

Combined Allergen Guide 16th February 2024 V1

INTRODUCTION

Here you'll find a list of all of the products sold in our shops, with allergens listed along the top of the page for easy reference. If a product contains one of these ingredients, then you will find a tick in the corresponding box.

Where a product contains *'Cereals Containing Gluten'* and 'Nuts: you will find specific ingredients listed (e.g., wheat, rye, oats).

Please remember to check our guide and the ingredient label regularly as recipes do change from time to time - the last thing we want is for anyone being caught out by a new take on an old favourite.

We prepare our fresh food and Barista-made drinks in our shops every day. We use many ingredients and shared equipment, and whilst we do our best to manage allergens we cannot guarantee that any of our food or Baristamade drinks are allergen-free or suitable for those with allergies due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with dairy and egg allergies.

In line with the Vegan Society recommendations we at Pret are using the term '*vegan-friendly*' to label products that may not be made in dedicated vegan sites. The Food Standards Agency regards the following ingredients and their derivatives as allergens:

Peanuts	Tree Nuts
Sesame	Cereals containing Gluten
Crustaceans	Celery & Celeriac
Egg	Fish
Lupin	Milk
Mustard	Mollusc
Soya	Sulphites
Mustard	Mollusc

In addition we also declare Pine Nuts as an allergen

If you are interested in an ingredient outside the 14 listed above please look at the ingredient list on the website or the label on the individual product.

If you have any trouble finding what you're looking for, just ask the Manager - they'll be more than happy to help.

We understand that no matter how detailed our guide is, there may be times when it can't answer the questions you may have. If you need to know more, please do visit our website at **www.pret.co.uk** or contact our Customer Service Team on **0207 827 8801**.

This Allergen Guide only covers food and drink sold in our UK shops



Contents Key: ✔ (Product Contains	5)																		and												
Y (Suitable For)																			ingredien												
			cann	ot gua	rantee	that a	iny of o	ur food	or dri	nks are	allerg	en-fre	e or su	itable	for tho	se wit	h aller	gies dı	ue to the 1	risk of (cross-c	contac	t. Our	vegan	food is	s made	e to a ve	egan re	cipe bı	it not s	suitable
														í	or tho	se witł	ı milk	and eg	gg allergie	es.											
	~	Ve					Tre	e Nuts						C	ereals cont	aining glute	n							Milk							
Product	/egetarians	igan Friendly	Pearut Almond Brazil Cashews Hazehut Macadamia Pecan Pistachio Walnut Cell Wither Coll Cashews Goat Sheep Lupin Mollusci M															Mustard	Soya	Sulphites	Pine Nuts										
Baguettes			1	1	-	1			1				1						-									1			
Artichoke, Tapenade & Olive	Y	Y										> >						<u> </u>													~
Avo, Olives & Toms	Y Y	Ŷ										~						<u> </u>					~								×
Brie, Tomato & Basil Chicken Caesar & Bacon	Ŷ				_							~						<u> </u>			~	~	~								
Chicken Salad Baguette												•						¥			¥	•	< 1								
Smoked Salmon, Egg Mayo & Avo												~									~	~	•								
Italian Prosciutto																						•	<								
Mexican Style Avo & Pepper	Y	Y										~									•		•								
Posh Cheddar & Pickle	Y	-										•						÷			~		<					~			
Free Range Egg Mayo & Smoked Salmon	1											•									¥	~	•					v			
Smoked Salmon, Soft Cheese & Dill Baguette												~						<u> </u>				~	~								
Spicy Tuna												•						¥			v	¥	¥								
Sticky Mushroom Bahn Mi	Ŷ	Y										>						¥											~		
Tuna Mayo & Cucumber																+		V			v	<									
Tuna Nicoise				1								>						v			v	<	•								
Wiltshire-Cured Ham & Greve																		¥			¥		v					~			
Sandwiches																															
BLT													~					v			v										
Chicken, Avocado & Basil													~					v			v		<								
Chicken Salad													~					¥			V		<								
Classic Super Club													~					¥			×										
Crayfish & Rocket													<					<	<		<										
Free-Range Egg Mayo	Y												>					~			•							<			
Ham & Cheese													>					~					<								
Humous & Veg	Y	Y										>	>					v													
Kids' Cheese Triangles	Y												>					V					٢								
Kids' Chicken & Cucumber Triangles													>					~			<										
Kids' Ham Triangles													<					¥					<								
Mature Cheddar & Pickle	Y												•					~			>		<								
Scottish Smoked Salmon													<					¥				<	<								
Super Greens & Reds	Y	Y											•					~													
Tuna Mayo & Cucumber													>					~			~	<									
The VLT	Y	Y											~					¥													

Contents Key: ✔ (Product Contains Y (Suitable For)	;)											lrinks i	n our	shops o iitable f	every o for tho	lay. W ose wit	/e use i h aller;	nany i gies du	ingredien ue to the p gg allergie	ts and risk of	shared	d equij									
	<	Ve					Tre	e Nuts						С	ereals cont	aining glute	en							Milk							
Product	egetarians	gan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Rolls		1	1			1				1										1		1	1	1	1						
Egg, Mustard & Tomato Rye Roll	Y												✓			~		v			v							v			
Jambon Buerre																		~					¥								
Mediterranean Style Tuna Rye Roll													✓			>		v			>	>									
New Yorker Rye Roll													¥			>		¥			>							>			
Scandi Style Salmon													•			<		~			<	*						<		>	
Veggie Deli Rye Roll	Y												~			~		~			<		<					 Image: A mathematical state of the state of			
Wraps																															
Avo & Herb Wrap	Y															~		~			<		<								٢
Chicken Pesto Wrap																>		✓			>		v								<
Fajita Chicken & Avo Wrap																>		~													
Falafel, Avocado & Chipotle Salad Wrap	Y	Y														>		~												v	
Hoisin Duck Salad Wrap																>		~			<								>		
Humous & Chipotle Wrap	Y	Y										~				>		~													
Tandoori Bhaji Salad Wrap	Υ															>		v			>		~							>	

Contents Key: ✔ (Product Contains)]	B 1	ce	al	kf	as	t											
Y (Suitable For)															with a	llergie	es due	to the	edients ar risk of cr ergies.												
	<	Veç					Tr	ee Nuts						(Cereals cont	aining glute	en							Milk							
Product	egetarians	jan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Almond Croissant	Y			~														~			~		~								
Bacon & Egg Breakfast Roll																>		~			>		>								
Breakfast Baguette Free-Range Egg Mayo & Avocado	Y																	~			•								1		
Breakfast Baguette Free-Range Egg Mayo & Bacon																		~			•										
Breakfast Baguette Roasted Tomatoes & Egg Mayo	Y																	•			•										
Breakfast Baguette Salmon & Egg Mayo																		~			•	¢						٢			
Butter Croissant	Y																	•			•		•								
Cheese Twist	Y																	~			•		•								
Chocolate Croissant	Y																	~			•		•						•		
Cinnamon Danish	Y																	~			•		•								
Ham, Cheese, Tomato & Bacon Croissant																		•			•		•								
Mozzarella & Tomato Croissant	Y																	~			>		>								
Pain aux Raisin	Y																	•			>		>								
Pastel de Nata	Y																	~			>		>								
Porridge Topper - Chocolate, Banana & Coconut	Y	Y																											>		
Porridge Topper - Cranberry & Seeds	Y	Y																													
Porridge Topper - Seed & Fruit	Y	Y																													
Porridge Topping - Five Berry Compote	Y	Y																													
Porridge Topping - Honey	Y																														
Pret's Bacon Breakfast Roll																>		~					>								
Pret's Proper Porridge	Y														>								>								
Pret's Protein-Packed Shakshuka	Y																				~			~	~						
Pret's Veggie Breakfast Roll	Y															>		~			~		~								
Sausage & Egg Breakfast Roll																~		~			~		~								
Very Berry Croissant	Y	Y																~													

Contents Key: ✓ (Product Contains) Y (Suitable For)

Cold Drinks

We prepare our freshly made food and Barista-made drinks in our shops every day. We use many ingredients and shared equipment, and whilst we do our best to manage allergens we cannot guarantee that any of our food or drinks are allergen-free or suitable for those with allergies due to the risk of cross-contact. Our vegan food is made to a vegan recipe but not suitable for those with milk and egg allergies.

