

Baguettes		Suitable for		Contains these allergens													
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
			Brie, Tomato & Basil Baguette	✓		✓	✓			WHEAT							
Chicken Caesar & Bacon			✓	✓	✓		WHEAT, RYE, OAT, BARLEY		✓		✓	✓				✓	
Chipotle Mozzarella Hot Baguette	✓		✓	✓			WHEAT, RYE, OAT, BARLEY					✓					
Egg Mayo & Roasted Tomato	✓		✓		✓		WHEAT		✓								
Ham & Greve Cheese Baguette			✓	✓	✓		WHEAT		✓			✓					
Hot Chilli Chicken			✓		✓		WHEAT		✓		✓	✓					
Italian Prosciutto Baguette			✓	✓	✓		WHEAT, RYE, OAT, BARLEY		✓			✓					
Posh Prosciutto Baguette			✓	✓			WHEAT, RYE, OAT, BARLEY										
Posh Cheddar & Pickle Baguette	✓		✓	✓	✓		WHEAT, RYE, BARLEY		✓		✓	✓	✓				
Smoked Salmon, Soft Cheese & Dill Baguette			✓	✓	✓		WHEAT, RYE, BARLEY		✓		✓	✓				✓	
Smoked Salmon & Egg Mayo			✓		✓		WHEAT		✓							✓	
Tuna Mayo & Cucumber			✓		✓		WHEAT		✓							✓	

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan product is made to a vegan recipe but is not suitable for those with milk and egg allergies.

**Breakfast**

Suitable for

13 May 2022 version 1

Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Pret's Bacon Brioche				✓	✓			WHEAT								
Banana & Honey Breakfast Bowl	✓			✓												
Bircher Muesli	✓			✓												PISTACHIO
Almond Croissant	✓			✓	✓			WHEAT								ALMOND
Chocolate Croissant	✓			✓	✓			WHEAT		✓						
Bacon & Egg Brioche				✓	✓			WHEAT				✓	✓			
Sausage & Egg Brioche				✓	✓			WHEAT				✓	✓			
Five Berry Bowl	✓			✓												
Five Berry Pret Pot	✓			✓												
Mozzarella & Tomato Croissant	✓			✓	✓			WHEAT				✓				
Pain au Raisin	✓			✓	✓			WHEAT		✓						
French Butter Croissant	✓			✓	✓			WHEAT								
Feta, Spinach & Roasted Tomato Brioche				✓	✓			WHEAT								

**We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan product is made to a vegan recipe but is not suitable for those with milk and egg allergies.**

Cold Drinks		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
			ABC - Apple Beetroot Carrot	✓	✓											
Aqua Panna Still Water	✓	✓														
Coke (All types)	✓	✓														
Fresh Lemon & Mint	✓	✓														
Heineken Beer	✓	✓					BARLEY									
Orange Juice	✓	✓														
Pink Grapefruit Juice	✓	✓														
Radiance	✓	✓									✓					
Restorative	✓	✓														
San Pellegrino Sparkling Water	✓	✓														
Tiger Beer	✓	✓					BARLEY									
Ultra Boost	✓	✓														
Vittel Water	✓	✓														
Watermelon Juice	✓	✓														

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan product is made to a vegan recipe but is not suitable for those with milk and egg allergies.

Fruit		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Apple	✓	✓														
Banana	✓	✓														
Dragon Fruit Salad	✓	✓														
Melon Trio	✓	✓														
Papaya & Lime	✓	✓														
Pineapple & Lime	✓	✓														

**We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan product is made to a vegan recipe but is not suitable for those with milk and egg allergies.**

Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
All Day Breakfast Hot Wrap				✓	✓			WHEAT, RYE		✓		✓	✓			
Avocado, Cheddar & Chipotle Toasted Tortilla	✓			✓				WHEAT, RYE				✓	✓			
Brie, Avocado & Tomato Toastie	✓			✓				WHEAT, OAT, RYE, BARLEY				✓	✓			
Chicken Caesar & Avocado Toasted Tortilla				✓	✓			WHEAT, RYE		✓		✓	✓		✓	
Chicken, Avocado & Basil Toastie				✓	✓			WHEAT, OAT, RYE, BARLEY		✓		✓	✓			
Chilli Crab Toastie				✓				WHEAT, OAT, RYE, BARLEY						✓		
Chipotle Chicken Hot Wrap				✓				WHEAT, RYE		✓		✓	✓			
Chipotle Chicken Toasted Tortilla				✓				WHEAT, RYE				✓	✓			
Chipotle Chicken Toastie				✓				WHEAT, OAT, RYE, BARLEY					✓			
Eggs Florentine Toasted Tortilla	✓			✓	✓			WHEAT, RYE		✓		✓	✓			
Falafel Hot Wrap	✓			✓				WHEAT, RYE		✓			✓			
Mozzarella & Pesto Toastie	✓			✓				WHEAT, OAT, RYE, BARLEY								
Ham, Cheese & Mustard Toastie				✓	✓			WHEAT, OAT, RYE, BARLEY		✓		✓	✓			

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan product is made to a vegan recipe but is not suitable for those with milk and egg allergies.

Salads		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
			Chef's Italian Chicken Salad				✓	✓				✓		✓	✓	
Egg, Crab & Avo Pot					✓				✓		✓	✓		✓		
Crab & Corn Salad												✓		✓		
Edamame Beans	✓	✓							✓							
Egg & Spinach Protein Pot	✓				✓											
Greek Salad				✓			WHEAT, RYE					✓				PINENUTS
Smoked Salmon & Egg Protein Pot					✓						✓	✓			✓	
Wild Crayfish & Avocado											✓	✓		✓		

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan product is made to a vegan recipe but is not suitable for those with milk and egg allergies.

## Sandwiches

Suitable for

13 May 2022 version 1

Product	Vegetarians	Vegans	Contains these allergens												
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish
Chicken Avocado				✓	✓		WHEAT, BARLEY		✓		✓	✓			
Classic Super Club					✓		WHEAT, BARLEY		✓		✓	✓			
Crab & Avocado					✓		WHEAT, BARLEY		✓		✓	✓	✓		
Cracking Egg Salad	✓				✓		WHEAT, BARLEY		✓		✓	✓			
Ham & Cheese				✓			WHEAT, BARLEY				✓	✓			
Mature Cheddar & Pret Pickle	✓			✓	✓		WHEAT, BARLEY		✓		✓	✓	✓		
Scottish Smoked Salmon				✓			WHEAT, BARLEY				✓	✓		✓	
Tuna & Rocket					✓		WHEAT, BARLEY		✓		✓	✓		✓	
Wild Crayfish & Rocket					✓		WHEAT, BARLEY		✓		✓	✓	✓		

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan product is made to a vegan recipe but is not suitable for those with milk and egg allergies.

Pret Snacks

Suitable for

13 May 2022 version 1

Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Cranberries in Coats	✓			✓												
Pret A Mango	✓	✓														
Tyrrells Lightly Sea Salted Crisps	✓															
Tyrrells Mature Cheddar & Chives Crisps	✓			✓												
Tyrrells Sea Salt & Cider Vinegar Crisps	✓	✓				BARLEY										
Tyrrells Sea Salt & Cracked Black Pepper Crisps	✓															

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan product is made to a vegan recipe but is not suitable for those with milk and egg allergies.



Sweet Treats		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
			Chocolate Brownie Bar	✓			✓	✓		WHEAT		✓				
Choc Bar	✓			✓			WHEAT		✓							
Chocolate Chunk Cookie	✓			✓			WHEAT									
Fruit, Oat & Spelt Cookie	✓			✓			WHEAT, OAT, SPELT									
Love Bar	✓			✓			OATS		✓							PISTACHIO, ALMONDS
Double Berry Muffin	✓			✓	✓		WHEAT									
Popcorn bar	✓			✓					✓							
Pret's Shortbread	✓			✓			WHEAT									

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan product is made to a vegan recipe but is not suitable for those with milk and egg allergies.

