

# Pret's Allergen Guide



Combined Allergen Guide 16th February 2024 V1

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 milk and egg allergies.

# 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.

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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](http://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



<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			Baguettes & Sandwiches																												
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Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
Baguettes																															
Artichoke, Tapenade & Olive	Y	Y										✓						✓													
Avo, Olives & Toms	Y	Y										✓						✓													✓
Brie, Tomato & Basil	Y																	✓				✓									
Chicken Caesar & Bacon												✓						✓			✓	✓	✓								
Chicken Salad Baguette																		✓			✓		✓								
Smoked Salmon, Egg Mayo & Avo												✓						✓			✓	✓									
Italian Prosciutto												✓						✓			✓		✓								
Mexican Style Avo & Pepper	Y	Y										✓						✓													
Posh Cheddar & Pickle	Y											✓						✓			✓		✓								
Free Range Egg Mayo & Smoked Salmon																		✓			✓	✓									
Smoked Salmon, Soft Cheese & Dill Baguette												✓						✓				✓	✓								
Spicy Tuna																		✓			✓	✓	✓								
Sticky Mushroom Bahn Mi	Y	Y										✓						✓													✓
Tuna Mayo & Cucumber																		✓			✓	✓									
Tuna Nicoise												✓						✓			✓	✓	✓								
Wiltshire-Cured Ham & Greve																		✓			✓		✓							✓	
Sandwiches																															
BLT													✓					✓			✓										
Chicken, Avocado & Basil													✓					✓			✓		✓								
Chicken Salad													✓					✓			✓		✓								
Classic Super Club													✓					✓			✓										
Crayfish & Rocket													✓					✓	✓		✓										
Free-Range Egg Mayo	Y												✓					✓			✓										
Ham & Cheese													✓					✓					✓								
Humous & Veg	Y	Y										✓	✓					✓													
Kids' Cheese Triangles	Y												✓					✓					✓								
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											✓					✓													
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.																															