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	~	Ve			-	_	Tree	Nuts	-					-	Cereals cont	aining gluten		_						Milk					(I		
Product	/egetarians	gan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Apple Juice	Y	Y																											1		
Coke (all types)	Y	Y																											, İ		
Cranberry, Raspberry & Pomegranate Pret Still	Y	Y																											,	ı – – – – –	
Easy Greens	Y	Y																											,		
Ginger Shot	Y	Y																											,	ı – – – – –	
Green Tea & Peach Pret Still	Y	Y																											,		
Hot Shot	Y																												,	,	
Lemon & Ginger Pret Still	Y	Y																											(
Mango Smoothie	Y																												,	ı – – – – –	
Mango, Passion Fruit & Lime Pret Still	Y	Y																													
Orange Juice	Y																														
Pret Apple Fizz	Y	Y																													
Pret Cucumber & Mint Seltzer	Y	Y																													
Pret Ginger Beer	Y	Y																													
Pret Ginger Kombucha	Y	Y																													
Pret Grape & Elderflower	Y	Y																											1		
Pret Lime & Raspberry Seltzer	Y	Y																											.		
Pret Rhubarb Lemonade	Y	Y																													
Reusable Aluminium Water Bottle	Y	Y																								_					
Sparkling Spring Water	Y	Y																													
Still Water 500ml	Y	Y																											, – – – – – – – – – – – – – – – – – – –	1 7	1 🗌
Still Water 750ml	Y	Y																											1		
Vitamin Volcano	Y	Y																											1	1	

Contents Key: ✔ (Product Contains) Y (Suitable For)													n our s	shops e r suita	very d ble for	ay. W those	e use n with a	nany ir Illergie		its and the ris	share k of ci						our best made to				
		<					Tree	e Nuts						C	ereals con	taining glut	en							Milk							
Product	Vegetarians	Vegan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Fruit																															
Apple	Y	Y																													
Banana	Y	Y																													
Easy Peeler	Y	Y																													
Fruit Salad	Y	Y																													
Mango & Lime	Y	Y																													
Melon & Blueberry	Y	Y																													
Superfruit Salad	Y	Υ																													
Pots																															
Acai & Almond Butter Bowl	Y	Y		~											~																
Banana, Honey & Yogurt Pot	Y																						~								
Bircher Muesli	Y									~					~								~								
Yogurt & Five Berry Pot	Y																						•								
Five Berry Bowl	Y														~								~								
Kids' Mango & Banana Yogurt Pot	Y																						~								
Mango & Banana Sunshine Bowl	Y	Y													~																
The Big Apple Bowl	Y														>								~								

Contents Key: ✔ (Product Contains) Y (Suitable For)								e food a						hops e	very d	ay. W	e use m	nany ir		ts and											
		<		T			Tr	ee Nuts				T			ole for			ilk and	l egg alle	ergies.			1	Milk		I		1	1		
Product	√egetarians	egan Friendly	Peanut	Almond	Brazil Nuts	Cashews	s Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Chipotle Chicken & Feta Hot Ciabatta		-														~		~			~		~	~	~						
Chipotle Chicken Mozzarella & Feta Hot Baguette												~						•						~	v						
Falafel & Halloumi Hot Wrap	Y															~		~					~	~	~						
Garlic & Herb Swirl	Y																	~			>		~								
Italian Style Chicken & Basil Hot Wrap																~		~					~								
Kale Macaroni Cheese	Y																	~					~								
Macaroni Cheese Prosciutto																		~					~								
Meatball & Mozarella Risotto Bake																							v								
Meatless Meatball Marinara Hot Ciabatta	Y															~		~			~		v								
Prosciutto & Mozzarella Hot Baguette												~						~					~								
Pret's Sausage Roll																		K			•		<								
Swedish Meatball Hot Wrap																<		<					<								
Tomato, Red Pepper & Mozzorella Hot Baguette	Y											~						<					K								
Tuna Melt Hot Baguette												v						~			>	v	v								
Focaccia & Toasties																														[
All Day Breakfast Toastie													~		~	<		<			•		<								
Classic Cheese Toastie													~		~	<		K			•		<					>			
Creamy Mushroom Toastie													>		~	~		~					v								
Halloumi, Red Pepper & Basil Toastie								1					>		~	~		~	1				•	~	~						
Ham & Cheese Toastie													>		~	~		~			~		v					¥			
Kid's Pizza Toastie													>					~					~								
Onion Bhaji Melt Toastie													>		>	v		>			>		~								
Tuna Melt Toastie													~		~	<		<			~	<	<								

Contents Key: ✔ (Product Contains) Y (Suitable For)							t any o	le food ai of our foo						hops e r suital suitab	very da ble for ble for	ay. We those those y	e use m with al with m	any in lergie		ts and the ris	k of cr										
	<	√e				1	Tr	ee Nuts		-	r	_		(Cereals cont	aining glut	en							Milk		_					
Product	egetarians	gan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nu
Soup																															
Butternut Masala Soup	Y	Y																													
Chicken Laksa																												~	<		
Lasagne Soup																		>									1				
Red Thai Veg Soup	Y	Y																											~		
Souper Greens	Y	Y																													
Souper Tomato	Y	Y																													
Spicy Lemongrass Chicken Broth																						~							~		
Sunshine Dhal	Y	Y																													
Soup White Baguette	Y	Y																~								1					
Barley & Rye Soup Roll	Y	Y											~			~		>													

Contents Key: ✓ (Product Contains) Y (Suitable For)



We prepare our freshly made food and Barista-made drinks in our shops every day. We use many ingredients and shared equipment, and whilst we do our best to manage allergens we cannot guarantee that any of our food or drinks are allergen-free or suitable for those with allergies due to the risk of cross-contact. Our vegan food is made to a vegan recipe but not suitable for those with milk and egg allergies.

