

Column1	Column2	Column3	Column4	Column5	Column6	Column7	Column8	Column9	Column10	Column11	Column12	Column13	Column14	Column15	Column16	Column17	Column18	
	CONVIENT AUX															25/09/2024	45560,	
PRODUIT	Végétariens	Végétaliens	CONTIENT CES ALLERGÈNES														CONTIENT CES ALLERGÈNES,	
			Sesame seeds	Milk	Eggs	Lupin	Cereals containing gluten	Molluscs	Soya	Peanuts	Celery	Mustard	Sulphur dioxide or sulphites	Shellfish	Fish	Nuts	Sesame seeds,Milk,Eggs,Lupin,Cereals containing gluten,Molluscs,Soya,Peanuts,Celery,Mustard,Sulphur dioxide or sulphites,Shellfish, Fish,Nuts.	
Baguettes & Wraps																		
Baguette - Avocado, Dried Tomatoes and Crushed Olives	✓	✓	Sesame seeds				Wheat, Rye, Oats										Sesame seeds,Wheat, Rye, Oats,	
Baguette - Mature Cheddar with Onion Chutney	✓	✗	Sesame seeds	Milk	Eggs		Wheat										Sesame seeds,Milk,Eggs,Wheat,	
Baguette - Ham	✗	✗	Sesame seeds	Milk			Wheat					Mustard	Sulphur dioxide or sulphites				Sesame seeds,Milk,Wheat,Mustard,Sulphur dioxide or sulphites,	
Baguette - New Yorker	✗	✗			Eggs		Wheat					Mustard					Eggs,Wheat,Mustard,	
Baguette - Chicken & Bacon	✗	✗	Sesame seeds	Milk	Eggs		Wheat, Rye, Oats								Fish		Sesame seeds,Milk,Eggs,Wheat, Rye, Oats,Fish,	
Baguette - Chicken & Raw Vegetables	✗	✗	Sesame seeds	Milk	Eggs		Wheat										Sesame seeds,Milk,Eggs,Wheat,	
Baguette - Chicken Pesto	✗	✗		Milk	Eggs		Wheat									Cashew Nuts	Milk,Eggs,Wheat,Cashew Nuts,	
Baguette - Tuna & Cucumber	✗	✗			Eggs		Wheat								Fish		Eggs,Wheat,Fish,	
Baguette - Tuna and Pepper & Tomato Spread	✗	✗	Sesame seeds	Milk			Wheat, Rye, Oats, Barley								Fish		Sesame seeds,Milk,Wheat, Rye, Oats, Barley,Fish,	
Baguette - Smoked Salmon, Cucumber, Cream Cheese & Dill	✗	✗	Sesame seeds	Milk			Wheat, Rye, Oats, Barley								Fish		Sesame seeds,Milk,Wheat, Rye, Oats, Barley,Fish,	
Prosciutto Crudo Baguette	✗	✗		Milk			Wheat										Milk,Wheat,	
Diamond - Egg & Avocado Breakfast	✓	✗			Eggs		Wheat					Mustard					Eggs,Wheat,Mustard,	
Diamond - Ham & Havarti Cheese	✗	✗		Milk			Wheat					Mustard	Sulphur dioxide or sulphites				Milk,Wheat,Mustard,Sulphur dioxide or sulphites,	
Diamond - Smoked Salmon & Cream Cheese	✗	✗		Milk			Wheat								Fish		Milk,Wheat,Fish,	
Diamond - Tuna, Cucumber & Basil	✗	✗		Milk	Eggs		Wheat								Fish		Milk,Eggs,Wheat,Fish,	
Diamond - Cream Cheese & Dried Tomatoes	✓	✗		Milk			Wheat										Milk,Wheat,	
Egg & Bacon Brioche Bread	✗	✗		Milk	Eggs		Wheat					Mustard				Nuts	Milk,Eggs,Wheat,Mustard,Nuts,	
Pitta Bread - Avocado & Falafels	✓	✗		Milk	Eggs		Wheat										Milk,Eggs,Wheat,	
Pitta Bread - Feta, Cucumber & Kalamata Olives	✓	✗		Milk	Eggs		Wheat										Milk,Eggs,Wheat,	
Pitta Bread - Lebanese Chicken	✗	✗		Milk			Wheat										Milk,Wheat,	
Pitta Bread - Shawarma Chicken with Sesame Dressing	✗	✗	Sesame seeds	Milk			Wheat										Sesame seeds,Milk,Wheat,	
