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Kibbled Rye Wrap (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **Rye** Flakes, Rapeseed Oil, Humectant: Glycerol; Raising Agents: Diphosphates, Sodium Bicarbonate; Dried Fermented **Wheat** Flour, Emulsifier: Mono- and Diglycerides of Fatty Acids; Salt, Acidity Regulator: Citric Acid; **Wheat** Starch, Flour Treatment Agent: L-Cysteine), Chestnut Mushrooms (25%), Cucumber, Spinach, Red Cabbage, Spring Onion, Rapeseed Oil, Water, Demerara Sugar, Brown Sugar, Carrot, White Miso Paste (Water, **Soya** Bean, Rice, Salt, Alcohol), Coriander, Tamari Soya Sauce (Water, **Soya** Bean, Salt, Alcohol), Sugar, Tomato Paste, Spirit Vinegar, White Wine Vinegar, Dark Soy Sauce (Water, **Soya** Bean, **Wheat**, Salt, Alcohol), Sunflower Oil, Cornflour, Salt, Modified Maize Starch, Lemon Juice from Concentrate, Black Pepper, Star Anise, Ginger, Cinnamon, Fennel Seeds, Stabiliser: Xanthan Gum; White Pepper, Flavouring, Clove.

## Vegan Chilli Wrap

Kibbled Rye Wrap (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **Rye** Flakes, Rapeseed Oil, Humectant: Glycerol; Raising Agents: Diphosphates, Sodium Bicarbonate; Dried Fermented **Wheat** Flour, Emulsifier: Mono- and Diglycerides of Fatty Acids; Salt, Acidity Regulator: Citric Acid; **Wheat** Starch, Flour Treatment Agent: L-Cysteine), Avocado, Bell Pepper, Red Onion, Red Kidney Beans, Spinach, Sweetcorn, Haricot Beans, Pickled Onion (Red Onion, Cider Vinegar (**Sulphites**), Rice Vinegar (**Sulphites**), Sugar (**Sulphites**), Water), Tomato, **Celery**, Carrot, Black Eyed Beans, Borlotti Beans, Cannellini Beans, Water, Tomato Paste, Coriander, Rapeseed Oil, Garlic, Salt, Maize Starch, Lime Juice, Red Chilli, Dark Couverture Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **Soya** Lecithin; Vanilla Flavouring), Ground Spices (Smoked Paprika, Paprika, Black Pepper, Chilli, Lovage, Turmeric, White Pepper, Garlic, Mace, Nutmeg), Olive Oil, Cumin Seeds, Chilli Flakes, Oregano, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Black Pepper, Onion Powder, Parsnip Powder, Sunflower Oil, Dried Parsley, Lovage Extract.

# Pret At Home

## Pea & Mint Soup

Peas, Water, Onion, Leek, Green Pepper, Rapeseed Oil, Kale, Mint, Bouillon (Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Vegetables (Onions, Parsnips, Parsley), Sunflower Oil, Spices (Lovage, Turmeric, Pepper, Garlic, Mace, Nutmeg), Lovage Extract), Salt (Salt, Anti-caking Agent (Sodium Ferrocyanide)), Black Pepper, Red Chilli.

## Pret's Mushroom Risotto Soup

Mushroom (36%), Water, Cooked Brown Rice (13%) (Water, Brown Rice, Salt), Onion, Cauliflower, Coconut Cream (Coconut, Water), Potato, **Celeriac**, Tofu (Water, **Soya** Bean, **Soya** Extract, Firming Agents: Glucono- Delta-Lactone, Calcium Chloride), Fennel, Salt, Cooked Wild Rice (Water, Wild Rice), Rapeseed Oil, Garlic, Parsley, Mushroom Concentrate, Porcini Mushroom, Black Pepper, Rosemary, Thyme, Tarragon, Cornflour, Sunflower Oil, Sugar.

## Pret's Proper Porridge

Whole **Milk**, Water, **Oats**.