							Tre	e Nuts				1		(Cereals cont	aining glute	en							Milk							
Product	Vegetarians	Vegan Friendly	Peanut	Almond	Brazil Nuts	Cashews		Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Chef's Italian Chicken Salad										•											>	~	~								
Chicken & Avo Protein Bowl												~									>								~		
Egg & Spinach Protein Pot	Y																				~									1	
Humous & Falafel Mezze	Y	Y										~																			
Kids' Humous & Cucumber Bowl	Y	Y										<																			
Pesto, Pasta & Mozzarella	Y																	<					<							~	~
Petite Chicken & Bacon Cobb Salad																					>	>	>								
Petite Crayfish & Avo Salad																			>												
Petite Tricolore Salad	Y																						~								
Smoked Salmon Protein Bowl																					>	~							v		
Smoked Salmon & Egg Protein Pot																					>	~									
Tuna Nicoise Salad																					>	>									
Dressing																															
Chilli & Lime Dressing	Y	Y																													
French Dressing	Y	Y																													

Contents Key: ✓ (Product Contains) Y (Suitable For)								de food a ur food o						itable	every for the	day. W ose wit	'e use i h aller	many i gies dı		risk of											
	Veg	Ξ.					Tr	ee Nuts							Cereals cor	ntaining glu	en			Celery				Milk							
Product	jetarians	Vegan ⁻ riendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Almond Butter Protein Ball	Y	Y		~																									>		
BBQ Popped Chickpea Chips	Y	Y																													
Chilli, Bean & Seed Tortilla Chips	Y	Y																													
Cranberries in Coats	Y																						~								
Dark Chocolate Salted Almonds	Y	Y		•																									>		
Fruit & Seed Bite	Y	Y																													
Fruit, Nuts & Chocolate	Y			~																			v						>		
Mature Cheddar & Red Onion Crisps	Y																						~								
Milk Chocolate Bar	Y																						~						~		
Milliways Peppermint Chewing Gum	Y	Y																													
Pret A Mango	Y	Y																													
Salted Crunchy Corn	Y	Y																													
Sea Salt & Cider Vinegar Crisps	Y	Y																													
Sea Salt Crisps	Y	Y											1	1																	
Sea Salt Popcorn	Y	Y																													
Smoked Chipotle Crisps	Y	Y																													
Sweet & Salt Popcorn	Y	Y																	1												
Smoky Sweet Crunch Mix	Y					v																							V		

Contents Key: ✓ (Product Contains)														Sv	V(ee	t	Τ	re	at	S										
Y (Suitable For)													ur sho	ps ever	ry day. e with :	We u allergi	se man es due	y ingr to the	edients a risk of ci ergies.	nd sha	red eq										
	Veg	Fr					Tr	ree Nuts	-		-			C	Cereals con	taining glute	en			Celery				Milk	-						
Product	etarians	Vegan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Almond Butter Bite	Y			v															1										~		
Banana Fridge cake	Y																	~	1		~		~								
Caramel Waffle	Y																	~					~						>		
Carrot Cake	Y										~							~	1		~		~								
Choc Bar	Y																	~					¥						~		
Chocolate Brownie Bar	Y																	~			~		v						~		
Chocolate Chunk Cookie	Y																	~					v								
Chocolate Moose Dessert Pot	Y																		1				~						~		
Coconut Bite	Y	Y																											~		
Dark Chocolate & Almond Butter Cookie	Y	Y		~														~	1												
Dark Chocolate Corn Cakes	Y																												>		
Dark Chocolate with Sea Salt	Y																		1										~		
Double Berry Muffin	Y																	~			~		v								
Fruit, Oat & Spelt Cookie	Y														~		~	~	1				~								
Hazelnut Truffles	Y	Y					~																								
Lemon Cake	Y			~																	~		~								
Lemon Cheesecake	Y																	v			~		~								
Love Bar	Y			~						~					~								~						~		
Nut Bar	Y	Y		v																									>		
Popcorn Bar	Y																		1				~						~		
Pret's Caramel Shortbread	Y																	>					v						>		
Pret's Gingerbread Biscuit (Annie & Godfrey)	Y																	•			•										
Pret Bar	Y														~			~					~								
Pret's Coffee Caramel Slice	Y																	~					~						~		
Raspberry Cheesecake Brownie	Y																	~			~		~						~		
Scone with Jam & Clotted Cream	Y																	~			~		~								

Contents Key: ✔ (Product Contains) Y (Suitable For)								food and	Barist	a-mac	le drin	ks in o	ur sho	ps eve	ry day.	. We u	se man	ıy ingr		and sha	ared eo	quipme	ent, an	d whils	st we d						
			guar	antee t	nat an	IY 01 01	1r 100a	or drink	s are a	nerge	n-tree	or suit	able Io	or those					risk of d lergies.	ross-co	ontact.	Our v	egan 1	000 1 5 1	made	to a ve	gan reci	pe but	not su	itable fo	or those
	<	Veç					Tr	ee Nuts						(Cereals cont			-88						Milk							
Product	egetarians	yan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Coffee																															
Americano Black	Y	Y																													
Americano Semi Skimmed milk	Y																						>								
Americano Skimmed milk	Y																						>								
Americano Soya (instead of milk)	Y	Y																											>		
Americano Coconut (instead of milk)	Y	Y																													
Americano Oat (instead of milk)	Y	Y													~																
Cappuccino Semi Skimmed milk	Y																						<								
Cappuccino Skimmed milk	Y																						K								
Cappuccino Soya (instead of milk)	Y	Y																											>		
Cappuccino Coconut (instead of milk)	Y	Y																													
Cappuccino Oat (instead of milk)	Y	Y													~																
Espresso	Y	Y																													
Filter - Black Coffee (add milk or milk alernative if White Americano)	Y	Y																													
Flat White Semi Skimmed milk	Y																						>								
Flat White Skimmed milk	Y																						•								
Flat White Soya (instead of milk)	Y	Y																											>		
Flat White Coconut (instead of milk)	Y	Y																													
Flat White Oat (instead of milk)	Y	Y													<																
Latte Semi Skimmed milk	Y																						×								
Latte Skimmed milk	Y																						•								
Latte Soya (instead of milk)	Y	Y																											۲		
Latte Oat (instead of milk)	Y	Y													~																
Latte Coconut (instead of milk)	Y	Y																													

Contents Key: ✓ (Product Contains)										В	a	ri	st	a	P	re	ep	a 1	ce	1	D	ri	n	ks	5						
Y (Suitable For)								food and or drink							e with	allergi	es due	to the													
	Veç	Vega					Т	ree Nuts	1	1	1	_		(Cereals con	taining glute	en	1		Celery				Milk		-					
Product	jetarians	ın Friendly	Peanut	Almond	Brazil Nuts	Cashews	s Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Macchiato Semi Skimmed milk	Y																						>								
Macchiato Skimmed milk	Y																						v								
Macchiato Soya (instead of milk)	Y	Y																											•		
Macchiato Oat (instead of milk)	Y	Y													~																
Macchiato Coconut (instead of milk)	Y	Y																													
Mocha Semi Skimmed milk	Y																						>								
Mocha Skimmed milk	Y																						>								
Mocha Soya (instead of milk)	Y	Y																											•		
Mocha Coconut (instead of milk)	Y	Y																													
Mocha Oat (instead of milk)	Y	Y													~																
Other Hot Drinks																															
Chai Latte Semi Skimmed Milk	Y																						>								
Chai Latte Skimmed Milk	Y																						V								
Chai Latte Coconut (instead of Milk)	Y	Y																													
Chai Latte Soya (instead of Milk)	Y	Y																											•		
Chai Latte Oat (instead of Milk)	Y	Y													•																
Dirty Chai Latte Semi Skimmed Milk	Y																						v								
Dirty Chai Latte Skimmed Milk	Y																						~						 		
Dirty Chai Latte Coconut (instead of Milk)	Y	Y																													
Dirty Chai Latte Soya (instead of Milk)	Y	Y																											•		
Dirty Chai Latte Oat (instead of Milk)	Y	Y								_					✓																
Matcha Latte Semi Skimmed Milk	Y																						•								
Matcha Latte Skimmed Milk	Y																						v								
Matcha Latte Coconut (instead of Milk)	Y	Y																													
Wa propara our frash	ly ma	la faar	dandl	Dovisto	mode	ما يناسل		n chonc o	d				andi		ي ال		•	4				to mo		n						e e	ad an

brepare our freshly made food and Barista-made drinks in our shops every day. We use many ingredients and shared equipment, and whilst we do our best to manage allergens we cannot guarantee that any of our food our food our best to manage allergens we cannot guarantee that any of our food our food our best to manage allergens we cannot guarantee that any of our food our food our best to manage allergens we cannot guarantee that any of our food our food our best to manage allergens we cannot guarantee that any of our food our food our best to manage allergens we cannot guarantee that any of our food our food our best to be the cannot guarantee that any of our food our food our best for the cannot guarantee that any of our food our food our food our best for the cannot guarantee that any of our food our food our food our best for the cannot guarantee that any of our food our food our food our food our best for the cannot guarantee that any of our food o