<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			Rolls & Wraps																												
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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
Rolls																															
Egg, Mustard & Tomato Rye Roll	Y												✓			✓		✓			✓							✓			
Jambon Buerre																	✓					✓									
Mediterranean Style Tuna Rye Roll													✓			✓		✓			✓	✓									
New Yorker Rye Roll													✓			✓		✓			✓							✓			
Scandi Style Salmon													✓			✓				✓	✓							✓		✓	
Veggie Deli Rye Roll	Y												✓			✓				✓		✓						✓			
Wraps																															
Avo & Herb Wrap	Y															✓		✓			✓		✓								✓
Chicken Pesto Wrap																✓		✓			✓		✓								✓
Fajita Chicken & Avo Wrap																✓		✓													
Falafel, Avocado & Chipotle Salad Wrap	Y	Y														✓		✓												✓	
Hoisin Duck Salad Wrap																✓		✓			✓								✓		
Humous & Chipotle Wrap	Y	Y										✓				✓		✓												✓	
Tandoori Bhaji Salad Wrap	Y															✓		✓			✓		✓							✓	
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Contents Key: ✔ (Product Contains) Y (Suitable For)			Breakfast																													
			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.																													
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts	
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep							
Almond Croissant	Y			✔												✔				✔			✔									
Bacon & Egg Breakfast Roll															✔		✔			✔			✔									
Breakfast Baguette Free-Range Egg Mayo & Avocado	Y																✔			✔												
Breakfast Baguette Free-Range Egg Mayo & Bacon																	✔			✔												
Breakfast Baguette Roasted Tomatoes & Egg Mayo	Y																✔			✔												
Breakfast Baguette Salmon & Egg Mayo																				✔		✔								✔		
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															✔															
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Contents Key: ✓ (Product Contains) Y (Suitable For)			Cold Drinks																														
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Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten							Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts	
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Cow					Goat	Sheep								
Apple Juice	Y	Y																															
Coke (all types)	Y	Y																															
Cranberry, Raspberry & Pomegranate Pret Still	Y	Y																															
Easy Greens	Y	Y																															
Ginger Shot	Y	Y																															
Green Tea & Peach Pret Still	Y	Y																															
Hot Shot	Y																																
Lemon & Ginger Pret Still	Y	Y																															
Mango Smoothie	Y																																
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																															
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																															
Still Water 750ml	Y	Y																															
Vitamin Volcano	Y	Y																															
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<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			<div>Fruit &amp; Pots</div> <div>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.</div>																												
			Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Almond	Brazil Nuts	Cashews		Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Barley	Kamult (Wheat)	Oats		Rye	Spelt (Wheat)	Wheat	Cow	Goat	Sheep													
Product	Vegetarians	Vegan Friendly																													
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	Y																													
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													✓									✓								
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Contents Key: ✓ (Product Contains) Y (Suitable For)			Pret's Hot																														
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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep								
Chipotle Chicken & Feta Hot Ciabatta															✓		✓			✓			✓		✓	✓	✓						
Chipotle Chicken Mozzarella & Feta Hot Baguette												✓					✓								✓	✓	✓						
Falafel & Halloumi Hot Wrap	Y															✓		✓						✓	✓	✓							
Garlic & Herb Swirl	Y																✓		✓				✓				✓						
Italian Style Chicken & Basil Hot Wrap																✓		✓						✓									
Kale Macaroni Cheese	Y																	✓						✓									
Macaroni Cheese Prosciutto																		✓						✓									
Meatball & Mozzarella Risotto Bake																								✓									
Meatless Meatball Marinara Hot Ciabatta	Y															✓		✓				✓		✓									
Prosciutto & Mozzarella Hot Baguette												✓						✓						✓									
Pret's Sausage Roll																		✓					✓		✓								
Swedish Meatball Hot Wrap																✓		✓						✓									
Tomato, Red Pepper & Mozzarella Hot Baguette	Y											✓						✓						✓									
Tuna Melt Hot Baguette												✓										✓	✓	✓									
Focaccia & Toasties																																	
All Day Breakfast Toastie													✓			✓	✓		✓				✓										
Classic Cheese Toastie													✓			✓	✓		✓				✓						✓				
Creamy Mushroom Toastie													✓			✓	✓		✓					✓									
Halloumi, Red Pepper & Basil Toastie													✓			✓	✓		✓					✓	✓	✓							
Ham & Cheese Toastie													✓			✓	✓		✓			✓		✓					✓				
Kid's Pizza Toastie													✓						✓					✓									
Onion Bhaji Melt Toastie													✓			✓	✓		✓				✓		✓								
Tuna Melt Toastie													✓			✓	✓		✓				✓	✓	✓								
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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
Soup																															
Butternut Masala Soup	Y	Y																													
Chicken Laksa																												✓	✓		
Lasagne Soup															✓																
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														✓															
Barley & Rye Soup Roll	Y	Y											✓			✓		✓													
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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
Chef's Italian Chicken Salad										✓										✓	✓	✓									
Chicken & Avo Protein Bowl											✓									✓									✓		
Egg & Spinach Protein Pot	Y																			✓											
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																				✓	✓								✓		
Smoked Salmon & Egg Protein Pot																				✓	✓										
Tuna Nicoise Salad																				✓	✓										
Dressing																															
Chilli & Lime Dressing	Y	Y																													
French Dressing	Y	Y																													
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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio		Walnut	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)					Wheat	Cow	Goat							Sheep	