Pitta Bread - Salmon & Avocado	✗	✗		Milk	Eggs		Wheat								Fish		Milk,Eggs,Wheat,Fish,	
Bread roll - Avocado, Egg & Bacon	✗	✗		Milk	Eggs		Wheat, Rye, Barley										Milk,Eggs,Wheat, Rye, Barley,	
Bread roll - Feta & Dried Tomatoes	✓	✗		Milk			Wheat, Rye, Barley										Milk,Wheat, Rye, Barley,	
Caprese bread roll	✓	✗		Milk			Wheat, Rye, Barley										Milk,Wheat, Rye, Barley,	
Wrap - Avocado & Falafels	✓	✗		Milk	Eggs		Wheat, Rye										Milk,Eggs,Wheat, Rye,	
Wrap - Avocado & Toasted Pine Nuts	✓	✗		Milk	Eggs		Wheat, Rye										Milk,Eggs,Wheat, Rye,	
Wrap - Feta, Cucumber & Kalamata Olives	✓	✗		Milk	Eggs		Wheat, Rye										Milk,Eggs,Wheat, Rye,	
Wrap - Lebanese Chicken	✗	✗		Milk	Eggs		Wheat, Rye										Milk,Eggs,Wheat, Rye,	
Wrap - Shawarma Chicken with Sesame Dressing	✗	✗	Sesame seeds	Milk	Eggs		Wheat, Rye										Sesame seeds,Milk,Eggs,Wheat, Rye,	
Wrap - Chicken with Tamari Sauce & Ginger	✗	✗		Milk			Wheat, Rye		Soya								Milk,Wheat, Rye,Soya,	
Chicken Caesar Wrap	✗	✗		Milk	Eggs		Wheat, Rye								Fish		Milk,Eggs,Wheat, Rye,Fish,	
SUITABLE FOR																	25/09/2024	45560,
PRODUCT	Vegetarians	Vegans	CONTAINS THESE ALLERGENS														CONTAINS THESE ALLERGENS,	
			Sesame seeds	Milk	Eggs	Lupin	Cereals containing gluten	Molluscs	Soya	Peanuts	Celery	Mustard	Sulphur dioxide or sulphites	Shellfish	Fish	Nuts	Sesame seeds,Milk,Eggs,Lupin,Cereals containing gluten,Molluscs,Soya,Peanuts,Celery,Mustard,Sulphur dioxide or	
Hot drinks																		
English Breakfast Tea	✓	✗		Milk													Milk,	
Earl Grey Tea	✓	✗		Milk													Milk,	
Mint Infusion	✓	✓																
Green Tea, Rooibos Vanilla Tea, Matè Tea, Ceylon Tea	✓	✓																
Espresso	✓	✓																
Hot Chocolate	✓	✗		Milk			Oat		Soya								Milk,Oat,Soya,	
Americano	✓	✓																
Cappuccino	✓	✗		Milk													Milk,	
Caramel Latte - Oat	✓	✓					Oat										Oat,	
Chai Latte	✓	✗		Milk													Milk,	
Hot Chocolate - Oat	✓	✓					Oat										Oat,	

Hot Chocolate - Coconut	✓	✓																		
Hot Chocolate - Soya	✓	✓							Soya										Soya,	
Filter coffee (in selected restaurants only)	✓	✓																		
Whipped Cream	✗	✗		Milk															Milk,	
Dirty Chai	✓	✗		Milk															Milk,	
Flat White	✓	✗		Milk															Milk,	
Warm Milk	✓	✗		Milk															Milk,	
Latte	✓	✗		Milk															Milk,	
Macchiato	✓	✗		Milk															Milk,	
Matcha Latte	✓	✗																		
Matcha Latte - Rice-Coconut	✓	✓																		
Mocha	✓	✗		Milk															Milk,	
Gingerbread Syrup	✓	✓																		
Syrup - Pumpkin Spice	✓	✓																		
Chocolate Cookie Syrup	✓	✓																		
Caramel Syrup	✓	✓																		
Raspberry Syrup	✓	✓																		
Rose Syrup	✓	✓																		
Mandarin Syrup	✓	✓																		