Contents Key: ✓ (Product Contains)										В	a	ri	st	a	P	re	p	a 1	ree	1	D	ri	n	ks	5						
Y (Suitable For)								food and or drink							e with	allergi	es due	to the													
	Veç	Vega			1		Ti	ree Nuts						(Cereals con	taining glut	en		<u> </u>	Celery				Milk							
Product	yetarians	gan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Matcha Latte Soya (instead of Milk)	Y	Y																											✓		
Matcha Latte Oat (instead of Milk)	Y	Y													~																
Iced Drinks																															
Iced Latte Semi Skimmed Milk	Y																						V								
Iced Latte Skimmed Milk	Y																						K								
Iced Latte Soya (instead of milk)	Y	Y																											V		
Iced Latte Coconut (instead of milk)	Y	Y																													
Iced Latte Oat (instead of milk)	Y	Y													~																
Iced Chai Latte Semi Skimmed Milk	Y																						<								ĺ
Iced Chai Latte Skimmed Milk	Y																						K								
Iced Chai Latte Coconut (instead of Milk)	Y	Y																													
Iced Chai Latte Soya (instead of Milk)	Y	Y																											✓		
Iced Chai Latte Oat (instead of Milk)	Y	Y													~																
Iced Dirty Chai Latte Semi Skimmed Milk	Y																						~								
Iced Dirty Chai Latte Skimmed Milk	Y																						~								
Iced Dirty Chai Latte Coconut (instead of Milk)	Y	Y																													
Iced Dirty Chai Latte Soya (instead of Milk)	Y	Y																											v		
Iced Dirty Chai Latte Oat (instead of Milk)	Y	Y													~																
Iced Matcha Latte Semi Skimmed Milk	Y					1																	~								
Iced Matcha Latte Skimmed Milk	Y																						>								
Iced Matcha Latte Coconut (instead of Milk)	Y	Y																													
Iced Matcha Latte Soya (instead of Milk)	Y	Y																											✓		
Iced Matcha Latte Oat (instead of Milk)	Y	Y													•																

Contents Key: ✓ (Product Contains) Y (Suitable For)								food and or drink	Barist	ta-mad	le drin	ks in o	ur shoj	ps ever	y day. with a	We us allergio	se man es due	y ingr to the		and sh	ared eo	quipm	ent, an	d whil	st we o						
Product	Veget s	Vegan Friendly	Peanut	-		T	T	ree Nuts	1	1	1	Sesame			ereals cont	aining glute		1	Crustacean	Celery and	Egg	Fish		Milk	1	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nut
Tioddet	arian	lan Idly		Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat		celeriac	-35		Cow	Goat	Sheep)-		
Iced Mocha Semi Skimmed Milk	Y																						✓								
Iced Mocha Skimmed Milk	Y																						v								
Iced Mocha Soya (instead of milk)	Y	Y																											>		
Iced Mocha Coconut (instead of milk)	Y	Y																											_		
Iced Mocha Oat (instead of milk)	Y	Y													✓																
Iced White Americano Semi Skimmed Milk	Y																						•								
Iced White Americano Skimmed Milk	Y																						~								
Iced White Americano Oat (instead of milk)	Y	Y													V																
Iced White Americano Soya (instead of milk)	Y	Y																											>		
Iced White Americano Coconut (instead of milk)	v	Y				1																				1					
Pret Coolers			I.	I.					l	l	l	Į	l						l.	Į.		Į	Į	Į	Į	<u> </u>	Į.				
Applejito	v	v																													
	Y	Y																													
Berry Bliss	Y	Y																													
Feelin' Peachy	Y	Y																													
Rhuberry Breeze	Y	Y																													
Pret Shakers							1	1																		1					
Chocolate Chill	Y																						•								
Caramel Blondie	Y																						•								
Ruby Cocoa	Y																						v								
Hot Chocolate							-						-						ī										-	-	
Hot Chocolate Semi Skimmed Milk	Y																						¥								
Hot Chocolate Skimmed Milk	Y																						•								
Hot Chocolate Soya (instead of milk)	Y	Y																											¥		
Hot Chocolate Coconut (instead of milk)	Y	Y																													-
Hot Chocolate Oat (instead of milk)	Y	Y													. 4																
		-													v																-
Hot Chocolate Powder	Y	Y																													

Contents Key: ✔ (Product Contains)										В	a	ri	st	a	P	re	p	a 1	reo	1	D	ri	n	ks	5						
Y (Suitable For)								food and or drink	Baris	ta-mad	le drin	ks in o	ur sho	ps ever	y day. with :	We u allergi	se man es due	ıy ingr to the	edients :	and sh	ared e	quipm	ent, an	d whil	st we o						
Product	Veget	Vegan	Peanut				Tr	ee Nuts				Casama		С	ereals cont	aining glute	en		Crustacean	Celery	5	Fish		Milk		Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Floduct	arians	Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	celeriac	Egg	FISH	Cow	Goat	Sheep	Lupin	Wolluscs	wustard	Soya	Sulprilles	FILE NULS
Hot Chocolate Hazelnut	Y																						¥								
Hot Chocolate Hazelnut Skimmed	Y																						v								
Hot Chocolate Hazelnut Soya (instead of	Ŷ	Y																											~		
milk) Hot Chocolate Hazelnut Coconut (instead	Y							1																							
of milk) Hot Chocolate Hazelnut Oat (instead of	Y	Y																													
milk) Syrups & Toppings	Y	Y													>																
All Syrups		v																													
	Y	Y					1																								
Whipped Cream	Y																						✓								
Semi Skimmed	Y									1																					
Skimmed	Y																														
Soya (instead of milk)	Ŷ	Y																											~		
Coconut (instead of milk)	Y	Y																													
Oat (instead of milk)	Y	Y													>																
Теа																															
Ceylon Breakfast (add milk or milk alternative if White)	Y	Y																													
Earl Grey (add milk or milk alternative if White)	Y	Y																													
Peppermint (add milk or milk alternative if White)	Y	Y																													
Tropical Green (add milk or milk alternative if White)	Y	Y																													
Milk / instead of milk cup				1	1		Į.			L		Į.								l	Į		l		Į.		Į.		l		L
Semi Skimmed milk cup	Y																						~								
Skimmed milk cup	Y																						~					-			
Soya (instead of milk) cup	v	Y																											~		
Coconut (instead of milk) cup	Y	· Y																													
Oat (instead of milk) cup	Y	Y													>																
Babyccino	Y	-																					~								
We prepare our freshly m		od and						every day. gies due te																			of our f	ood or	drinks	are aller	gen-free

Contents Key: ✓ (Product Contains) Y (Suitable For)

We prepare our freshly made food and Barista-made drinks in our shops every day. We use many ingredients and shared equipment, and whilst we do our best to manage allergens we cannot guarantee that any of our food or drinks are allergen-free or suitable for those with allergies due to the risk of cross-contact. Our vegan food is made to a vegan recipe but not suitable for those with milk and egg allergies.

