## PRET QATAR ALLERGEN GUIDE Product Gluten - cerea Milk Nuts & Tree Egg Fish containing Lupin Soya gluten Cow Goat Shee Smoked Salmon Barley, Wheat ¥ ٧ Barley, Wheat Classic Super Club Free Range Egg Mayo & Tomato V Barley, Wheat V V ¥ ¥ Mature Cheddar & Pickle Barley, Wheat ٧ v V Tuna & Jalapeno Barley, Wheat ¥ V V Pret Holiday lunch Barley, Wheat Brie & Cranberry Barley, Wheat V Barley, Wheat V V Chicken Avocado Basil Product Celery & Nuts & Tree Fish Cow Goat Shee Chicken Caesar & Bacon V Wheat V V V Barley, Wheat Posh Cheddar & Pickle V ¥ ¥ ¥ ¥ ¥ ¥ Pesto Caprese (Slim) Pine Nuts Tuna Mayo & Cucumber (Slim) ٧ Wheat ٧ ¥ Wheat Tuna Mayo & Cucumber ¥ ٧ ٧ Brie & Tapenade Baguette (Slim) Wheat Turkey & Cheese ¥ Wheat ¥ V ¥ ¥ Wheat Egg & Avo (Slim) Avo, Olives & Toms (Slim) Wheat Pine Nuts Wheat Lemon Chicken due to a h Product Milk Egg containing gluten Cow Goat Shee Crunchy Chipotle Chicken & Avo Wrap 8 Wheat 8 ¥ Chicken Caesar Wrap V Wheat V Avocado & Herb Salad Wrap V Wheat V V Chicken Pesto & Rocket Wrap ¥ ¥ Pine Nuts due to a h Product Contains these allergens Celery & celeria Gluten - cereal containing gluten Egg Soya Nuts Product Celery Gluten - cereals Nuts & Tree Egg Fish & eleria Soya gluten Cow Goat Shee Turkey & Cream Cheese Barley, Wheat Almond Butter & Berries Spread

	Suitab	le															
Product	Veg	<u> </u>	1	1	1		Со	ntains		se alle	rgens	Ì					1
Desserts	getaria	Celery & celeria	Crustaceans	Egg	Fish	Gluten - cereals containing gluten	Lupin	0	Milk	Sheep	Molluscs	Mustard	Nuts & Tree nuts	Peanut	Sesame	Soya	Sulphite
Chocolate Mousse	31			~	~	Wheat		Cow	Goat	эпеер						>	
Lemon Cheesecake				٧	<b>~</b>	Wheat		>					Almond Nuts				
Tiramisu				~	~	Wheat		>								~	
Chocolate Cake	<b>×</b>			~		Wheat		>								<b>V</b>	
Carrot Cake We cannot guarantee any	of our	producte :	are cuitable for	those w	ith allor	Wheat	rick of o	V	ontami	ination	Our you	n produc	Walnut	2 1/0/22	rocino h	ut are no	
suitable for those with dai					itii alioi	gies due to a mgn	risk or c	1033 0	ontain	mation.	Our regi	in produc	is are made it	a vegan	recipe b	at are no	
	Suitab	le															
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Pots	ians	celeria		-55		gluten		Cow	Goat	Sheep			nuts			,	
Five Berry Pot	<b>V</b>					Oats		>									
Bircher Muesli	~					Oats		~					Pistachio Nuts				
Mango & Banana Sunshine Bowl	-	1				Oats											
Honey Granola Pot	<b>V</b>					Oats		>					Almond Nints				
Coconut Chia	× '	1											Almond Nuts				
Blue Goodness	<b>V</b>		-		ļ	Oats		<b>y</b>			<u> </u>		Almond St.				