Passion Fruit Syrup	✓	✓																		
Hazelnut Syrup	✓	✓																		
Vanilla Syrup	✓	✓																		
Cane Sugar Syrup	✓	✓																		
Oat Drink	✓	✓							Oat										Oat,	
Rice - Coconut Drink	✓	✓																		
Soya Drink	✓	✓							Soya										Soya,	
	SUITABLE FOR																		25/09/2024	
PRODUCT	Vegetarians	Vegans	CONTAINS THESE ALLERGENS																	
			Sesame seeds	Milk	Eggs	Lupin	Cereals containing gluten	Molluscs	Soya	Peanuts	Celery	Mustard	Sulphur dioxide or sulphites	Shellfish	Fish	Nuts	CONTAINS THESE ALLERGENS, Sesame seeds,Milk,Eggs,Lupin,Cereals containing gluten,Molluscs,Soya,Peanuts,Celery,Mustard,Sulphur dioxide or			
Cold Drinks																				
Iced Americano	✓	✓																		
Badoit	✓	✓																		
Coffee Frappé	✓	✗		Milk															Milk,	
Iced Chai Latte	✓	✗		Milk															Milk,	
Chocolate Frappé	✓	✗		Milk															Milk,	
Iced Chocolate	✓	✗		Milk															Milk,	
Lemonade	✓	✓																		
Coca Cola	✓	✗																		
Coca Cola Light	✓	✗																		
Coca Cola Zero	✓	✗																		
Applejito Cooler	✓	✓																		
Feelin Peachy Cooler	✓	✓																		
Sparkling Spring Water - Pret	✓	✓																		
Still Spring Water - Pret	✓	✓																		
Evian	✓	✓																		
Easy Greens	✓	✓																		
Ginger & Apple Shot	✓	✓																		
Orange, Turmeric & Chilli Shot	✓	✓																		
Apple Juice	✗	✗																		
Orange Juice	✗	✗																		
Fresh Orange Juice	✓	✓																		
Carrot, Orange & Ginger Juice	✗	✗																		
Orange & Strawberry Juice	✗	✗																		
Iced Latte	✓	✗		Milk															Milk,	
Iced Matcha Latte	✓	✗																		
Iced Mocha	✓	✗		Milk															Milk,	
Sparkling Ginger Beer	✓	✓																		
Rhubarb Lemonade	✓	✓																		
Sparkling Apple Drink	✓	✓																		
Cranberry & Raspberry Flavoured Water	✓	✓																		
Lemon & Ginger Flavoured Water	✓	✓																		
Orange & Passion Fruit Flavoured Water	✓	✓																		
Green Tea & Peach Flavoured Water	✓	✓																		
Berries & Cherries - Strawberry, Mango, Cherry	✓	✓																		
San Pellegrino	✓	✓																		
Exotic Fruit Smoothie	✗	✗																		
Red Fruit Smoothie	✗	✗																		
Peach Me Up - Mango, Peach, Pineapple	✓	✓																		
Iced Green Tea - Raspberry Syrup & Lime	✓	✓																		
Iced Green Tea - Passion Fruit Syrup & Basil	✓	✓																		
Seltzer Water - Lime	✓	✓																		

Seltzer Water - Cucumber	✓	✓																
Volvic	✓	✓																
Vittel	✓	✓																
White Wine	✓	✓												Sulphur dioxide or sulphites				Sulphur dioxide or sulphites,
Red Wine	✓	✓												Sulphur dioxide or sulphites				Sulphur dioxide or sulphites,