Wraps		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Avocado & Herb Salad Wrap	✓			✓	✓		WHEAT, RYE		✓		✓	✓				PINENUTS
Crayfish & Chipotle Salad Wrap							WHEAT, RYE					✓		✓		
Chicken & Rocket Salad Wrap				✓	✓		WHEAT, RYE		✓		✓	✓				
Chilli Crab & Crunchy Veg Salad Wrap							WHEAT, RYE							✓		
Hoisin Duck Salad Wrap			✓		✓		WHEAT, RYE		✓			✓				

**We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan product is made to a vegan recipe but is not suitable for those with milk and egg allergies.**

Barista Prepared Drinks

Suitable for

13 May 2022 version 1

Product	Vegetarian	Vegan	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
<b>Coffee</b>																
Americano Black	✓	✓														
Americano White Milk	✓		✓													
Americano White Rice Coconut	✓	✓														
Americano White Soya	✓	✓						✓								
Americano White Oat	✓	✓					OAT									
Cappuccino Milk	✓		✓													
Cappuccino Rice Coconut	✓	✓														
Cappuccino Soya	✓	✓						✓								
Cappuccino Oat	✓	✓					OAT									
Decaf Latte Milk	✓		✓													
Decaf Latte Rice Coconut	✓	✓														
Decaf Latte Soya	✓	✓						✓								
Decaf Latte Oat	✓	✓					OAT									
Espresso	✓	✓														
Filter - Black Coffee	✓	✓														
Filter - White Coffee Milk	✓		✓													
Filter - White Coffee Rice Coconut	✓	✓														
Filter - White Coffee Soya	✓	✓						✓								
Filter - White Coffee Oat	✓	✓					OAT									
Flat White Milk	✓		✓													
Flat White Rice Coconut	✓	✓														
Flat White Soya	✓	✓						✓								
Flat White Oat	✓	✓					OAT									
Latte Milk	✓		✓													
Latte Rice Coconut	✓	✓														
Latte Soya	✓	✓						✓								
Latte Oat	✓	✓					OAT									
Macchiato Milk	✓		✓													
Macchiato Rice Coconut	✓	✓														
Macchiato Soya	✓	✓						✓								
Macchiato Oat	✓	✓					OAT									
Mocha Milk	✓		✓													
Mocha Rice Coconut	✓	✓														
Mocha Soya	✓	✓						✓								
Mocha Oat	✓	✓					OAT									

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan product is made to a vegan recipe but is not suitable for those with milk and egg allergies.

Barista Prepared Drinks

Suitable for

10 May 2021 version 1

Product	Suitable for		Contains these allergens													
	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
<b>Over Ice &amp; Frappes</b>																
Chocolate Frappe	✓			✓												
Classic Frappe	✓			✓												
Iced Americano Black	✓	✓														
Iced Americano White Milk	✓			✓												
Iced Americano White Rice Coconut	✓	✓														
Iced Americano White Soya	✓	✓							✓							
Iced Americano White Oat	✓	✓						OAT								
Iced Cappuccino Milk	✓			✓												
Iced Cappuccino Rice Coconut	✓	✓														
Iced Cappuccino Soya	✓	✓							✓							
Iced Cappuccino Oat	✓	✓						OAT								
Iced Caramel Latte	✓			✓												
Iced Caramel Latte Rice Coconut	✓	✓														
Iced Caramel Latte Soya	✓	✓							✓							
Iced Caramel Latte Oat	✓	✓						OAT								
Iced Chocolate Milk	✓			✓												
Iced Chocolate Rice Coconut	✓	✓														
Iced Chocolate Soya	✓	✓							✓							
Iced Chocolate Oat	✓	✓						OAT								
Iced Filter Coffee Black	✓	✓														
Iced Filter Coffee White Milk	✓			✓												
Iced Filter Coffee White Rice Coconut	✓	✓														
Iced Filter Coffee White Soya	✓	✓							✓							
Iced Filter Coffee White Oat	✓	✓						OAT								
Iced Hazelnut Latte Milk	✓			✓												HAZELNUT
Iced Hazelnut Latte Rice Coconut	✓	✓														HAZELNUT
Iced Hazelnut Latte Soya	✓	✓							✓							HAZELNUT
Iced Hazelnut Latte Oat	✓	✓						OAT								HAZELNUT
Iced Latte Milk	✓			✓												
Iced Latte Rice Coconut	✓	✓														
Iced Latte Soya	✓	✓							✓							
Iced Latte Oat	✓	✓						OAT								
Iced Lemon Tea	✓	✓														
Iced Mocha Milk	✓			✓												
Iced Mocha Rice Coconut	✓	✓														
Iced Mocha Soya	✓	✓							✓							
Iced Mocha Oat	✓	✓						OAT								
Smoothie - Mango & Pineapple	✓	✓														
Smoothie - Strawberry & Banana	✓	✓														