Rose Goodness Pot	~		1			Oats		>					Almond Nuts				
Almond Butter & Honey Yoghurt Pot	~					Oats		~					Almond Nuts				
Blue Chia Pot	~					Oats		>									
We cannot guarantee any					ith aller	gies due to a high	risk of c	ross c	ontami	ination.	Our vega	n produc	ts are made to	a vegan	recipe b	ut are no	ot
suitable for those with dai	ry and	egg allerg	ies. Piease take	e care.													
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Salads	ans	celeria	С			gluten		Cow	Goat	Sheep			nuts			-	
Tamari & Ginger Chicken Salad Bowl		>				Wheat									<b>¥</b>	~	
Mozzarella, Pesto & Avo Salad	~			7	. 4			<b>y</b>					Pine Nuts			7	
Tuna Nicoise Salad Greek Salad with Vinaigrette				-	~	Barley Wheat		~	_	_		*				•	~
Chefs Italian Chicken Salad	H			~	~	Barley		>	Ť	Ť		~	Pistachio Nuts			<b>V</b>	Ť
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Turkey Melt Toastie					>		Oats, Rye,Wheat		*				>				<b>Y</b>	
Creamy Chipotle Beef Toastie					~	~	Oats, Rye,Wheat		~				~				<b>V</b>	
We cannot guarantee any suitable for those with da						ith allerg	gies due to a high	risk of c	ross c	ontam	ination.	Our vega	ın produc	ts are made to	o a vegan	recipe bu	ıt are no	t
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Product	V€	П						Со	ntain	s thes	se alle	rgens						
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Mac & Cheese	rians	ıns	& celeriac	Crustaceans	Egg	Fish	containing gluten	Lupin	Cow	Goat	Sheep	Molluscs	Mustard	nuts	Peanut	Sesame	Soya	Sulphite
Kale & Cauli Macaroni Cheese	>		~				Wheat		~									
Chicken & Mushroom Pasta Box	L		<b>Y</b>				Wheat		¥								٧	
We cannot guarantee any suitable for those with da						ith allerç	gies due to a high	risk of c	ross c	ontam	ination.	Our vega	in produc	ts are made to	o a vegan	recipe bi	it are no	t
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Product	Ve							Со	ntain	s thes	se alle	rgens						
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Porridge	etarians	ans	& celeriac	Crustaceans	Egg	Fish	containing gluten	Lupin	Cow	Goat	Sheep	Molluscs	Mustard	nuts	Peanut	Sesame	Soya	Sulphite
Pret's Proper Porridge	<i>S</i>	V					Oats										~	
We cannot guarantee any						ith allerg		risk of c	ross c	ontam	ination.	Our vega	ın produc	ts are made to	o a vegan	recipe bu	ıt are no	t
suitable for those with da	iry ar	nd eg	g allergie	s. Please take	care.													
	Sui	table																
Product	Veg	<		1				Со	ntain	s thes	se alle	rgens		1				
	etari	Vegar	Celery &	Crustaceans	Egg	Fish	Gluten - cereals containing	Lupin		Milk		Molluscs	Mustard	Nuts & Tree	Peanut	Sesame	Soya	Sulphite
Savoury Croissants	ans	ns	celeriac		55		gluten		Cow	Goat	Sheep			nuts				
Mozzarella & Tomato	<b>V</b>				¥		Wheat		<b>V</b>									
Cheese Twist with Za'atar	<b>V</b>	-			> >		Wheat		¥				.4			~	.4	
Cheese & Jalapeno Hot Croissant  We cannot guarantee any	of or	ur pre	oducts ar	e suitable for t	_	ith allerg	Wheat gies due to a high	risk of c	ross c	ontam	ination.	Our vega	n produc	ts are made to	o a vegan	recipe bu	ıt are no	t
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Soup	ıns	ű	celeriac				gluten		Cow	Goat	Sheep							
Souper Tomato	> >	~	<b>y</b>						~									
Lentil Soup Chicken Orzo	ř		-				Wheat		~									
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suitable for those with da			g allergie	s. Piease take	care.													