Rosé Wine	✓	✓												Sulphur dioxide or sulphites				Sulphur dioxide or sulphites,
																	25/09/2024	45560,
PRODUCT	Vegetarians	Vegans	CONTAINS THESE ALLERGENS															CONTAINS THESE ALLERGENS,
			Sesame seeds	Milk	Eggs	Lupin	Cereals containing gluten	Molluscs	Soya	Peanuts	Celery	Mustard	Sulphur dioxide or sulphites	Shellfish	Fish	Nuts	Sesame seeds,Milk,Eggs,Lupin,Cereals containing gluten,Molluscs,Soya,Peanuts,Celery,Mustard,Sulphur dioxide or	
Desserts																		
Banana	✓	✓																
Pineapple Sticks	✓	✓																
Clementine	✓	✗																
Mascarpone Dessert with Bourbon Vanilla, Strawberries & Blueberries	✓	✗		Milk														Milk,
Mango & Lime	✓	✗																
Melon & Blueberries	✓	✓																
Apple	✓	✗																
Fruit Salad	✓	✓																
Lemon Cheesecake*	✓	✗		Milk	Eggs		Wheat											Milk,Eggs,Wheat,
Chocolate Dessert*	✓	✗		Milk					Soya									Milk,Soya,
Coconut & Blueberry Bowl	✓	✓					Oat											Oat,
Fromage Blanc 0%	✓	✗		Milk														Milk,
Fromage Blanc 0% with Chestnut Cream	✓	✗		Milk														Milk,
Fromage Blanc 0%, Strawberries & Granola with coconut shavings	✓	✗		Milk			Oat											Milk,Oat,
Fromage Blanc 0% with Red Fruits	✓	✗		Milk														Milk,
Fromage Blanc 0%, Red Fruits & Granola	✓	✗		Milk			Oat											Milk,Oat,
Fromage Blanc 0%, Honey & Granola	✓	✗		Milk			Oat											Milk,Oat,
Fromage Blanc 0%, Apple, Cinnamon & Crumble	✓	✗		Milk			Wheat, Oats											Milk,Wheat, Oats,
Small Pot - Coconut Chia Passion Fruit / Small Pot - Coconut Chia Mango	✓	✓																
Small Pot - Coconut, Sunshine & Granola	✓	✓					Oat											Oat,
Small Pot - Honey	✓	✗																
Prêt Porridge	✓	✗		Milk			Oat											Milk,Oat,
Rice Pudding	✓	✗		Milk	Eggs													Milk,Eggs,
Sunshine Bowl	✓	✓					Oat											Oat,
																	25/09/2024	45560,
PRODUCT	Vegetarians	Vegans	CONTAINS THESE ALLERGENS															CONTAINS THESE ALLERGENS,
			Sesame seeds	Milk	Eggs	Lupin	Cereals containing gluten	Molluscs	Soya	Peanuts	Celery	Mustard	Sulphur dioxide or sulphites	Shellfish	Fish	Nuts	Sesame seeds,Milk,Eggs,Lupin,Cereals containing gluten,Molluscs,Soya,Peanuts,Celery,Mustard,Sulphur dioxide or	
Hot recipes																		
Omelette & Bacon Breakfast Brioche Bread	✗	✗		Milk	Eggs		Wheat											Nuts
Breakfast Brioche Bread - Omelette & Cheese	✓	✗		Milk	Eggs		Wheat											Nuts
Chili Con Carne & Basmati Rice	✗	✗																
Elbow Macaroni in Bolognese Sauce	✗	✓		Milk	Eggs		Wheat						Sulphur dioxide or sulphites					Milk,Eggs,Wheat,Celery,Sulphur dioxide or sulphites,
Vegetarian Couscous with Vegetables	✓	✓					Wheat					Mustard						Wheat,Mustard,
Ham, Cheese, Tomato & Smoked Bacon Croissant	✗	✗		Milk	Eggs		Wheat											Milk,Eggs,Wheat,
