls/ Pots	Suitable for		01-Jul-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
Five Berry Breakfast Bowl	✓			✓			Oat									Cashew, Pecan
Berry Yoghurt Parfait	✓			✓			Oat									Cashew, Pecan
Mango & Matcha Chia Pot	✓			✓												
Banana & Honey Bowl	✓			✓			Oat									Cashew, Pecan
Coffee & Chocolate Chia Pot	✓			✓												Almond

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Fruits	Suitable for		01-Jul-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																01-Jul-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			
Malaysian Chicken Soup															✓				
Carrot and Coriander Soup	✓			✓							✓								
Chicken Laksa							Wheat		✓						✓				
Souper Tomato Soup	✓	✓																	
Veggie Tom Yum	✓	✓							✓										
Vegan Red Kale Soup	✓			✓							✓								
Baked Potato & Bacon Soup				✓			Wheat				✓								
Cheddar Cauliflower Soup	✓			✓							✓								
Soup Bread	✓	✓					Wheat, Rye, Oat		✓										
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Toasties		Suitable for		01-Jul-25													
Product	Vegetarians	Vegans	Contains these allergens														
			Sesam e	Milk	Egg	Lupin	Cereals containing gluten	Mollusc	Soya	Peanut	Celery and celeriac	Mustard	Sulphite	Crustac ean	Fish	Nuts	
Tuna Melt Toastie				✓	✓		Wheat, Barley, Rye Oat		✓			✓			✓		
Mozzarella & Pesto Toastie	✓			✓			Wheat, Barley, Rye Oat									Pine nuts	
Chipotle Chicken Toastie				✓			Wheat, Barley, Rye Oat					✓					
Classic Cheese Toastie	✓			✓	✓		Wheat, Barley, Rye Oat		✓			✓					
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Salads		Suitable for															01-Jul-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		
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				✓	✓				✓									
Watermelon & Cous Cous Salad	✓			✓			Wheat					✓				Walnut		
Watermelon & Chicken Salad				✓			Wheat					✓				Almond		
Watermelon & Feta Pot	✓			✓														
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Granary		Suitable for		01-Jul-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 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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Hot Wraps		Suitable for		01-Jul-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	
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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Aqua Panna Still Large	✓	✓														
Arwa 500ml	✓	✓														
Coke	✓	✓														
Coke Zero	✓	✓														
Sprite	✓	✓														
Coconut Water	✓	✓														
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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	✓			✓			Wheat									

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MTS Drinks		Suitable for															01-Jul-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's Matcha Latte	✓			✓														
Pret's Mumbai Chai Latte	✓			✓														
Iced Chai Latte	✓			✓														
Iced Matcha Latte	✓			✓														
Spanish Latte	✓			✓														
Iced Spanish Latte	✓			✓														
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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	✓	✓														

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Alcohol Range ( Airport stores only )		Suitable for														
Product	Vegetarians	Vegans	Contains these allergens													
			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	✓	✓											✓			
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01-Jul-25

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Platters		Suitable for		01-Jul-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 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, 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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