Seasonal Drinks																	
Gingerbread Latte Semi Skimmed Milk	Y												~				
Gingerbread Latte Skimmed Milk	Y												•				
Gingerbread Latte Coconut (instead of Milk)	Y	Y															
Gingerbread Latte Soya (instead of Milk)	Y	Y														~	
Gingerbread Latte Oat (instead of Milk)	Y	Y							>								
Salted Caramel Latte Semi Skimmed Milk	Y												•				
Salted Caramel Latte Skimmed Milk	Y												•				
Salted Caramel Latte Coconut (instead of Milk)	Y	Y															
Salted Caramel Latte Soya (instead of Milk)	Y	Y														•	
Salted Caramel Latte Oat (instead of Milk)	Y	Y							•								
Merry Berry Hot Chocolate Semi Skimmed Milk	Y												~				
Merry Berry Hot Chocolate Skimmed Milk	Y												~				
Merry Berry Hot Chocolate Coconut (instead of Milk)	Y	Y															
Merry Berry Hot Chocolate Soya (instead of Milk)	Y	Y														>	
Merry Berry Hot Chocolate Oat (instead of Milk)	Y	Y							~								



Combined Allergen Guide 16th February 2024 V1

INTRODUCTION

Here you'll find a list of all of the products sold in our shops, with allergens listed along the top of the page for easy reference. If a product contains one of these ingredients, then you will find a tick in the corresponding box.

Where a product contains 'Cereals *Containing Gluten'* and 'Nuts: you will find specific ingredients listed (e.g., wheat, rye, oats).

Please remember to check our guide and the ingredient

label regularly as recipes do change from time to time - the last thing we want is for anyone being caught out by a new take on an old favourite.

We prepare our fresh food and Barista-made drinks in our shops every day. We use many ingredients and shared equipment, and whilst we do our best to manage allergens we cannot guarantee that any of our food or Barista-made drinks are allergen-free or suitable for those with allergies due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with dairy and egg allergies.

In line with the Vegan Society recommendations we at Pret are using the term *'vegan-friendly'* to label products that may not be made in dedicated vegan sites.

The Food Standards Agency regards the following ingredients and their derivatives as allergens:

Peanuts	Tree Nuts
Sesame	Cereals containing Gluten
Crustaceans	Celery & Celeriac
Egg	Fish
Lupin	Milk
Mustard	Mollusc
Soya	Sulphites

In addition we also declare Pine Nuts as an allergen

If you are interested in an ingredient outside the 14 listed above please look at the ingredient list on the website or the label on the individual product.

If you have any trouble finding what you're looking for, just ask the Manager - they'll be more than happy to help.

We understand that no matter how detailed our guide is, there may be times when it can't answer the questions you may have. If you need to know more, please do visit our website at **www.pret.co.uk** or contact our Customer Service Team on **0207 827 8801.**

This Allergen Guide only covers food and drink sold in our UK shops.



Contents Key: ✔ (Product Conta	ins)																		nes				<u> </u>								
Y (Suitable For))																		redients a												
			gua	arante	e that a	any of	our fo	od or dri	nks ar	e allerg	gen-fre	e or si	uitable	for th					the risk o		-conta	ct. Ou	r vegai	n food	is mao	de to a	vegan	recipe b	out not	suitabl	e for
												-	-		those	e with	milk a	nd egg	g allergies	5.	1										
	Veg	Vegai			1	1	Tr	ee Nuts	1	1				C	Cereals cont	taining glute	en			Celery				Milk					1		
Product	etariar	n Frien	Peanut	Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
D	15	dly												(Wildur)			(Windut)														
Baguettes																1				1											
Artichoke, Olives & Tapenade	Y	Y										>						>											<u> </u>		
Avo, Olives & Toms	Y	Y										•						•													~
Brie, Tomato & Basil	Y																	~					•								
Sticky Mushroom Bahn Mi	Y	Y										~						~											~		
Cheddar, Mustard & Pickles	Y											v						~			v		•					~			
Plant Ploughmans Baguette	Y	Y																~													
Vegan Eggless Mayo & Cress	Y	Y																~										~	~		
Rolls																															
All Day Vegan Breakfast	Y	Y											~			~		~										~	~		
Avo Brunch Rye Roll	Y												~			~		>			~							٢			
Scandi Style Smoky Carrot Eggless Mayo Roll	Y	Y											~			~		~											~	~	
Veggie Deli Rye Roll	Y												~			~		~			~		~					٢			
Sandwiches								1											1												
Humous & Veg	Y	Y										v	~					~													
Kids' Cheese Triangles	Y												>					>					<								
Sliced Egg & Cress	Y												~					>			>							۲			
Smoky Carrot and Falafel	Y	Y											~					•										•	1		
Veggie Pret's VLT	Y	Y											~					>													
Wraps																					•										
Falafel, Avocado & Chipotle Wrap	Y	Y														>		>												v	
Vegan Hoisin Mushroom Wrap	Y	Y														v		~											~		
Humous & Chipotle Wrap	Y	Y										>				>		>													
Pesto Bean & Herb Wrap	Y															>		>					•							•	>
Tandoori Bhaji Salad Wrap	Y															>		>			>		۲	-						¥	
Vegan Chilli Wrap	Y	Y														•		>		>									•	v	
																			a. •a .												

Contents Key: ✓ (Product Contains)												I	3r	ea	ak	cf	as	st													
Y (Suitable For)	I	1					ıt any	of our fo						suitab suitab	ole for ble for	those those	with a with n	llergie	ingredien s due to t nd egg all	he risk	of cro			Dur ve							
	\$	Veg				r	Tr	ee Nuts	r	1		-		C	ereals cont	aining glute	en		_	Celerv				Milk	r –						
Product	getarians	egan Friendly	Peanut	Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nu
Acai & Almond Butter Bowl	Y	Y		~											~																
Avo & Mushroom Breakfast Baguette	Y	Y																>													
Banana, Honey & Yogurt Pot	Y																						¥								
Bircher Muesli	Y									~					>								>								
Breakfast Baguette - Eggless Mayo & Avocado	Y	Y																>											~		
Breakfast Baguette - Eggless Mayo & Roasted Tomato	Y	Y		1														~											~		
Cheese Twist	Y																	v			~		¥								
Cinnamon Danish	Y																	>			<		•								
Five Berry Bowl	Y														•								>								
Kids' Mango & Banana Yogurt Pot	Y																						>								
Mozzarella & Tomato Croissant	Y																	~			>		¥								
Pain aux Raisin	Y																	>			~		>								
Pastel de Nata	Y																	>			~		>								
Porridge Topper - Cranberry & Seeds	Y	Y																													
Porridge Topper - Seed & Fruit	Y	Y																													
Porridge Topping - Berry Compote	Y	Y																													
Porridge Topping - Honey	Y																														
Porridge Topper - Chocolate, Banana & Coconut	Y	Y																											¢		
Pret's Proper Porridge	Y														•								>								
Pret's Veggie Breakfast Roll	Y															>		>			•		>								
Pret's Protein-Packed Shakshuka	Y																				~			•	•						
Smoothie Bowl - Mango & Banana Sunshine	Y	Y													•																
The Big Apple Bowl	Y														<								>								
Spicy Egg Breakfast Roll	Y	1		1	1								1			>	1	>		1	~		>		1	1	1				
Yogurt & Five Berry Pot	Y																														
Vegan Almond Croissant	Y	Y		~	1												1	~		1					1						
Vegan Chocolate Croissant	Y	Y		•														*													
Vegan Plain Croissant	Y	Y																~											•		
Very Berry Croissant	Y	Y																v v													