Mozzarella & Tomato Croissant	✓	✗		Milk	Eggs		Wheat											Milk,Eggs,Wheat,
Veggie Lentil Dahl	✓	✗		Milk														Milk,
Salmon Fillet, Quinoa & Lemon Cream Sauce	✗	✗		Milk														Milk,Celery,Fish,
Focaccia - Mozzarella, Dried Tomatoes & Pesto	✓	✗		Milk			Wheat, Barley											Milk,Wheat, Barley,Cashew Nuts,
Focaccia - Ham & Tomatoes	✗	✗		Milk	Eggs		Wheat, Barley											Milk,Eggs,Wheat, Barley,
Focaccia - Prosciutto Crudo & Mozzarella	✗	✗		Milk			Wheat, Barley											Milk,Wheat, Barley,
Hot Wrap - Falafels, Cheddar & Peppers	✓	✗		Milk			Wheat, Rye											Milk,Wheat, Rye,
Hot Wrap - Chicken & Chipotle Chilli Pepper	✗	✗		Milk			Wheat, Rye											Milk,Wheat,Soya,
Coconut Chicken Curry & Basmati Rice	✗	✗		Milk			Wheat		Soya									Milk,Wheat,Soya,
Chicken Korma with Basmati & Wild Rice	✗	✗		Milk			Wheat		Soya									Milk,Wheat,Soya,
Chicken, Stir-Fried Coriander Vegetables & Quinoa	✗	✗		Milk			Wheat											Milk,Wheat,Celery,
Chicken Tikka Masala, Basmati & Wild Rice	✗	✗		Milk			Wheat											Milk,Wheat,
Pulled Pork Parmentier	✗	✗		Milk														Milk,
Quiche Lorraine	✗	✗		Milk	Eggs		Wheat											Milk,Eggs,Wheat,
Goat's Cheese & Spinach Tart	✓	✗		Milk	Eggs		Wheat											Milk,Eggs,Wheat,

Toastie - Ham, Cheese & Mustard	✗	✗		Milk	Eggs		Wheat, Rye, Oats, Barley					Mustard						Milk,Eggs,Wheat, Rye, Oats, Barley,Mustard,	
Brioche Bread Toastie - Pastrami & Cheddar	✗	✗		Milk	Eggs		Wheat					Mustard					Nuts	Milk,Eggs,Wheat,Mustard,Nuts,	
Brioche Bread Toastie - Pulled Pork & Cheddar	✗	✗		Milk	Eggs		Wheat										Nuts	Milk,Eggs,Wheat,Nuts,	
Brioche Bread Toastie - Veggie Club	✓	✗		Milk	Eggs		Wheat					Mustard					Nuts	Milk,Eggs,Wheat,Mustard,Nuts,	
Mozzarella, Tomato and Pepper Toastie Sandwich	✓	✗		Milk			Wheat, Rye, Oats, Barley											Milk,Wheat, Rye, Oats, Barley,	
Tomato, Mozzarella & Pesto Toastie	✓	✗		Milk			Wheat, Rye, Oats, Barley										Cashew Nuts	Milk,Wheat, Rye, Oats, Barley,Cashew Nuts,	
Toastie - Tuna Mayo	✗	✗		Milk	Eggs		Wheat, Rye, Oats, Barley										Fish	Milk,Eggs,Wheat, Rye, Oats, Barley,Fish,	
Chicken & Onion Chutney Toastie	✗	✗		Milk			Wheat, Rye, Oats, Barley											Milk,Wheat, Rye, Oats, Barley,	
Salads																			
Caesar Bowl & Pine Nuts	✗	✗		Milk	Eggs		Wheat										Fish	Milk,Eggs,Wheat,Fish,	
Falafel Mezze & Quinoa Bowl	✓	✗	Sesame seeds									Celery		Sulphur dioxide or sulphites				Sesame seeds,Celery,Sulphur dioxide or sulphites,	
Chicken Pesto Salad Bowl	✗	✗		Milk			Wheat							Sulphur dioxide or sulphites			Cashew Nuts	Milk,Wheat,Sulphur dioxide or sulphites,Cashew Nuts,	
Roast Salmon Fillet, Black Rice & Parsley Bowl	✗	✗					Wheat			Soya							Fish	Wheat,Soya,Fish,	
Tuna, Hard-boiled Egg & Kalamata Olive Bowl	✗	✗			Eggs									Sulphur dioxide or sulphites			Fish	Eggs,Sulphur dioxide or sulphites,Fish,	