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan product is made to a vegan recipe but is not suitable for those with milk and egg allergies.

Barista Prepared Drinks

8 November 2021 version 1

Product	Suitable for		Contains these allergens													
	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
<b>Flavoured Latte/ Tea</b>																
Chai Latte Milk	✓			✓												
Chai Latte Rice Coconut	✓	✓														
Chai Latte Soya	✓	✓							✓							
Chai Latte Oat	✓	✓					OAT									
Caramel Latte Milk	✓			✓												
Caramel Latte Rice Coconut	✓	✓														
Caramel Latte Soya	✓	✓							✓							
Caramel Latte Oat	✓	✓					OAT									
Hazelnut Latte Milk	✓			✓												HAZELNUT
Hazelnut Latte Rice Coconut	✓	✓														HAZELNUT
Hazelnut Latte Soya	✓	✓							✓							HAZELNUT
Hazelnut Latte Oat	✓	✓					OAT									HAZELNUT
Matcha Latte Milk	✓			✓												
Matcha Latte Rice Coconut	✓	✓														
Matcha Latte Soya	✓	✓							✓							
Matcha Latte Oat	✓	✓					OAT									
Vanilla Latte Milk	✓			✓												
Vanilla Latte Rice Coconut	✓	✓														
Vanilla Latte Soya	✓	✓							✓							
Vanilla Latte Oat	✓	✓					OAT									
<b>Hot Chocolate</b>																
Hot Chocolate Milk	✓			✓												
Hot Chocolate with Rice-Coconut	✓	✓														
Hot Chocolate Soya	✓	✓							✓							
Hot Chocolate Oat	✓	✓					OAT									

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan product is made to a vegan recipe but is not suitable for those with milk and egg allergies.

Barista Prepared Drinks		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
			<b>Milk Cup</b>													
Babyccino	✓			✓												
Milk Whole	✓			✓												
Milk Semi-Skimmed	✓			✓												
Rice Coconut	✓	✓														
Soya	✓	✓							✓							
Oat	✓	✓					OAT									
<b>Syrups</b>																
Syrup Shot - Caramel	✓	✓														
Syrup Shot - Hazelnut	✓	✓														HAZELNUT
Syrup Shot - Vanilla	✓	✓														
<b>Tea</b>																
English Breakfast Tea Milk	✓			✓												
English Breakfast Tea Rice-Coconut	✓	✓														
English Breakfast Tea Soya	✓	✓							✓							
English Breakfast Tea Oat	✓	✓					OAT									
Earl Grey Tea Milk	✓			✓												
Earl Grey Tea Rice-Coconut	✓	✓														
Earl Grey Tea Soya	✓	✓							✓							
Earl Grey Tea Oat	✓	✓					OAT									
Green Tea	✓	✓														
Matcha Tea	✓	✓														
Peppermint Tea	✓	✓														

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan product is made to a vegan recipe but is not suitable for those with milk and egg allergies.