Contents Key: ✔ (Product Contains)															D																
Y (Suitable For)							at any c	le food an of our foo					-free or	r suitab	ble for t	those v	with al	llergie		he risk											
	<	Veg					Tr	Free Nuts				4		C	Cereals conta	aining gluter	an			Onlary			L	Milk		ļ '			1 /		
Product	getarians	jan Friendly	Peanut	Almond	d Brazil Nut	ut Cashew	w Hazelnut	t Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
Apple Juice	Y	Y																											\square'		
Cranberry & Raspberry Pure Pret Still	Y	Y					'	<u> </u>	<u> </u>	<u>ا</u> ا	L'		'	 '	<u> </u>	<mark>اا</mark>							L'			\square		<u> </u>	L'		
Easy Greens	Y	Y																													
Ginger Shot	Y	Y					<u> </u>	<u> </u>	<u> </u>				'	<u> </u>	<u> </u>													<u>[</u>	<u> </u>		
Green Tea & Peach Pret Still	Y	Y																													
Hot Shot	γ								\Box '						<u> </u>													Ľ			
Lemon & Ginger Pret Still	Y	Y																													
Mango Smoothie	Y							<u> </u>	<u> </u>																			<u> </u>	<u> </u>		
Mango, Passion Fruit & Lime Pret Still	Y	Y																													
Orange Juice	γ						<u> </u>	<u> </u>	<u> </u>		Ĺ		'	<u> </u>	<u> </u>													<u>[</u>	<u> </u>		
Pret Apple Fizz	Y	Y																											\square'		
Pret Cucumber & Mint Seltzer	Y	Y					'	<u> </u>	<u> </u>		<u> </u>		<u> </u>	<u> </u>	<u> </u>														<u> </u>		
Pret Ginger Beer	Y	Y																													
Pret Ginger Kombucha	Y	Y	<u> </u>				'	<u> </u>	\perp	<u>ا</u> ا	L'		'	<u> </u>		L!							L'			\square			└───′		
Pret Grape & Elderflower	Y	Y																													
Pret Lime & Raspberry Seltzer	Y	Y					<u> </u>	<u> </u>	<u> </u>				'	<u> </u>	<u> </u>													<u>[</u>	<u> </u>		
Pret Rhubarb Lemonade	Y	Υ																													
Sparkling Spring Water	Y	Y					<u> </u>	<u> </u>	<u> </u>				'	<u> </u>	<u> </u>													<u>[</u>	<u> </u>		
Still Water 500ml	Y	Y																													
Still Water 750ml	Y	Y						<u> </u>	<u> </u>																			<u> </u>	<u> </u>		
Vitamin Volcano	Y	Y																													
We prepare our freshly made food	and B	arista-i	made	drinks	in ou	r shop	s every	v dav. We	use m	any in	gredie	ents ar	nd shar	ed equ	lipmen	t, and	whilst	t we de	o our bes	t to ma	nage a	allerge	ns we	canno	ot guar:	antee t	that an	y of o	ur foo	d or drii	nks are

allergen-free or suitable for those with allergies due to the risk of cross-contact. Our vegan food is made to a vegan recipe but not suitable for those with milk and egg allergies.

Contents Key: ✔ (Product Contains) Y (Suitable For)			-					ood and E d or drin					r shop	for thos	/ day. ` se with	We us aller	e man gies du	ie to th		f cross-											
	~	Ve					Tr	ee Nuts						С	ereals cont	aining glute	n							Milk							
Product	/egetarians	igan Friendly	Peanut	Almond	Brazil Nut	t Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
Apple	Y	Y																													
Banana	Y	Y																													
Easy Peeler	Y	Y																													
Fruit Salad	Y	Y																													
Mango & Lime	Y	Y																													
Melon & Blueberry	Y	Y																													
Superfruit	Y	Y																													
We prepare our freshly ma								s every d ergies due																					of our	food or	drinks

Contents Key: ✓ (Product Contains) Y (Suitable For)												F	r	et	'S	ŀ	Ic	ot													
															se with	n allerg	gies du	e to th		cross-o										gens we uitable fo	
		<					Tre	ee Nuts						С		taining glute		88	0					Milk							
Product	Vegetarians	egan Friendly	Peanut	Almond	Brazil Nu	t Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
Artichoke, Mozzarella & Pepper Risotto Bake	Y																						•								
Chilli Enchilada Bake	Y	Y														>		>		<									~		
Falafel & Halloumi Hot Wrap	Y															~		~					v	~	~						
Garlic & Herb Swirl	Y																	>			>		•								
Harissa, Halloumi & Falafel Ciabatta Roll	Y															~		~			~		¥	~	~			~			
Layered & Loaded BBQ Bean Nachos	Y																						v						~		
Meatless Meatball Marinara Hot Ciabatta	Y															~		~			~		✓								
Meatless Meatball Hot Wrap	Y	Y														~		~													
Vegan Mac n Greens	Y	Y																•											•		
Vegan Ragu & Red Pepper Hot Wrap	Y	Y														>		>		•											
Falafel , Halloumi & Pickles Roll	Y															¥		~					¥	•	•			>			
Soup			1																												
Butternut Masala Soup	Y	Y																													
Red Thai Veg	Y	Y				1																							~		
Souper Greens	Y	Y																													
Souper Tomato	Y	Y																													
Sunshine Dhal	Y	Y																													
Soup Accompaniments																															
Soup White Baguette	Y	Y																v													
Barley & Rye Roll	Y	Y											v			v		v													
Toasties & Focaccia																															
All Day Veggie Breakfast Toastie	Y												<		¥	<		>					~						~		
Classic Cheese Toastie	Y												•		4	~		~			•		•					>			
Creamy Mushroom Toastie	Y												~		¥	~		~					~								
Halloumi, Red Pepper & Basil Toastie	Y												~		~	~		~					~	~	~						
Kid's Pizza Toastie	Y												~					~					•								
Onion Bhaji Melt	Y	1	1	1		1	T			1			~		~	~		~			~		~			1					
We prepare our freshly ma	de foo	d and l	Barista	ı-made	e drink	s in ou	ur shop	s every (day. W	⁷ e use r	nany in	ngredi	ents ai	nd shar	ed equ	aipmer	nt, and	whilst	t we do c	our best	to ma	nage a	allerger	ns we	cannot	guara	intee th	at any of	f our f	ood or di	rinks are

allergen-free or suitable for those with allergies due to the risk of cross-contact. Our vegan food is made to a vegan recipe but not suitable for those with milk and egg allergies.