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	tarians	gans	&	Crustaceans	Egg	Fish	containing	Lupin				Molluscs	Mustard	Nuts & Tree nuts	Peanut	Sesame	Soya	Sulphite
Hot Breakfast	-	<u> </u>	celeriac				gluten		Cow	Goat	Sheep							
Egg & Mushroom Croissant  Mozzarella Pesto Croissant	<b>&gt;</b>	-	~		> >		Wheat		~					Pine Nuts			~	
Halloumi Za'atar Croissant	V	H			~		Wheat Wheat		~					THOTAG		>		
Turkey & Cheese croissant					>		Wheat		~				>				<b>V</b>	
We cannot guarantee any suitable for those with da						ith allerç	gies due to a high	risk of c	ross c	ontam	ination.	Our vega	ın produc	ts are made to	a vegan	recipe bu	ıt are no	t
Product	Sur	table						Co	ntain	s the	se alle	rgens						
3000	eget	Veg	Celery				Gluten - cereals			Milk	0	32.10		Nute 9 Tes				
Rye Rolls	taria	/egans	& celeriac	Crustaceans	Egg	Fish	containing gluten	Lupin	Cow	Goat	Sheep	Molluscs	Mustard	Nuts & Tree nuts	Peanut	Sesame	Soya	Sulphite
Roast Beef Rye Roll	78				~	>	Wheat, Rye,						~			~	~	
Scandi Style Salmon Rye Roll	┢	┢	<del>                                     </del>		*	7	Barley Wheat, Rye,						7			<b>y</b>	<u> </u>	
Veggie Deli Rye Roll	<b>V</b>	┢			•		Barley Wheat, Rye,		~				>			~	· ·	
We cannot guarantee any	of or	ur pre	oduc <u>ts ar</u>	e suitable for t		ith aller	Barley gies due to a high	risk <u>of c</u>	ross c	ont <u>am</u>	inat <u>ion.</u>	Our vega		ts are made to	o a v <u>egan</u>			t
suitable for those with da																		

Bars & Packs  Love Bar  Popcorn Bar  Choc Bar  Chocolate Almonds  Cranberries In Coats  Chocolate Brownie Bar  Pret's Nut Bar	, ,		ery & eriac	Crustaceans														
Bars & Packs  Love Bar  Popcorn Bar  Choc Bar  Chocolate Almonds  Cranberries In Coats  Chocolate Brownie Bar  Pret's Nut Bar	,	Cel	à.	Crustaceans				Co	ntains	s thes	se alle	raens						
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Love Bar  Love Bar  Popcorn Bar  Choc Bar  Chocolate Almonds  Cranberries In Coats  Chocolate Brownie Bar  Pret's Nut Bar	,	cel	riac		Egg	Fish	containing	Lupin		WIIIK		Molluscs	Mustard	Nuts & Tree nuts	Peanut	Sesame	Soya	Sulphite
Popcorn Bar Choc Bar Chocolate Almonds Cranberries In Coats Chocolate Brownie Bar Pret's Nut Bar	,	$\downarrow$					gluten		Cow	Goat	Sheep							
Choc Bar Chocolate Almonds Cranberries In Coats Chocolate Brownie Bar Pret's Nut Bar	,	Ŧ					Oat		~					Pistachio Nuts, Almond Nuts			<b>V</b>	
Chocolate Almonds Cranberries In Coats Chocolate Brownie Bar Pret's Nut Bar	,								~								¥	
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	1				~		Wheat		~								✓	
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Nuts, Fruits & Chocolate		ᆂ							~	Ц.	L			Almond Nuts		Ц.,	~	
We cannot guarantee any of suitable for those with dairy a	our   and	oroduc egg ali	ts are ergie	e suitable for i s. Please take	nose w care.	ith aller	gies due to a high	risk of c	ross c	ontami	nation.	Our vega	n produc	ts are made to	a vegan	recipe bi	it are no	Œ
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2	vegalis	Ce	ery	Crustaceans	Egg	Fish	Gluten - cereals containing	Lupin		Milk		Mollusos	Mustard	Nuts & Tree	Peanut	Sesame	Soya	Sulphite
Chips	Ū	cel	^	Ciustaceans	Lgg	Fiaii	gluten	Lupin	Cow	Goat	Sheep	Wionusca	wiustaru	nuts	realiut	Sesame	Juya	buipinte
Jalapeno	٦,	一	-							Cour	олоор							
A Touch of Sea Salt	,	<del>/</del>																
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We cannot guarantee any of	our I	produc	ts are	e suitable for t	hose w	ith aller	gies due to a high	risk of c	ross c	ontami	nation.	Our vega	n produc	ts are made to	a vegan	recipe b	ıt are no	ŧ
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Classic Blend (200g Ground)		*		20.11						Ļ.,	L	•						
We cannot guarantee any of suitable for those with dairy a	our   and	oroduc egg ali	ts are ergie	e suitable for t s. Please take	nose w care.	ith aller	gies due to a high	risk of c	ross c	ontamı	nation.	Our vega	n produc	ts are made to	a vegan	recipe bi	it are no	et.