Salad Bowl - Mozzarella, Orzo & Pesto	✗	✗		Milk	Eggs		Wheat							Sulphur dioxide or sulphites			Cashew Nuts	Milk,Eggs,Wheat,Sulphur dioxide or sulphites,Cashew Nuts,	
Small Bowl - Avocado & Crayfish	✓	✗												Sulphur dioxide or sulphites			Shellfish	Sulphur dioxide or sulphites,Shellfish,	
Small Bowl - Burrata, Tomatoes & Pine Nuts	✓	✗		Milk										Sulphur dioxide or sulphites				Milk,Sulphur dioxide or sulphites,	
Small Bowl - Orzo, Prosciutto & Tomatoes	✗	✗		Milk	Eggs		Wheat											Milk,Eggs,Wheat,	
Small Bowl - Greek Salad	✓	✗		Milk														Milk,	
Small Pot - Avocado, Black Rice & Crayfish	✗	✗															Shellfish	Shellfish,	
Small Pot - Bulgur, Tomatoes & Parsley	✓	✗					Wheat											Wheat,	
Small Pot - Caponata & Focaccia	✓	✗					Wheat, Barley					Celery						Wheat, Barley,Celery,	
Small Pot - Hummus & Feta	✓	✗	Sesame seeds	Milk														Sesame seeds,Milk,	
Small Pot - Lentils & Poached Egg	✓	✗			Eggs							Celery	Mustard	Sulphur dioxide or sulphites				Eggs,Celery,Mustard,Sulphur dioxide or sulphites,	
Small Pot - Mozzarella, Tomatoes & Pesto	✓	✗		Milk													Cashew Nuts	Milk,Cashew Nuts,	
Small Pot - Smoked Salmon, Lemon Quinoa & Dill	✗	✗		Milk	Eggs							Celery					Fish	Milk,Eggs,Celery,Fish,	
	SUITABLE FOR																	25/09/2024	45560,
PRODUCT	Vegetarians	Vegans	CONTAINS THESE ALLERGENS															CONTAINS THESE ALLERGENS,	
			Sesame seeds	Milk	Eggs	Lupin	Cereals containing gluten	Molluscs	Soya	Peanuts	Celery	Mustard	Sulphur dioxide or sulphites	Shellfish	Fish	Nuts	Sesame seeds,Milk,Eggs,Lupin,Cereals containing gluten,Molluscs,Soya,Peanuts,Celery,Mustard,Sulphur dioxide or sulphites,Shellfish,Fish,Nuts		
Sandwiches																			
Salmon Fillet & Avocado Sandwich	✗	✗		Milk	Eggs		Wheat, Barley											Fish	Milk,Eggs,Wheat, Barley,Fish,
Avocado & Bacon Sandwich	✗	✗			Eggs		Wheat, Barley												Eggs,Wheat, Barley,
Crayfish Sandwich with Chili Mayo Sauce & Rocket	✗	✗			Eggs		Wheat, Barley											Shellfish	Eggs,Wheat, Barley,Shellfish,
Ham & Havarti Cheese Sandwich	✗	✗					Wheat, Barley												Milk,Wheat, Barley,
Pret Cheddar & Chutney Sandwich/Slim	✗	✗		Milk	Eggs		Wheat, Barley												Milk,Eggs,Wheat, Barley,
Chicken, Avocado & Basil Sandwich	✗	✗		Milk	Eggs		Wheat, Barley												Milk,Eggs,Wheat, Barley,
Super Club Sandwich/Slim	✗	✗		Milk	Eggs		Wheat, Barley												Milk,Eggs,Wheat, Barley,
Tuna & Cream Cheese Sandwich	✗	✗		Milk			Wheat, Barley											Fish	Milk,Wheat, Barley,Fish,
Smoked Salmon Sandwich/Slim So Big	✗	✗		Milk			Wheat, Barley											Fish	Milk,Wheat, Barley,Fish,
Cheddar Sandwich for kids	✓	✗		Milk			Wheat, Barley												Milk,Wheat, Barley,
Ham Sandwich for kids	✗	✗		Milk			Wheat, Barley												Milk,Wheat, Barley,
Snacks																			
Chocolate Almonds	✓	✓								Soya								Nuts	Soya,Nuts,