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			✓																					✓				✓			
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																														
Sea Salt Popcorn	Y	Y																														
Smoked Chipotle Crisps	Y	Y																														
Sweet & Salt Popcorn	Y	Y																														
Smoky Sweet Crunch Mix	Y					✓																								✓		
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<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			<div>Sweet Treats</div> <div>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.</div>																												
			Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts							Sesame	Cereals containing gluten							Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard
Almond	Brazil Nuts	Cashews					Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Barley	Kamult (Wheat)		Oats	Rye	Spelt (Wheat)	Wheat	Cow	Goat	Sheep										
Almond Butter Bite	Y			✓																									✓		
Banana Fridge cake	Y																✓				✓			✓							
Caramel Waffle	Y																✓							✓					✓		
Carrot Cake	Y										✓						✓				✓			✓							
Choc Bar	Y																✓							✓					✓		
Chocolate Brownie Bar	Y																✓				✓			✓					✓		
Chocolate Chunk Cookie	Y																✓							✓							
Chocolate Moose Dessert Pot	Y																							✓						✓	
Coconut Bite	Y	Y																											✓		
Dark Chocolate & Almond Butter Cookie	Y	Y		✓													✓														
Dark Chocolate Corn Cakes	Y																												✓		
Dark Chocolate with Sea Salt	Y																												✓		
Double Berry Muffin	Y																✓				✓			✓							
Fruit, Oat & Spelt Cookie	Y														✓		✓	✓						✓							
Hazelnut Truffles	Y	Y					✓																								
Lemon Cake	Y			✓																	✓			✓							
Lemon Cheesecake	Y																✓				✓			✓							
Love Bar	Y			✓							✓				✓									✓						✓	
Nut Bar	Y	Y		✓																									✓		
Popcorn Bar	Y																							✓					✓		
Pret's Caramel Shortbread	Y																✓							✓					✓		
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																✓				✓			✓							
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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Cow					Goat	Sheep							
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																						✓									
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 alternative 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																											✓			
Latte Oat (instead of milk)	Y	Y												✓																		
Latte Coconut (instead of milk)	Y	Y																														
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Almond	Brazil Nuts	Cashews		Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Barley	Kamult (Wheat)	Oats		Rye	Spelt (Wheat)	Wheat	Cow	Goat	Sheep														
Product	Vegetarians	Vegan Friendly																														
Macchiato Semi Skimmed milk	Y																						✓									
Macchiato Skimmed milk	Y																						✓									
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																							✓								
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																							✓								
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																							✓								
Matcha Latte Coconut (instead of Milk)	Y	Y																														
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			<div><div>Product</div><div>Vegetarians</div><div>Vegan Friendly</div></div> <div><div>Peanut</div><div>Almond</div><div>Brazil Nuts</div><div>Cashews</div><div>Hazelnut</div><div>Macadamia</div><div>Pecan</div><div>Pistachio</div><div>Walnut</div></div> <div><div>Sesame</div><div>Barley</div><div>Kamult (Wheat)</div><div>Oats</div><div>Rye</div><div>Spelt (Wheat)</div><div>Wheat</div></div> <div><div>Crustacean</div><div>Celery and celeriac</div><div>Egg</div><div>Fish</div><div>Cow</div><div>Goat</div><div>Sheep</div></div> <div><div>Lupin</div><div>Molluscs</div><div>Mustard</div><div>Soya</div><div>Sulphites</div><div>Pine Nuts</div></div>																											
Matcha Latte Soya (instead of Milk)			Y	Y																								✓		
Matcha Latte Oat (instead of Milk)			Y	Y											✓															
Iced 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																										
Iced Latte Oat (instead of milk)			Y	Y											✓															
Iced Chai Latte Semi Skimmed Milk			Y																			✓								
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											✓															
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Iced Mocha Semi Skimmed Milk	Y																						✓								
Iced Mocha Skimmed Milk	Y																						✓								
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																															
Applejito	Y	Y																													
Berry Bliss	Y	Y																													
Feelin' Peachy	Y	Y																													
Rhuberry Breeze	Y	Y																													
Pret Shakers																															
Chocolate Chill	Y																						✓								
Caramel Blondie	Y																						✓								
Ruby Cocoa	Y																						✓								
Hot Chocolate																															
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														✓															
Hot Chocolate Powder	Y	Y																													
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Hot Chocolate Hazelnut	Y																						✔								
Hot Chocolate Hazelnut Skimmed	Y																						✔								
Hot Chocolate Hazelnut Soya (instead of milk)	Y	Y																											✔		
Hot Chocolate Hazelnut Coconut (instead of milk)	Y	Y																													
Hot Chocolate Hazelnut Oat (instead of milk)	Y	Y													✔																
Syrups & Toppings																															
All Syrups	Y	Y																													
Whipped Cream	Y																						✔								
Milk shot																															
Semi Skimmed	Y																						✔								
Skimmed	Y																						✔								
Soya (instead of milk)	Y	Y																											✔		
Coconut (instead of milk)	Y	Y																													
Oat (instead of milk)	Y	Y													✔																
Tea																															
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																															
Semi Skimmed milk cup	Y																						✔								
Skimmed milk cup	Y																						✔								
Soya (instead of milk) cup	Y	Y																											✔		
Coconut (instead of milk) cup	Y	Y																													
Oat (instead of milk) cup	Y	Y													✔																
Babyccino	Y																						✔								
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Gingerbread Latte Semi Skimmed Milk	Y																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																											</