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Product		-						Со	ntains	s thes	se alle	rgens						
1 roduot	eyans	Ce	ery				Gluten - cereals			Milk				Nuts & Tree				
Constant Constant and the		cele	k riac	Crustaceans	Egg	Fish	containing gluten	Lupin	_			Molluscs	Mustard	nuts	Peanut	Sesame	Soya	Sulphite
French Butter Croissant		4					Wheat		Cow	Goat	Sheep							
French Butter Croissant  Almond Croissant		+	-		<u>,                                     </u>		Wheat		-					Almond Nuts				
Chocolate Croissant		+	-		<u>,</u>		Wheat		~								<b>y</b>	
chocolate eroissant	_	<del>,   -</del>	-		-	<del>                                     </del>	Wheat	<b>-</b>	Ť									<del>                                     </del>
Very Berry Croissant	1 '	+	_		~	l -	Wheat		~	1								<b> </b>
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Cinnamon Danish				e suitable for t		ith aller		risk of c	ross c	ontami	nation.	Our vega	n produc	ts are made to	a vegan	recipe b	ıt are no	t
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Cinnamon Danish  Cheese Twist  We cannot guarantee any of suitable for those with dairy of suitable for those with dairy of suitable for those with da	our pand	egg all	ergie:	s. Please take		Fish	containing gluten Wheat		Cow	Milk			Mustard		Peanut	Sesame	Soya	Sulphite
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Cinnamon Danish  Cheese Twist  We cannot guarantee any of suitable for those with dairy of suitable for those with dairy of suitable for those with da	our gand	celo	ergie:	s. Please take		Fish	containing gluten Wheat Wheat, Spelt,		Cow	Milk			Mustard		Peanut	Sesame	Soya	Sulphite

suitable for those with dairy and egg allergies. Please take care.

	Suit	able																
Product	Ve	_						Co	ntains	s thes	e alle	rgens						
	egetarians	Vegans	Celery				Gluten - cereals			Milk				Nuts & Tree				
Platters	ıriar	sur	& celeriac	Crustaceans	Egg	Fish	containing gluten	Lupin	Cow	Goat	Sheep	Molluscs	Mustard	nuts	Peanut	Sesame	Soya	Sulph
	S		COIOITAG			_	_		~					Pine Nuts		_	,	_
Platter Baguette Platter Sandwich	Н				~	Ť	Wheat Wheat		~					TINC NUM		•	~	-
Mozzarella Tomato Croissant	>				-		Wheat		-									Ť
	V				~		Wheat		~					Almond Nuts			~	
Bakery Box	Щ						vviieat							W . 11 M .				