Dark Chocolate 70%	✓	✗		Milk															Milk,
Chocolate Brownie*	✓	✗		Milk	Eggs		Wheat			Soya									Milk,Eggs,Wheat,Soya,
Organic crisps - miscellaneous flavours	✓	✗		Milk															Milk,
Chocolate Bar*	✓	✗		Milk			Wheat			Soya									Milk,Wheat,Soya,
Milk Chocolate 40%	✓	✗		Milk			Barley												Milk,Barley,
Milk Chocolate 36% and Caramel	✓	✗		Milk															Milk,
Dried Fruit, Nuts & Chocolate	✓	✗		Milk						Soya								Nuts	Milk,Soya,Nuts,
Maize Pancakes with Dark Chocolate	✓	✗		Milk						Soya									Milk,Soya,
Love Bar*	✓	✗		Milk			Oat			Soya								Nuts	Milk,Oat,Soya,Nuts,
Dried Mango	✓	✓																	
Pret Bar*	✓	✗		Milk			Wheat, Oats											Nuts	Milk,Wheat, Oats,Nuts,
Soups																			
Diamond Bread & Butter	✓	✗		Milk			Wheat												Milk,Wheat,
Wheat, malted barley and rye roll with butter	✓	✗		Milk			Wheat, Rye, Barley												Milk,Wheat, Rye, Barley,
Miso soup	✓	✗								Soya								Fish	Soya,Fish,
Courgette & Mint Cold Soup	✓	✗																	
Gazpacho Cold Soup	✓	✗																	
Vegan Carrot & Coriander Soup	✓	✓																	
Vegan Harira Soup	✓	✓																	
Vegan Pea & Mint Soup	✓	✓																	
Cream of Pumpkin Soup with Chestnuts	✓	✗		Milk															Milk,
Chicken, Broccoli & Wild Rice Soup	✗	✗		Milk	Eggs														Milk,Eggs,
Vegan Tomato Soup	✓	✓																	
Cream of Mushroom Soup	✓	✗		Milk															Milk,

Cream of chicken soup	✗	✗		Milk	Eggs		Wheat					Celery						Milk, Eggs, Wheat, Celery,		
Soup - Chicken with Coconut Milk	✗	✗		Milk						Soya							Shellfish	Fish	Milk, Soya, Shellfish, Fish,	
	SUITABLE FOR																	25/09/2024	45560,	
PRODUCT	Vegetarians	Vegans	CONTAINS THESE ALLERGENS															CONTAINS THESE ALLERGENS		
			Sesame seeds	Milk	Eggs	Lupin	Cereals containing gluten	Molluscs	Soya	Peanuts	Celery	Mustard	Sulphur dioxide or sulphites	Shellfish	Fish	Nuts	Sesame seeds, Milk, Eggs, Lupin, Cereals containing gluten, Molluscs, Soya, Peanuts, Celery, Mustard, Sulphur dioxide or sulphites, Shellfish, Fish, Nuts			
Pastries																				
Chocolate-Hazelnut soft centre Biscuit	✓	✗		Milk	Eggs		Wheat			Soya									Nuts	Milk, Eggs, Wheat, Soya, Nuts,
Brownie Slice	✓	✗		Milk	Eggs		Wheat			Soya									Pecan Nuts, Walnuts	Milk, Eggs, Wheat, Soya, Pecan Nuts, Walnuts,
Bordeaux Canelé*	✓	✗		Milk	Eggs		Wheat													Milk, Eggs, Wheat,
Carrot Cake	✓	✗		Milk	Eggs		Wheat												Nuts	Milk, Eggs, Wheat, Nuts,
Dried Fruit Cookie	✓	✗		Milk	Eggs		Wheat, Oats			Soya										Milk, Eggs, Wheat, Oats, Soya,
Dark Chocolate Chunk Cookie	✓	✗		Milk	Eggs		Wheat			Soya									Nuts	Milk, Eggs, Wheat, Soya, Nuts,
Salted Butter Caramel & Pecan Cookie	✓	✗		Milk	Eggs		Wheat			Soya									Nuts	Milk, Eggs, Wheat, Soya, Nuts,
Dark Chocolate & Almond Cookie	✓	✗					Wheat												Nuts	Wheat, Nuts,