Contents Key: ✓ (Product Contains)														Sa	la	ac	1														
Y (Suitable For)								food and or drinks							with a	ıllergie	es due	to the													
		Ve					Т	ree Nuts						С	ereals cont	aining glute	n							Milk							
Product	vegetarians	egan Friendly	Peanut	Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
Egg & Spinach Pot	Y																				>										
Chickpea, Avo & Egg Bowl	Y											~									*										
Kids' Humous & Cucumber Pot	Y	Y										•																			
Mexican Style Chipotle Chickpea	Y																							>	~					~	
Pesto Pasta and Mozzarella Salad	Y																	>					~							~	~
Petite Tricolore Salad	Y																						~								
Sweet Potato Falafel Mezze Salad	Y	Y										٢	<																		
Dressings																	·														·
Chilli & Lime Dressing	Y	Y																													
French Dressing	Y	Y																													
We prepare our freshly m								every day gies due t																					our foo	d or drin	ıks are

Contents Key: ✔ (Product Contains)														h																	
Y (Suitable For)														table fo	or thos	e with	allerg	ies du	ngredient e to the ri g allergie	sk of c											
	Veg	Vega					Tr	ee Nuts			1			C	Cereals con	taining glute	en	1		Celery				Milk							
Product	etarians	n Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Snacks																			1												
Almond Butter Protein Ball	Y	Y		✓																									~		
Chilli, Bean & Seed Tortilla Chips	Υ	Y																												1	
Cranberries in Coats	Y																						~								
Salted Crunchy Corn	Y	Y																													
Dark Chocolate Salted Almonds	Y	Y		~																									~		
Mature Cheddar & Red Onion Crisps	Y																						~								
Milliways Peppermint Chewing Gum	Y	Y																													
Fruit, Nuts & Chocolate	Y			~																			~						~		
Pret A Mango	Y	Y																													
Sea Salt & Cider Vinegar Crisps	Y	Y																													
Sea Salt Crisps	Y	Y																													
Sea Salt Popocrn	Y	Y																											1		
Smoky Chipotle Crisps	Y	Y																													
Sweet & Salt Popcorn	Y	Y																													
Smoky Sweet Crunch Mix	Y					~																							•		
BBQ Popped Chickpea Chips	Y	γ																													

Contents Key: ✔ (Product Contains)												Sv	Ve	ee	t	Τ	re	a	ts												
Y (Suitable For)																			ngredient e to the ri												
																			g allergie												
	Veç	Vega					TI	ree Nuts	-					(Cereals con	taining glute	en			Celerv				Milk							
Product	getarians	in Friendly	Peanut	Almond	Brazil Nu	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
Sweet Treats														1																	
Almond Butter Bites	Y			>																									>		
Banana Fridge Cake	Y																	•			>		~								
Blackforest Dessert Pot Caramel Waffle	Y Y																	~					> >						> >		
Carrot Cake	Y										~							~			~		~						-		
Choc Bar	Y										•							~			•		•						~		
Chocolate Brownie Bar	Y																	~			>		~								
Chocolate Moose Dessert Pot	Y																	•			•		• •						*		
Chocolate Moose Desser Por	Y	Y																					•						~		
Chocolate Chunk Cookie	Y	T																~					>								
Dark Chocolate & Almond Butter Cookie	Y	Y		-														~					•								
Dark Chocolate Corn Cakes	Y	T		-														•											>		
Dark Chocolate with Sea Salt	Y																												~		
Double Berry Muffin	Y																	~			,		~						, in the second		
Fruit & Seed Bite	Y	Y																•			•		•								
Fruit Oat & Spelt Cookie	Y														~		~	~					~								
Lemon Cake	Y			~											•		•	•			~		~						~		
Hazelnut Truffles	Y	Y		•			~														•		•								
Lemon & Raspberry Slice	Y	•																~					~						~		
Lemon Cheesecake Dessert Pot	Y																				、										
Love Bar	Ŷ			~						>					~								~						~		
Milk Chocolate Bar	Y			-																			· ·						v		
Popcorn Bar	Ŷ																						v						~		
Pret Bar	Y														~			~					v								
Pret's Caramel Shortbread	Ŷ																						~						~		
Pret's Coffee Caramel Slice	Y																	~					¥						~		
Pret's Nut Bar	Y			~																									~		
Pret's Gingerbread Biscuits (Annie & Godfrey)	Y																	~			>										
Pret's Ultimate Vegan Brownie	Y	Y		~				1										~											~		
Raspberry & Almond Bakewell Tart	Y			~														~			V		>								
Raspberry Cheesecake Brownie	Y																	v			~		~						~		
Salted Caramel Dessert Pot	Y																	~					~								

Contents Key: ✔ (Product Contains)										В	a	ri	st	a	P	re	p	a 1	ree	1	D	ri	n^{1}	5	5						
Y (Suitable For)								od and Ba ergen-free																							
Product	Vegetarians	Vegan Friendly	Peanut	Almond	Brazil Nuts	Cashews	ſ	ee Nuts Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Cereals con Oats	taining gluti Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Milk Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Coffee		1	1		-	-	1	1		1	1		1	1	1	1	1	1	1	1					1	1	1	1			
Americano Black	Y	Y																													
Americano Semi Skimmed milk	Y																						•								
Americano Skimmed milk	Y																						>								
Americano Soya (instead of milk)	Y	Y																											v		
Americano Coconut (instead of milk)	Y	Y																													
Americano Oat (instead of milk)	Y	Y													>																
Cappuccino Semi Skimmed milk	Y																						•								
Cappuccino Skimmed milk	Y																						v								
Cappuccino Soya (instead of milk)	Y	Y																											v		
Cappuccino Coconut (instead of milk)	Y	Y																													
Cappuccino Oat (instead of milk)	Y	Y													~																
Espresso	Y	Y																													
Filter - Black Coffee (add milk or milk alernative if White Americano)	Y	Y																													
Flat White Semi Skimmed milk	Y																						•								
Flat White Skimmed milk	Y																						•								
Flat White Soya (instead of milk)	Y	Y																											v		
Flat White Coconut (instead of milk)	Y	Y																													
Flat White Oat (instead of milk)	Y	Y													~																
Latte Semi Skimmed milk	Y																						~								
Latte Skimmed milk	Y																						>								
Latte Soya (instead of milk)	Y	Y																											~		
Latte Oat (instead of milk)	Y	Y													~																
Latte Coconut (instead of milk)	Y	Y	1		1	1	1			1	1	1		1			1														1
We prepare our freshly	made f	ood an	d Baris	ta-mad	le drin	ks in ou	r shop:	s every da	ıy. We	use ma	ny ingi	redient	s and s	hared e	quipme	ent, and	d whils	t we do	o our bes	t to mar	nage al	lergens	we can	nnot gu	arante	e that a	iny of ou	r food (or drinl	ks are al	lergen-

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	Veç	Vega			-	-	Tr	ee Nuts						C	ereals cont	taining glute	n			Celery				Milk							
Product	getarians	an Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine
acchiato Semi Skimmed milk	Y																						>								
lacchiato Skimmed milk	Y																						>								
facchiato Soya (instead of milk)	Y	Y																											V		
facchiato Oat (instead of milk)	Y	γ													>																
Acchiato Coconut (instead of milk)	Y	Y																													
Nocha Semi Skimmed milk	Y																						>								
Nocha Skimmed milk	Y																						>								
Mocha Soya (instead of milk)	Y	Y																											>		
Nocha Coconut (instead of milk)	Y	Y																													
Nocha Oat (instead of milk)	Y	Y													>																
Other Hot Drinks			-				-						-			-													-		
Chai Latte Semi Skimmed Milk	Y																						v								
Chai Latte Skimmed Milk	Y																						~								
Chai Latte Coconut (instead of Milk)	Y	Y																													
Chai Latte Rice Soya (instead of Milk)	Y	Y																											~		
Chai Latte Oat (instead of Milk)	Y	Y													v																
Pirty Chai Latte Semi Skimmed Milk	Y																						>								
Dirty Chai Latte Skimmed Milk	Y																						~								
Dirty Chai Latte Coconut (instead of Milk)	Y	Y																													
Dirty Chai Latte Soya (instead of Milk)	Y	Y																											~		
Pirty Chai Latte Oat (instead of Milk)	Y	Y													>																
fatcha Latte Semi Skimmed Milk	Y																						>								
Natcha Latte Skimmed Milk	Y																						>								
fatcha Latte Coconut (instead of Milk)	Y	Y																													