# Veggie Pret's Allergen Guide

The title 'Veggie Pret's Allergen Guide' is centered. 'Veggie Pret's' is in green, 'Allergen' is in pink, and 'Guide' is in green. To the left of 'Allergen' are three stars: a large green one, a medium green one, and a small pink one. To the right is a magnifying glass icon with a pink handle and frame, and a green lens containing a white star.

Combined Allergen Guide 16th February 2024 V1

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 milk and egg allergies.

# 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.

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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](http://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.



<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			Baguettes, Rolls, Sandwiches & Wraps																												
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				Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
Baguettes																															
Artichoke, Olives & Tapenade	Y	Y									✓						✓														
Avo, Olives & Toms	Y	Y									✓						✓													✓	
Brie, Tomato & Basil	Y																✓				✓										
Sticky Mushroom Bahn Mi	Y	Y									✓						✓											✓			
Cheddar, Mustard & Pickles	Y										✓						✓			✓		✓					✓				
Plant Ploughmans Baguette	Y	Y															✓														
Vegan Eggless Mayo & Cress	Y	Y															✓										✓	✓			
Rolls																															
All Day Vegan Breakfast	Y	Y										✓				✓		✓										✓	✓		
Avo Brunch Rye Roll	Y											✓				✓				✓								✓			
Scandi Style Smoky Carrot Eggless Mayo Roll	Y	Y										✓				✓		✓											✓	✓	
Veggie Deli Rye Roll	Y											✓				✓				✓		✓						✓			
Sandwiches																															
Humous & Veg	Y	Y									✓	✓					✓														
Kids' Cheese Triangles	Y											✓					✓					✓									
Sliced Egg & Cress	Y											✓					✓				✓							✓			
Smoky Carrot and Falafel	Y	Y										✓					✓											✓			
Veggie Pret's VLT	Y	Y										✓					✓														
Wraps																															
Falafel, Avocado & Chipotle Wrap	Y	Y													✓		✓													✓	
Vegan Hoisin Mushroom Wrap	Y	Y													✓		✓												✓		
Humous & Chipotle Wrap	Y	Y									✓						✓														
Pesto Bean & Herb Wrap	Y														✓		✓					✓								✓	✓
Tandoori Bhaji Salad Wrap	Y														✓		✓			✓		✓								✓	
Vegan Chili Wrap	Y	Y													✓		✓		✓										✓	✓	
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# Breakfast

**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.

Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
				Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
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																✓											✓		
Cheese Twist	Y																	✓					✓								
Cinnamon Danish	Y																	✓					✓								
Five Berry Bowl	Y														✓								✓								
Kids' Mango & Banana Yogurt Pot	Y																						✓								
Mozzarella & Tomato Croissant	Y																	✓					✓								
Pain aux Raisin	Y																	✓					✓								
Pastei 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															✓		✓					✓								
Yogurt & Five Berry Pot	Y																						✓								
Vegan Almond Croissant	Y	Y		✓														✓													
Vegan Chocolate Croissant	Y	Y																✓											✓		
Vegan Plain Croissant	Y	Y																✓													
Very Berry Croissant	Y	Y																✓													