Bar Sharing Box	~				<b>Y</b>		Wheat, Oats.		*					Pistachio Nuts, Almond Nuts			~	
Platter Cookies	>						Wheat, Oats,		~					Almond Nuts				
	<b>y</b>				_		Spelt		~				~				_	_
Platter Sandwich Veg. Platter Baguette Veg.	,				ÿ		Wheat, Barley Wheat, Barley		Ť				-	Pine Nuts		_	-	H
	H				Ż	~	Wheat, Rye,		-				~	1200 1100		•	•	H
Platter Rye Roll Selection	Н				_	-	Barley		_					Pine Nuts				
Platter Pret's Salad Wrap Platter Best Sellers Mix	Н				-	-	Wheat Wheat, Barley		-				-	rine ruis			~	H
We cannot guarantee any o	of ou	r pro	oducts are	e suitable for t				risk of c		ontami	nation.	Our vega		ts are made to	a vegan			
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_	etariar	Vegans	&	Crustaceans	Egg	Fish	containing	Lupin				Molluscs	Mustard	Nuts & Tree	Peanut	Sesame	Soya	Sulp
Bags	ians	S	celeriac				gluten		Cow	Goat	Sheep			nuts			-	
Brownie Bar Bag	>				>		Wheat		>								>	
Choco Chunk Cookie Bag	<b>&gt;</b>						Wheat		>									
Love Bar Bag	~						Oats		~					Pistachio Nuts, Almond Nuts			~	
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Water	sur	3	celeriac				gluten		Cow	Goat	Sheep			iiuts				
Aqua Panna	>	>																
San Pellegrino Sparkling	<b>V</b>	>																
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Fruit	getarian	ns	& celeriac	Crustaceans	Egg	Fish	containing gluten	Lupin	Cow	Goat	Sheep	Wolluscs	wustara	nuts	Peanut	Sesame	Soya	Sulp
Superfruit Salad	8	>							0011	Coat	опсер							
·	>	•																
Apple & Almond Butter Pot														Almond Nuts				
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Mango & Lime Pot	>	>												Almond Nuts				
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Product	Ve	_						Co	ntains	s thes	se alle	rgens						
Floudet	getaria	/egans		Crustaceans	Egg	Fish	Gluten - cereals containing	Lupin		Milk		Molluscs	Mustard	Nuts & Tree	Peanut	Sesame	Soya	Sulphite
Syrups	ıns	3	celeriac				gluten		Cow	Goat	Sheep							
Syrup - Caramel Syrup	<	<																
Syrup - Vanilla Syrup	•																	
Syrup - Hazelnut Syrup	•													Hazelnuts				
Syrup - Simple Syrup	>	•															•	

We cannot 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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	Suit	table																
Product	۷e	_						Co	ntain	s the	se alle	rgens						
	geta	egan	Celery				Gluten - cereals			Milk				Nuts & Tree				
Milks	arians	ans	& celeriac	Crustaceans	Egg	Fish	containing gluten	Lupin	Cow	Goat	Sheep	Molluscs	Mustard	Nuts & Tree nuts	Peanut	Sesame	Soya	Sulphites
Organic Whole Milk	>								>									
Organic Skimmed Milk	>								>									
Organic Oat Milk	>	>					Oats											
Oatly Milk Barista Edition	>	>					Oats											
Organic Rice Coconut Milk	~	~																
Alpro Coconut Milk Barista Edition	>	~															*	
Organic Soya Milk	>	>															>	
Organic Almond Milk	>	•												Almond Nuts				

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	Sui	table																
Product	۷e	1						Co	ntains	s thes	e alle	rgens						
	get	egan	Celery				Gluten - cereals			Milk				Nuts & Tree				
Coffee	arians	ans	& celeriac	Crustaceans	Egg	Fish	containing gluten	Lupin	Cow	Goat	Sheep	Molluscs	Mustard	nuts	Peanut	Sesame	Soya	Sulphite