Double Chocolate Cookie	✓	✗		Milk	Eggs		Wheat			Soya									Nuts	Milk, Eggs, Wheat, Soya, Nuts,
Dark Chocolate Chip Cookie with a Hint of Salt	✓	✗					Wheat			Soya										Wheat, Soya,
Butter Croissant	✓	✓		Milk	Eggs		Wheat			Soya										Milk, Eggs, Wheat, Soya,
Almond Croissant	✓	✗		Milk	Eggs		Wheat			Soya									Almond	Milk, Eggs, Wheat, Soya, Almond,
Vegan Chocolate-filled Croissant																				
Chocolate-Hazelnut soft centre Muffin	✓	✗		Milk	Eggs		Wheat			Soya									Nuts	Milk, Eggs, Wheat, Soya, Nuts,
Blueberry Muffin	✓	✗		Milk	Eggs		Wheat			Soya									Nuts	Milk, Eggs, Wheat, Soya, Nuts,
Chocolate-Filled Roll	✓	✗		Milk	Eggs		Wheat			Soya										Milk, Eggs, Wheat, Soya,
Raisin Bread	✓	✗		Milk	Eggs		Wheat													Milk, Eggs, Wheat,
Pastel de Nata	✓	✗		Milk	Eggs		Wheat			Soya										Milk, Eggs, Wheat, Soya,
Cinnamon Roll	✓	✗		Milk	Eggs		Wheat													Milk, Eggs, Wheat,
Business Prêt																				
Pastel de Nata Box	✓	✗		Milk	Eggs		Wheat			Soya										Milk, Eggs, Wheat, Soya,
Mixed Cookies Box	✓	✗		Milk	Eggs		Wheat			Soya									Nuts	Milk, Eggs, Wheat, Soya, Nuts,
Mixed Baguettes Box	✗	✗	Sesame seeds	Milk	Eggs		Wheat, Rye, Oats, Barley					Mustard	Sulphur dioxide or sulphites					Fish		Sesame seeds, Milk, Eggs, Wheat, Rye, Oats, Barley, Mustard, Sulphur dioxide or sulphites, Fish
Mixed Baguettes & Sandwiches Box	✗	✗	Sesame seeds	Milk	Eggs		Wheat, Rye, Oats, Barley					Mustard	Sulphur dioxide or sulphites					Fish		Sesame seeds, Milk, Eggs, Wheat, Rye, Oats, Barley, Mustard, Sulphur dioxide or sulphites, Fish
Mixed Pret Veggie Box	✓	✗	Sesame seeds	Milk	Eggs		Wheat, Rye, Oats, Barley													Sesame seeds, Milk, Eggs, Wheat, Rye, Oats, Barley,
Chicken & Pesto Salad Box	✗	✗		Milk			Wheat					Mustard	Sulphur dioxide or sulphites						Cashew Nuts	Milk, Wheat, Mustard, Sulphur dioxide or sulphites, Cashew Nuts,
Falafel Mezze Salad Box	✓	✗	Sesame seeds				Wheat					Celery	Mustard	Sulphur dioxide or sulphites						Sesame seeds, Wheat, Celery, Mustard, Sulphur dioxide or sulphites,
Sandwich Box	✗	✗		Milk	Eggs		Wheat, Barley												Fish	Milk, Eggs, Wheat, Barley, Fish,
Croissants Morning Box	✓	✗		Milk	Eggs		Cereals containing gluten			Soya										Milk, Eggs, Cereals containing gluten, Soya,
Chocolate-Filled Rolls Morning Box	✓	✗		Milk	Eggs		Cereals containing gluten			Soya										Milk, Eggs, Cereals containing gluten, Soya,
Pastries Morning Box (3 recipes)	✓	✗		Milk	Eggs		Cereals containing gluten			Soya										Milk, Eggs, Cereals containing gluten, Soya,
Pastries Morning Box (4 recipes)	✓	✗		Milk	Eggs		Cereals containing gluten			Soya										Milk, Eggs, Cereals containing gluten, Soya,
Bordeaux Canelés / Canelés Box	✓	✗		Milk	Eggs		Cereals containing gluten													Milk, Eggs, Cereals containing gluten,