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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.																													
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut	
				Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep							
Apple Juice	Y	Y																														
Cranberry & Raspberry Pure Pret Still	Y	Y																														
Easy Greens	Y	Y																														
Ginger Shot	Y	Y																														
Green Tea & Peach Pret Still	Y	Y																														
Hot Shot	Y																															
Lemon & Ginger Pret Still	Y	Y																														
Mango Smoothie	Y																															
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																														
Pret Lime & Raspberry Seltzer	Y	Y																														
Pret Rhubarb Lemonade	Y	Y																														
Sparkling Spring Water	Y	Y																														
Still Water 500ml	Y	Y																														
Still Water 750ml	Y	Y																														
Vitamin Volcano	Y	Y																														
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<b>Contents Key:</b> ✓ (Product Contains) Y (Suitable For)			Fruit																												
			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.																												
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
				Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
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																													
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Contents Key: ✓ (Product Contains) Y (Suitable For)			Pret's Hot																															
			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.																															
			Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
				Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat						Cow	Goat	Sheep								
Artichoke, Mozzarella & Pepper Risotto Bake	Y																						✓											
Chilli Enchilada Bake	Y	Y														✓		✓			✓											✓		
Falafel & Halloumi Hot Wrap	Y															✓		✓			✓			✓	✓	✓								
Garlic & Herb Swirl	Y																	✓				✓												
Harissa, Halloumi & Falafel Ciabatta Roll	Y															✓		✓				✓		✓	✓					✓				
Layered & Loaded BBQ Bean Nachos	Y																	✓						✓								✓		
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																																		
Butternut Masala Soup	Y	Y																																
Red Thai Veg	Y	Y																														✓		
Souper Greens	Y	Y																																
Souper Tomato	Y	Y																																
Sunshine Dhal	Y	Y																																
Soup Accompaniments																																		
Soup White Baguette	Y	Y																✓																
Barley & Rye Roll	Y	Y											✓				✓		✓															
Toasties & Focaccia																																		
All Day Veggie Breakfast Toastie	Y												✓		✓	✓		✓					✓								✓			
Classic Cheese Toastie	Y												✓		✓	✓		✓			✓		✓						✓					
Creamy Mushroom Toastie	Y												✓		✓	✓		✓					✓											
Halloumi, Red Pepper & Basil Toastie	Y												✓		✓	✓		✓					✓	✓	✓									
Kid's Pizza Toastie	Y												✓					✓					✓											
Onion Bhaji Melt	Y												✓		✓	✓		✓				✓		✓										
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<b>Contents Key:</b> ✓ (Product Contains) Y (Suitable For)			Salad																												
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Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
				Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
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									✓	✓																			
Dressings																															
Chilli & Lime Dressing	Y	Y																													
French Dressing	Y	Y																													
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# Snacks

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Y (Suitable For)

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Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten							Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts	
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Cow					Goat	Sheep								
Snacks																																	
Almond Butter Protein Ball	Y	Y		✓																											✓		
Chilli, Bean & Seed Tortilla Chips	Y	Y																															
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 Popcorn	Y	Y																															
Smoky Chipotle Crisps	Y	Y																															
Sweet & Salt Popcorn	Y	Y																															
Smoky Sweet Crunch Mix	Y					✓																									✗		
BBQ Popped Chickpea Chips	Y	Y																															

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Contents Key: ✓ (Product Contains) Y (Suitable For)			Sweet Treats																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																
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Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nuts																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																				
				Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																										
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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
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																						✓								
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 alternative 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																											✓		
Latte Oat (instead of milk)	Y	Y													✓																
Latte Coconut (instead of milk)	Y	Y																													
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Almond	Brazil Nuts	Cashews					Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Barley	Kamult (Wheat)	Oats		Rye	Spelt (Wheat)	Wheat	Cow	Goat	Sheep													
Macchiato Semi Skimmed milk	Y																							✓										
Macchiato Skimmed milk	Y																							✓										
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																								✓									
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													✓																			
Dirty 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																														✓		
Dirty Chai Latte Oat (instead of Milk)	Y	Y													✓																			
Matcha Latte Semi Skimmed Milk	Y																								✓									
Matcha Latte Skimmed Milk	Y																								✓									
Matcha Latte Coconut (instead of Milk)	Y	Y																																
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			<div>Product</div>	<div>Vegetarians</div>	<div>Vegan Friendly</div>	<div>Peanut</div>	<div>Tree Nuts</div>							<div>Sesame</div>	<div>Cereals containing gluten</div>						<div>Crustacean</div>	<div>Celery and celeriac</div>	<div>Egg</div>	<div>Fish</div>	<div>Milk</div>			<div>Lupin</div>	<div>Molluscs</div>	<div>Mustard</div>	<div>Soya</div>	<div>Sulphites</div>

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep									
Iced Mocha Semi Skimmed Milk	Y																								✔									
Iced Mocha Skimmed Milk	Y																								✔									
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																																		
Applejito	Y	Y																																
Berry Bliss	Y	Y																																
Feelin' Peachy	Y	Y																																
Rhuberry Breeze	Y	Y																																
Pret Shakers																																		
Chocolate Chill	Y																								✔									
Caramel Blondie	Y																								✔									
Ruby Cocoa	Y																								✔									
Hot Chocolate																																		
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															✔																	
Hot Chocolate Powder	Y	Y																																
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.																																		





<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			<h1>Barista Prepared Drinks</h1> <div>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.</div>																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																			
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