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	Ve	Veg					Tr	ee Nuts						С	ereals cont	aining glute	n			Celery				Milk							
Product	getarians	an Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nut
Matcha Latte Soya (instead of Milk)	Y	Y																											>		
Matcha Latte Oat (instead of Milk)	Y	Y													۲																
leed Drinks																															
Iced Latte Semi Skimmed Milk	Y																						>								
Iced Latte Skimmed Milk	Y																						>								
Iced Latte Soya (instead of milk)	Y	Y																											>		
Iced Latte Coconut (instead of milk)	Y	Y																													
lced Latte Oat (instead of milk)	Y	Y													•																
Iced Chai Latte Semi Skimmed Milk	Y																						v								
Iced Chai Latte Skimmed Milk	Y																						¥								
Iced Chai Latte Coconut (instead of Milk)	Y	Y																													
Iced Chai Latte Soya (instead of Milk)	Y	Y																											>		
Iced Chai Latte Oat (instead of Milk)	Y	Y													~																
Iced Dirty Chai Latte Semi Skimmed Milk	Y	-																					~								
Iced Dirty Chai Latte Skimmed Milk	Y																						~								
Iced Dirty Chai Latte Coconut (instead of Milk)	Y	Y																													
Iced Dirty Chai Latte Soya (instead of Milk)	Y	Y																											>		
Iced Dirty Chai Latte Oat (instead of Milk)	Y	Y													~																
Iced Matcha Latte Semi Skimmed Milk	Y																						~								
Iced Matcha Latte Skimmed Milk	Y																						~								
Iced Matcha Latte Coconut (instead of Milk)	Y	Y																													
Iced Matcha Latte Soya (instead of Milk)	Y	Y																											>		
iced Matcha Latte Oat (instead of Milk)	Y	Y													¥																

Contents Key: ✔ (Product Contains)										В	a	ri	st	a	P	re	p	a 1	ree	1	D	ri	n	5	5						
Y (Suitable For)								od and Ba ergen-free																							
Product	Veget s	Vegan Friendly	Peanut				Т	ree Nuts			-	Sesame			Cereals con	taining glute			Crustacean	Celery and	Egg	Fish		Milk		Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Floduct	tarian	yan ndly	i canat	Almond	Brazil Nuts	Cashews	s Hazelnut	Macadamia	Pecan	Pistachio	Walnut	ocsame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Ordstadearr	celeriac	-99 -99	1 1311	Cow	Goat	Sheep	Eupin	Woldsos	Mustaru	ooya	Guiprites	1 110 1100
Iced Mocha Semi Skimmed Milk	Y																						✓						ا 		
Iced Mocha Skimmed Milk	Y																						v								
Iced Mocha Soya (instead of milk)	Y	Y																											~		
Iced Mocha Coconut (instead of milk)	Y	Y																													
Iced Mocha Oat (instead of milk)	Y	Y													•																
Iced White Americano Semi Skimmed Milk	Y																						>								
Iced White Americano Skimmed Milk	Y																						•								
Iced White Americano Oat (instead of milk)	Y	Y													~																
Iced White Americano Soya (instead of milk)	Y	Y																											>		
Iced White Americano Coconut (instead of milk)	Y	Y																													
Pret Coolers								1																							
Applejito	Y	Y																													
Berry Bliss																															-
	Y	Y				_																									
Feelin' Peachy	Y	Y																												<u> </u>	
Rhuberry Breeze Pret Shakers	Y	Y						l																							<u> </u>
Chocolate Chill	Y																						~								
Caramel Blondie	-																						• •						!		
Ruby Cocoa	Y																						•								
Hot Chocolate	Y																						v								L
		1	1	T	r –	T		Т	1	1	<u>г</u>	1	1	T	1			1	1	r –											
Hot Chocolate Semi Skimmed Milk	Y																						¥						·		
Hot Chocolate Skimmed Milk	Y																						¥						'		<u> </u>
Hot Chocolate Soya (instead of milk)	Y	Y																											v		
Hot Chocolate Coconut (instead of milk)	Y	Y																													
Hot Chocolate Oat (instead of milk)	Y	Y													~																
Hot Chocolate Powder	Y	Y																													
We prepare our freshly r	nade f	ood an						s every da ergies due																			ny of ou	ir food o	or drinl	ks are all	lergen-

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Product	Veget	/egan	Peanut				Tr	ee Nuts				Sesame		С	ereals cont	aining glute	n		Crustacean	Celery and	Egg	Fish		Milk		Lupin	Molluscs	Mustard	Soya	Sulphites	Pine
Floquet	arians	Friendly	r canut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Jesaine	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	celeriac	Lââ	1.1211	Cow	Goat	Sheep	Lupin	WOILISCS	Wustaru	Soya	Suprites	1 110
ot Chocolate Hazelnut	Y																						>								
lot Chocolate Hazelnut Skimmed	Y																						•								
lot Chocolate Hazelnut Soya (instead of lilk)	Y	Y																											>		
Hot Chocolate Hazelnut Coconut (instead	Y	Y																													
Hot Chocolate Hazelnut Oat (instead of lilk)	Y	Y													~																T
yrups & Toppings																															
II Syrups	Y	Y																													
/hipped Cream	Y																						>								
lilk shot								1											1												
emi Skimmed	Y																						•								
kimmed	Y																						<								
oya (instead of milk)	Υ	Y																											>		
oconut (instead of milk)	Υ	Y																													
at (instead of milk)	Y	Y													<																
ea																															
eylon Breakfast (add milk or milk iternative if White)	Y	Y																													
arl Grey (add milk or milk alternative if /hite)	Y	Y																													
eppermint (add milk or milk alternative if /hite)	Y	Y																													
ropical Green (add milk or milk alternative White)	Y	Y																													
ilk / instead of milk cup																															
emi Skimmed milk cup	Y																						v								
kimmed milk cup	Y																						>								
oya (instead of milk) cup	Y	Y																											>		
oconut (instead of milk) cup	Y	Y																													
at (instead of milk) cup	Y	Y													~																
abyccino	Y																						~								T

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Seasonal Drinks			-	-						 								
Gingerbread Latte Semi Skimmed Milk	Y												•					
Gingerbread Latte Skimmed Milk	Y												•					
Gingerbread Latte Coconut (instead of Milk)	Y	Y																
Gingerbread Latte Soya (instead of Milk)	Y	Y														<		
Gingerbread Latte Oat (instead of Milk)	Y	Y							•									
Salted Caramel Latte Semi Skimmed Milk	Y												•					
Salted Caramel Latte Skimmed Milk	Y												>					
Salted Caramel Latte Coconut (instead of Milk)	Y	Y																
Salted Caramel Latte Soya (instead of Milk)	Y	Y														<		
Salted Caramel Latte Oat (instead of Milk)	Y	Y							•									
Merry Berry Hot Chocolate Semi Skimmed Milk	Y												>					
Merry Berry Hot Chocolate Skimmed Milk	Y												~					
Merry Berry Hot Chocolate Coconut (instead of Milk)	Y	Y																
Merry Berry Hot Chocolate Soya (instead of Milk)	Y	Y														<		
Merry Berry Hot Chocolate Oat (instead of Milk)	Y	Y							•									