Coffee - Latte : Milk	>								<									
Coffee - Spanish Latte : Milk	>								<									
Coffee - Cappuccino : Milk	>								>									
Coffee - Flat White : Milk	>								>									
Coffee - Americano	>	>																
Coffee - Filter Coffee	>	>																
Coffee - Mocha : Milk	~								<									
Coffee - Macchiato (4oz)	>								>									
Coffee - Espresso (4oz)	>	>																

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	Sui	table	ſ															
Product	Ve	Τ.						Со	ntains	s thes	e alle	rgens						
Product	getaria	Vegans		Crustaceans	Egg	Fish	Gluten - cereals containing	Lupin		Milk		Molluscs	Mustard	Nuts & Tree	Peanut	Sesame	Soya	Sulphites
Iced Drinks	ıns	٠	celeriac				gluten		Cow	Goat	Sheep							
Iced Drinks - Latte : Milk	>								>									
Iced Drinks - Spanish Latte : Milk	>								*									
Iced Drinks - Americano	~	•																
Iced Drinks - Mocha : Milk	~								*									
Iced Drinks - Cappuccino : Milk	~								*									
Iced Drinks - Chocolate : Milk	>								*									
Iced Drinks - Matcha Latte : Milk	>								*									
Iced Drinks - Chocolate Chai Latte : Milk	>								>									
Iced Drinks - Chai Latte : Milk	>								>									
Iced Lemon Tea	>	>																

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	C.,;	table	T															
		or																
Product	٧e	_						Co	ntains	s thes	se alle	rgens						
	eget	Vegans	Celery				Gluten - cereals			Milk				Nuts & Tree				
Other Hot Drinks	tarians	ans	& celeriac	Crustaceans	Egg	Fish	containing gluten	Lupin	Cow	Goat	Sheep	Molluscs	Mustard	nuts	Peanut	Sesame	Soya	Sulphite
Other Hot Drinks - Hot Chocolate:	>																	
Other Hot Drinks - Chai Latte : Milk	>								~									
Other Hot Drinks - Chocolate Chai	>								¥									
Latte: Milk																		
Other Hot Drinks - Matcha Latte : Milk	>								>									
Other Hot Drinks - Hot Lemon Tea	>	>																
We cannot guarantee any control suitable for those with dain						ith aller	gies due to a high	risk of c	ross c	ontami	ination.	Our vega	an produc	ts are made to	a vegan	recipe b	ut are no	ot
Suitable for those with dail	y ai	iu eç	ig allergie	S. FIEdse lake	care.													
		table																
Product	Ve	1						Co	ntains	s thes	se alle	rgens						
	ge	Vec.	Celery				Gluten - cereals		I	Milk		Ĭ						
Hot Tea	tarians	Vegans	& celeriac	Crustaceans	Egg	Fish	containing gluten	Lupin	Cow	Goat	Sheep	Molluscs	Mustard	Nuts & Tree nuts	Peanut	Sesame	Soya	Sulphite
Hot Tea - Breakfast	¥	~																
Hot Tea - Earl Grey	>	~																
Hot Tea- Green	>	~																
Hot Tea- Peppermint	>	>																
We cannot guarantee any suitable for those with dain						ith aller	gies due to a high	risk of c	ross c	ontami	ination.	Our vega	an produc	ts are made to	a vegan	recipe b	ut are no	ot
	Sui	table	ſ															
Product	<							Co	ntains	s thes	se alle	raens						
	ege	Vegans	Celery				Gluten - cereals			Milk								
					-								Mustard	Nuts & Tree	D			Sulphite
Frappes	tarians	ans	& celeriac	Crustaceans	Egg	Fish	containing gluten	Lupin	Cow	Goat	Sheep	Monuscs	wustaru	nuts	Peanut	Sesame	Soya	bulpilit
Frappes Frappe - Classic	tarians >	ans			Egg	FISH		Lupin	Cow	Goat	Sheep	Monuscs	Mustaru	nuts	Peanut	Sesame	Soya	bulplille